

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

‘Gazpacho for Nacho’

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Tracy Kyle, a Spanish teacher at Key Middle School in Franconia, wrote ‘Gazpacho for Nacho’ because she wanted to encourage children to try new foods and learn about another culture.

WELLBEING

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Superintendent Comes to West Springfield

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Elected Officials Hold Town Halls

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Supervisor Jeffrey McKay (D-Lee), Del. Mark Sickles (D-43), State senators Toddy Puller (D-36), Adam Ebbin (D-30) and George Barker (D-39) answer questions at a town hall in Kingstowne on Feb. 1.



Fairfax Board of Supervisors Chairman Sharon Bulova addresses attendees of the 27th Annual Mount Vernon Town Hall on Feb. 1. Bulova addressed the economy and the upcoming budget process.

Elected Officials Hold Town Halls

State senators, delegates and local supervisors address concerns at local meetings.

BY JANELLE GERMANOS
THE CONNECTION

Mental health reform, women's health, health care and transportation were major topics at the Southern Fairfax Town Hall Meeting held in Kingstowne on Feb. 1. State senators George Barker (D-39), Toddy Puller (D-36) and Adam Ebbin (D-30) joined Del. Mark Sickles (D-43) and Supervisor Jeffrey McKay (D-Lee) at the town hall. Sickles announced on Jan. 27 that he would be running

for Congress in the 8th District for Congressman Jim Moran's seat.

On Jan. 30, Ebbin officially announced he would run for the seat as well.

The officials addressed questions relating to mental health reform and transportation, including where exactly funding will be allocated in Fairfax County from last year's General Assembly Bill.

Barker is the sponsor of a bill that passed the Virginia Senate Friday that establishes minimum and maximum holding periods for individuals under psychiatric

evaluation. The bill (SB 115) passed unanimously.

Down the road in the Mount Vernon District, Board of Supervisors Chairman Sharon Bulova addressed attendees of the 27th annual Mount Vernon Town Hall.

Bulova recapped her January State of the County address, and spoke about the upcoming advertised budget which will be released at the end of February.

"The budget is a moral document," Bulova said.

Bulova also spoke about the Lorton Workhouse Arts Center

situation. The Board of Supervisors voted in January to provide \$30 million to Wells Fargo Bank to cancel the Lorton Arts Foundation's debt, and the county will now appoint a new board to oversee the center.

According to Bulova, restricting the Lorton Workhouse Arts Center was the best decision, and the Workhouse will continue to provide revitalization for the area.

"It's a wonderful facility," Bulova said.

County executive Ed Long also spoke at the Mount Vernon Town

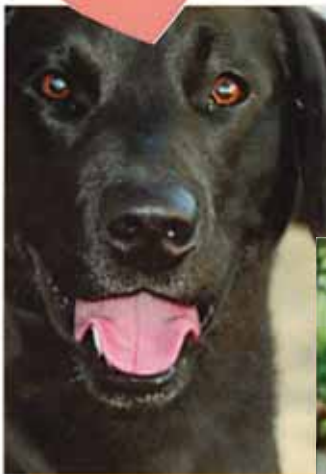
Hall about the economic challenges facing the county.

Long said that there is a lot of revitalization going on in Fairfax County, and he is cautiously optimistic that investment will be reflected in FY 17.

According to Long, county and school facilities cannot be ignored, and future funding for schools will be considered. "What we put into the budget is sustainable," Long said.

On April 8, Fairfax County will host a public hearing on the advertised budget.

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The Friends of Sadie – (from left) top row: Laurie Florence, Carole Letzkus, Amy Dozier; bottom row: Erin Morrissey-Lauer, Sadie’s mom; Heather Wickham, Mary Mulvenon and Erin Lee.



PHOTO CONTRIBUTED

Sadie’s Gift

Inspired by one child’s struggle with cancer, Burke community prepares for fifth annual “family-friendly” blood drive to give other children hope.

BY VICTORIA ROSS
THE CONNECTION

Erin and Ethan Lauer of Burke vividly remember the history-making snowstorm that buried the region with more than three feet of hard, wet snow exactly four years ago this week.

Dubbed “Snowmageddon” by local and national media, the blizzard shut down most businesses, schools, and the federal government for weeks. Snowmageddon, meteorologists said, rivaled the snowfall production of any other major snowstorm in recorded history.

The ferocious storm came in two rounds. When the second wave hit, temperatures plummeted into the high teens and winds gusted over 40 mph. The Lauers held little hope that friends and neighbors would dig out of the ice and snow to attend a Valentine’s Day blood-drive for their infant daughter, Sadie, who had been diagnosed with a life-threatening cancer called Neuroblastoma when she was just 3-months-old.

The family was in for a surprise.

WHEN FRIENDS AND NEIGHBORS LEARNED

Sadie was critically ill, they quickly rallied around the family. They formed a Friends of Sadie Planning Committee and organized a Valentine’s Day Blood Drive at a nearby community center for Sadie and other children battling cancer.

In addition to chemotherapy, the protocol for Neuroblastoma called for surgery to remove the cancerous tumor from Sadie’s neck, and numerous blood transfusions. To reduce the risk of complications from the blood transfusions, O negative/CMV negative blood is preferred, according to pediatric oncologists. But only 7 percent of the population is O negative,



PHOTOS CONTRIBUTED

On her 3-month birthday, Sadie was diagnosed with Neuroblastoma, a potentially deadly form of childhood cancer. At 4 1/2, Sadie is still monitored for signs of the disease, but she is a healthy, thriving little girl with a promising future.

When and Where

The 5th Annual Valentine Blood Drive will be held Sunday, Feb. 9, from 9:30 a.m.–5 p.m. at the Woods Community Center, 10100 Wards Grove Circle in Burke. Bring the whole family! Benefit bake sale to raise funds for children fighting cancer through The Truth 365. Free childcare and fun Valentine’s Day activities. More details and volunteer opportunities available at <http://www.friendsofsadie.org/>. Visit www.visitinova.org/donateblood to schedule an appointment online or call Inova Blood Donor Services (1-866-256-6372), sponsor code 7637.

and an even smaller percentage of donors are CMV negative.

“Before Sadie got sick, I was not aware of the importance of blood donation, especially donations from a person like me who has CMV negative blood and is O negative,” said Mary Mulvenon, Friends of Sadie Planning Committee. “For 25 years, I could have been donating and I wasn’t doing it because I just didn’t know.”

“We planned a family-friendly event, something for everyone,” said Amy Dozier, a founding member of the Friends of Sadie. “We planned for

SEE DRIVE, PAGE 14



PHOTO BY JANELLE GERMANOS/THE CONNECTION

Tracey Kyle, a Spanish teacher at Key Middle School in Franconia, holds her recently published book. Kyle has been working on “Gaspacho for Nacho” since 2008.

‘Gaspacho for Nacho’

BY JANELLE GERMANOS
THE CONNECTION

Colleagues and friends of Key Middle School Spanish teacher Tracey Kyle describe her as a creative and engaging teacher who is always thinking of new ways to teach.

Now, Kyle has taken her creativity one step further by writing “Gaspacho for Nacho.” The book was published by Two Lions, a division of Amazon Publishing, in January.

“Gaspacho for Nacho” is a bilingual children’s book intended to teach children about different foods and introduce them to multicultural themes.

“I’m kind of obsessed with gazpacho,” said Kyle, who developed her love for the Spanish soup while living in Madrid.

The book follows Nacho, a little boy who only wants to eat gazpacho, and his mother’s attempts to introduce new food. It incorporates rhyming with Spanish words, and includes a recipe for gazpacho and a glossary.

Kyle, who loves to write in her free time, has been working on the book since 2008, and is thrilled to see it finally published.

“It’s been a dream of hers to write a book,” said Amy Beth Marta, Kyle’s supervisor and friend of 20 years.

Kyle said it was during a couple of snow days in 2010 when her husband told her she should start writing again.

“I had gotten so many rejection letters, that when I finally got a letter asking to see a revision of my story, I didn’t open it for a couple of days,” Kyle said. The book is intended to encourage children to try new

foods while learning about different cultures, Kyle said.

“When I was a kid, I was terribly picky,” Kyle said. “I hope this book encourages children to try new foods and gets them to learn a new language.”

Kyle incorporates food and culture lessons while teaching Spanish to eighth-graders, using her creativity and energy to encourage learning.

“She is the most creative teacher I’ve ever known,” Marta said. “She has a lot of energy and students enjoy coming to class.”

Sarah Looney, Kyle’s co-worker who also teaches Spanish, agrees that Kyle is creative, and is always thinking of ways to teach Spanish using art projects and games.

“She is fantastic. She always comes up with creative ideas,” Looney said. “I hit the jackpot working with her.”

Kyle loves art, and cried the first time she saw Argentinean illustrator Carolina Farías’s illustrations for “Gaspacho for Nacho.”

“I cried because it was just so beautiful,” Kyle said.

Kyle said it is important for children to begin learning a foreign language at a young age, which is one reason why she wrote the book.

After six years of writing and research, Kyle is happy to see the book published and has gotten several positive reviews.

“I felt really proud to have it published,” she said.

Kyle is working on another Nacho story and a book incorporating Colombian artist Fernando Botero, but above all, she is focusing on teaching.

“Teaching absolutely comes first,” Kyle said. “But summer is a great time to write.”

Del. Filler-Corn Holds Office Hours

Del. Eileen Filler-Corn (41st District - Burke, Fairfax, Fairfax Station, Springfield) will hold office hours for anyone interested in discussing the 2014 Virginia General Assembly session at Caribou Coffee (8948 Burke Lake Rd, Springfield) from 10 a.m. – 11:30 a.m. on Sunday, Feb. 9 and at Einstein Bros Bagel Saturday, Feb. 15 at (9490, Main St, Fairfax) from 4 p.m. to 5:30 p.m. No appointment necessary.

Thank you to all who joined Delegate Filler-Corn last week at her office hours.

Del. Eileen Filler-Corn



News



PHOTO CONTRIBUTED

Pat Herrity (on left) receives the award from the FCFT's Steven Greenburg.

County Teachers Federation Honors Supervisor Herrity

Supervisor Pat Herrity (R-Springfield) was honored Jan. 11 by the Fairfax County Federation of Teachers (FCFT). He received the organization's 2013 President's Award for "consistent advocacy, proactive communications and support of (FCFT teachers) over the past year."

Pleased by the recognition, Herrity said,

"Teachers are the lifeblood of our schools. Since I took office, I have worked to focus our resources into the classrooms to help our teachers and our kids and to get the regulatory burden off of teachers so they can teach."

I am honored to receive this award for supporting our teachers."

Freeze-o-ree Tradition Continues

Boy Scouts of America (BSA) Troop 1849 from Springfield recently enjoyed its annual Freeze-o-ree campout at Catoctin Mountain Park, Md. With temperatures in the low 20s during the day and nighttime low of 5 degrees and a wind-chill of minus 15, fourteen stalwart Scouts - some as young as 11 years of age - and 12 adults embraced the challenge. Troop 1849 has been doing this mid-winter campout at Catoctin Mountain Park nearly every winter for over 30 years. The Troop enjoys the beauty and unique challenges of this mountain location (no water on site) as well as the elevation resulting in temperatures at least 10-15 degrees colder than the Springfield area. Attesting to the severity of this challenge, Troop 1849 rarely encounters other BSA Troops during these winter outings. Scouts learned woodcraft, navigation, and cooking skills, but the big hit was the homemade donuts provided under the guidance of Assistant Scoutmaster Bill Florence. All participants received a special Polar Bear Freeze-o-ree winter camping patch. Troop 1849 is sponsored by Saint Andrews Episcopal Church, 6509 Sydenstricker Rd, Burke and Steve Kmiecik is the Scoutmaster.



Scouts preparing to hit the trail to the campsite.

PHOTOS BY
NATHAN HERMSMEYER AND BILL FLORENCE



On the trek out after camping the night.

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NEWS

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 Empanadas, Chile Relleno, Pasilla Lava Cake, and more. Call for reservations 703-893-2222.

Chaise Lounge. 8 p.m. Wolf Trap,



PHOTO BY DONNA BILLINGSLEY

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

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.

SEE VALENTINE'S, PAGE 11

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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/.

LETTERS TO THE EDITOR

School Budget: How to Pay?

To the Editor:

Every year this paper publishes liberals' letters about the Fairfax County school budget, which increases yearly without exception. One year it is teacher pay, the next year class enrollment, this year renovation costs.

The implication is that if the schools don't get what their administrators demand, Fairfax County will collapse. This despite a continuous decline in student performance. Furthermore, there is no quid pro quo; it is my way or the highway by those who claim sanctimonious justification.

However, like the Federal government, no consideration is ever made for how to pay for this; unlike the Federal government, Fairfax County cannot print money. So what will it be? Raise taxes, the favored Fairfax County school administrator way? Borrow money, another favored FC school administrator way? Or what will you cut from your budget to pay for these needed renovations, not the Fairfax County school administration way? Something has to give. Fairfax County is run by

Democrat politicians for favored Democrat constituencies.

One point all should recognize: there is a reason for the increasing student enrollment, one I have discussed with my delegate and for which the state legislature has statistics to confirm. There are on average 6,000 illegal alien children in the Fairfax County Public Schools. Now these children must be educated, will be educated and that is not in dispute by any sane person. However, that is where the growth is and in fact without these children, the school enrollment would decrease such that certain schools in places like Bailey's Crossroads, the Route One corridor in Mount Vernon, Herndon and elsewhere would actually be seriously viewed for closing.

Fairfax County should require that every child being enrolled in the public schools have one parent prove their legal residency, not just in the county but the country. The purpose of such is not to deny schooling to these children. Rather it is for Fairfax County schools to be able to calculate and present a bill to the Federal government demanding reimbursement for each child's education whose parent(s) are not in the county or country

legally.

Finally, who believes that education bureaucrats are good stewards of the tax-payers' money other than the usual suspects? Clearly, they did not go into the teaching profession with much

respect or understanding for the capitalist economic system that has brought this nation the greatest prosperity on the globe.

Christopher Thompson
West Springfield



Cub Scouts from Pack 2000.

Cub Scouts Learn About Lorton's Landfill

Cub Scouts from Pack 2000, based out of Halley Elementary School in Lorton, were hosted by the Fairfax County Solid Waste Management team at the Lorton landfill on Jan. 25. Chris Meoli, head of Engineering and Environmental Compliance, and Mike Malfitano, Environmental Technical Specialist, both Fairfax County employees, explained the operations of the facility to seven 4th grade Webelos boys and their parents from the local area.

The boys learned about how solid waste is processed in Fairfax County, and how the landfill in Lorton is maintained and kept safe. The boys were shown the landfill gas collectors up close, which collect methane released underground and use that gas to power eight generators which provide enough electricity to power approximately 5,000 homes.

Springfield CONNECTION

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PHOTOS BY JANELLE GERMANOS/THE CONNECTION

Fairfax County Public Schools Superintendent Karen Garza continued her listening tour at West Springfield High School with School Board member Elizabeth Schultz on Feb. 4.

Superintendent Comes to West Springfield

Karen Garza continues listening tour.

BY JANELLE GERMANOS
THE CONNECTION

Superintendent Karen Garza continued her listening tour of Fairfax County Public Schools this week with a stop at West Springfield High School on Feb. 4.



Garza speaks to community members at West Springfield High School as part of her Winter 2014 listening tour.

Garza was joined by Springfield District School Board member Elizabeth Schultz.

The listening tour provided opportunities for community members, including teachers, parents and students, to voice their concerns about the school system.

Garza said that of the 196 schools in the system, she has visited 62 since becoming superintendent.

"My goal is to get to at least 100 this year," Garza said. "That is a daunting challenge, given all that is going on."

In her opening remarks, Garza addressed several issues affecting Fairfax County Public Schools, including closing the achievement gap. According to Garza, the school system will not truly be the best it can be until this gap is closed.

Garza also reminded audience members that the budget process is ongoing and as advertised, contains some difficult cuts.

"This is a rapidly public school system," Garza said. "By 2020, we'll be over 200,000 students."

According to Garza, the goal of the listening tour is to hear what community members have to say about the school system.

Those who decided to speak at the West Springfield stop of Garza's listening tour addressed several topics, including the budget, teacher pay, and changing the policy for inclement weather days.

Jessica Hernandez, a school based technology specialist at West Springfield High School, spoke about the challenges to ad-

ministration and technology support.

Abigail Quinn, a teacher at Hunt Gardens Elementary School, used this stop of the listening tour to voice her concerns about working as a teacher in Fairfax County.

"Is this a job I can do for another 40 years? I wonder some days," Quinn said.

Quinn and some other speakers at the forum also addressed aspects of the school's capital improvement program. Quinn said she is currently teaching in a portable classroom.

Following these remarks, Schultz stressed her ongoing commitment to the capital improvement program.

"I am so committed to our capital and infrastructure needs," Schultz said.

After a student remarked on the several snow days that have already occurred this year, Garza commented that decisions to close the school system are made with the safety of employees and students in mind.

"You can never win with your decisions regarding snow days," Garza said. "It's really a judgment call."

Madeleine Deliee, a teacher at West Springfield High School, was one of the several speakers at the listening tour who addressed teacher pay.

"The salary is very much an issue, especially for starting teachers," Deliee said.

Garza's next stop on the listening tour will be Feb. 17 at 6:30 at Mark Twain Middle School in Franconia. Lee District School Board member Tamara Derenak Kaufax will join Garza for this stop of the tour.

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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



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.

of psychology at Marymount University in Arlington. "Bedtime should be absolutely rigid, the stricter the better. We all need structure, but children need it especially."

Researchers say going to bed at

a regular time can have a positive impact on a child's behavior and overall health. In fact, a recent study of 10,000 children by University College London found that a child's behavior improved when a consistent bedtime was estab-

lished. 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.

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

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. 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 Gulyn. "If I you just pluck up a kid from

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

"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

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

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 Gulyn.

"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."

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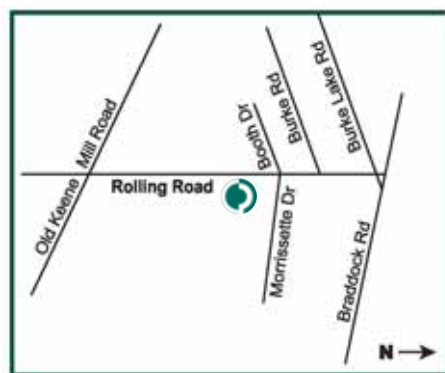
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CALENDAR



Laugh until you cry at the 9th Annual Comedy Night at the Jewish Community Center of Northern Virginia in Fairfax on Saturday, Feb. 8 at 8:30 p.m.

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/FEB. 6 – FRIDAY/FEB. 7

All that Jazz! 7 p.m. West Springfield High School, 6100 Rolling Rd, Springfield. A musical Cabaret presented by the students of the West Springfield High School choral department and will also feature special performances by West Springfield's own Personality Show Choir. Tickets: \$7. www.spartanchoir.com

FRIDAY/ FEB. 7

Basic Gardening: Gardening with Roses. 1:30-2:30 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Master gardeners show you common-sense approaches and precautions to help ensure successful growing. \$10/person. Register on-line at www.fairfaxcounty.gov/parks/greenspring.

Friday Night Film Series Presents: The House I Live In. 7 p.m. Accotink Unitarian Universalist Church, 10215 Lakehaven Court, Burke. The House I Live In captures heart-wrenching stories of those on the front lines — from the dealer to the grieving mother, the narcotics officer to the senator, the inmate to the federal judge — and offers a penetrating look at the profound human rights implications of America's longest war. www.accotinkuuc.org, administrator@acctinkuuc.org

SATURDAY/FEB. 8, 15, 22

Laurel Grove “Colored” School Open House. 11 a.m. – 3 p.m. 6840 Beulah Street, Alexandria. Laurel Grove School is a one room school that served African American students in the Franconia Community of Fairfax County from 1882 to 1932. Visit the school to learn about families coming together to build a school and the importance of educating their children.

SATURDAY/FEB. 8

Virginia Grand Military Band. 7:30 p.m. Rachel M. Schlesinger Concert Hall, NVCC Campus, 3001 N. Beauregard St., Alexandria. Performing works by Rodgers and Hammerstein, von Suppe and Sousa. Adults \$15. Band directors, students and children admitted free. Free parking. 703 426-4777. www.vgmb.com manager@vgmb.com

Second Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. Tour the studios, meet the artists, enjoy refreshments and purchase original works of art from nearly 100 Artists at the Workhouse.

9th Annual Comedy Night. 8:30 p.m. JCCNV, 8900 Little River Turnpike, Fairfax. Comedy night features Emmy award-winning comedy

writer and comedian Monica Piper. Tickets: \$34, \$26 JCCNV members. <http://jccnvcomedyntite2014.brownpapertickets.com>.

“Off the Wall” Benefit. 6-9 p.m. George Mason University, 4400 University Drive, Fairfax. Guests have the opportunity to tour studios, classrooms and the Fine Art Gallery in the Art and Design Building, and interact with faculty and students in various disciplines: graphic design, photography, printmaking, sculpture, painting, drawing, new media and game design. Faculty and students will provide creative and interactive demonstrations, workshops and presentations in which guests can participate. Tickets: soa.gmu.edu

TUESDAY/FEB. 11

“Song & Character Study:” An Audition Workshop for High School & Adult Students. 6-8 p.m. Truro Anglican Church, 10520 Main Street, Fairfax. High School and Adult actors and singers are invited to join CFTC for a four week class on song and character study. Each week will feature a master class setting where students will bring a song to workshop with the class. Instructors will assist the student with delivering text as a song, with emphasis on combining of acting and singing skills in a well-rounded performance. Cost: \$40 per student. \$65 for two people in the same family, \$90 for three or more people in the same family. www.fairfaxcitytheatre.org

SATURDAY/FEB. 15

Couple's Yoga. 2-3 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. \$20 per couple, no experience is necessary—both beginners and master yogis are invited to join. Register online: www.workhousearts.org/

A Valentine's Sweetheart. 9 a.m. – 2 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. Give kids the opportunity to learn how to bake sweet treats, draw and paint portraits, and participate in other Valentine's Day activities. \$65 per child and includes the materials fee. Register online: www.workhousearts.org/

Movie & Pizza Night. 6 p.m. Hidden Pond Park, 8511 Greeley Boulevard, Springfield. Friends of Hidden Pond are having a movie and pizza night in the Hidden Pond nature center. Pizza and drinks will be for sale followed by a showing of Over the Hedge (PG) on the big screen. RSVP to f0hpnc@yahoo.com.

SUNDAY/FEB. 16

The Northern Virginia NTRAK members will have a display and N gauge trains. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at www.fairfax-station.org phone 703-425-9225.

Valentine's Day

FROM PAGE 5

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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Cavaliers Praise 'the Best Coach'

Woodson gymnastics coach Mike Cooper wrapping up final season.

BY JON ROETMAN
THE CONNECTION

As gymnasts sat anxiously awaiting the opportunity to grab a gift bag and hear the results of the Conference 7 championship meet at Lake Braddock Secondary School, Director of Student Activities Mark Martino grabbed the microphone and acknowledged Woodson coach Mike Cooper, who after more than three decades is wrapping up his final season coaching high school gymnastics.

When Martino finished, gymnasts chanted "Coo-per, Coo-per" to honor the well-liked Cavaliers coach. Some of the athletes stood up and hugged him. Minutes later, it was announced Cooper's time as Woodson head coach would continue for at least two more weeks.

The Woodson gymnastics team placed second at the Conference 7 meet on Jan. 31, earning a trip to the 6A North region meet on Feb. 12 at Lake Braddock. With the top two teams receiving regional berths, the Cavaliers punched their ticket with a score of 132.9, edging third-place South County (131.55). T.C. Williams won the conference title with a score of 143.45.

"I'm excited because since we moved in this conference we've always been either first or second," Cooper said, "so it's nice to go out, making it to the regional tournament."

Woodson joined the Patriot District during the 2009-10 season. The Cavaliers won the district in 2010 and 2013. The VHSL underwent a six-class realignment prior to the 2013-14 school year, and seven of the eight schools from the Patriot District formed Conference 7 in the 6A North region (Lee moved to 5A).

Woodson senior Rachael Talento played a major role in the Cavaliers advancing to regionals. Talento placed third in the all-around with a score of 35.95, finishing second on floor (9.275), third on bars (8.925), fourth on beam (8.9) and eighth on vault (8.85).



After more than three decades, Woodson coach Mike Cooper is in his final season coaching high school gymnastics.

PHOTOS BY
CRAIG STERBUTZEL/
THE CONNECTION

Woodson senior Rachael Talento finished third in the all-around and helped the Cavaliers finish second as a team during the Conference 7 gymnastics championship meet on Jan. 31 at Lake Braddock.



"She did her best that she's ever done," Cooper said. "She quit club and she's trying to maintain everything. The three events — the bars, the beam and the floor — she did fantastic. Unfortunately, her vault is not the strongest, but we're going to be working on that for the next week, trying to get a harder vault."

Talento reached level 9 with Cardinal Gymnastics before quitting last summer. Talento said she "just kind of burned out" and wanted more time for herself.

"I quit club about six months ago, so I hadn't been in the gym much until the season started," Talento said. "For this season, I just wanted to come out and have fun, so being able to make it to regionals is really great and ... I'm really excited to go out and make my last meet something."

Talento credited Cooper for helping her get back into gymnastics after a six-month layoff.

"It was hard," she said. "I hadn't really done anything in a while. I lost a lot of my muscle and a lot of my skills. Then Cooper whipped me back into shape. ... I'm so happy I was able to do this with him for this last year. He's honestly the best and it's been a great season."

Woodson freshman Charlie Klika

placed third on floor with a score of 9.15. Cavalier freshman Margaret Bushman finished seventh (8.925).

While Cooper helped Woodson finish conference runner-up this year, much of his success as a high school gymnastics coach came at Lake Braddock. Cooper led the Bruins to five consecutive state championships from 1995 through 1999. Cooper also coached boys' gymnastics, along with swimming and diving at different schools around Northern Virginia.

"He's the best coach you can honestly have," Talento said. "He's very patient and he'll help you with anything."

Cooper said he intends to spend time traveling with his wife, though he will continue coaching at the club level.

"I want my fingers in it," he said, "I just don't want my whole body in it."

Now, thanks to the performance of the Cavaliers at the conference meet, Cooper will have at least one more chance to coach at the high school level.

"I do it because I love the sport," he said. "Out of the decades from the '80s to 2014, I still stay in contact with the girls and boys and that to me is showing that I've done something with my career."

Fairfax's Barborek Wins Conference 6 Gymnastics Title

Fairfax junior Rachel Barborek won the Conference 6 all-around gymnastics championship on Feb. 3, producing a score of 37.1 during the conference meet at McLean High School.

With the victory, Barborek secured a berth in the 6A North region meet, which will be held Feb. 12 at Lake Braddock Secondary School. Barborek finished first on bars (9.475), tied for second on vault (9.4), placed third on beam (9.275) and tied for eighth on floor (8.95).

Barborek competed for Fairfax as a freshman. Last season, she reached level 10 as a club gymnast for Capital Gymnastics and, by rule, was unable to compete for her high school team.

Barborek eventually quit club gymnastics and rejoined the Rebels.

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

Barborek helped Fairfax finish fifth as a team with a score of 117.775. McLean won the conference title with a score of 144.475, followed by Washington-Lee (140.925), Yorktown (137.25) and South Lakes (121.425).

— JON ROETMAN



Fairfax junior Rachel Barborek won the Conference 6 all-around gymnastics championship on Feb. 3 at McLean High School.

PHOTOS BY CRAIG STERBUTZEL/
THE CONNECTION

South County Frosh Burgess Finishes Conference 7 Runner-Up

South County freshman Collea Burgess finished runner-up in the all-around competition on Jan. 31 during the Conference 7 gymnastics championship meet at Lake Braddock Secondary School.

Burgess posted a score of 36.025. T.C. Williams senior Holland Cathey won the title with a score of 37.55.

Burgess' performance earned her a spot on the all-around competition at the 6A North region meet on Feb. 12 at Lake Braddock. She placed first on bars (9.45), fourth on vault (9.2), tied for fifth on floor (9) and finished ninth on beam (8.375).

"I think I did good," Burgess said, "but I could have done better." South County finished third with a score of 131.55. T.C. Williams won the conference championship with a score of 143.45 and Woodson earned the other regional berth with total of 132.9.

— JON ROETMAN



South County freshman Collea Burgess finished runner-up in the all-around competition during the Conference 7 gymnastics championship meet on Jan. 31 at Lake Braddock.

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COURTESY OF GARY BLACK, III, IMMEDIATE PAST PRESIDENT OF THE RCS

Helping Those in Need

On Jan. 30, the Rotary Club of Springfield (RCS) gave a check to FAITH for \$1,050. FAITH is the Foundation for Appropriate and Immediate Temporary Help, located in Herndon. Pictured from left are: Mohammad Adenwalla, past president of RCS, whose fund challenge made this donation possible; Saman Quraeshi, public relations coordinator for FAITH; Joan Ledebur, current President of RCS; and Somayyah Ghariaini, fundraising coordinator for FAITH. Adenwalla's challenge will also provide a check of the same amount to ECHO (Ecumenical Community Helping Others) which is located in Springfield.

Drive for Hope

FROM PAGE 3

everything...except the snow."

"We were blown away by the community support that year. Believe it or not, people came out in cross-country skis to get here to donate," Dozier said. At the end of the day, nearly 150 people were screened to donate, and 113 pints of blood was collected.

Unlike many "tribute" blood drives that lose momentum after the first year, the Friends of Sadie Blood Drive has increased both the number of donors and the pints of blood collected. According to the American Red Cross, just one donation can help save up to three lives.

Burke resident Jim Weatherbee has donated every year with his family in tow. "We would not miss this. Just knowing Sadie and her parents would bring us out," Weatherbee said last year. "The Friends of Sadie make this as easy and fun as possible"

"When we first got the news about Sadie, we were just devastated," said Erin Lauer. "Just like that, our whole world was turned upside down."

After the success of that first blood drive, Lauer said they were overwhelmed by the outpouring of love.

"We felt that the whole community came out on the heels of the second big snowfall of the season because they wanted to do

something in support of one of theirs," she said.

"The first blood drive was unbelievable. I can't say enough about the ferocity and seriousness of purpose with which the organizers approached it," said Ethan Lauer.

THE 5TH ANNUAL VALENTINE BLOOD DRIVEM will be held Sunday, Feb. 9, from 9:30 a.m. to 5 p.m. at the Woods Community Center, 10100 Wards Grove Circle in Burke. The family-friendly event includes a benefit bake sale to raise funds for children fighting cancer through The Truth 365. Free childcare is provided on site, and a variety of fun Valentine's Day activities are planned.

And Sadie, now a joyful, rambunctious 4 1/2 year old, will be there to greet donors, play with her friends, and snatch a homemade cupcake or two for her and her big sister, Anna.

"Our kids have learned that cancer isn't just for old people, friends rally around each other in good times and bad, they have a voice and can contribute in their own way and so much more," said Laurie Florence, Friends of Sadie Planning Committee.

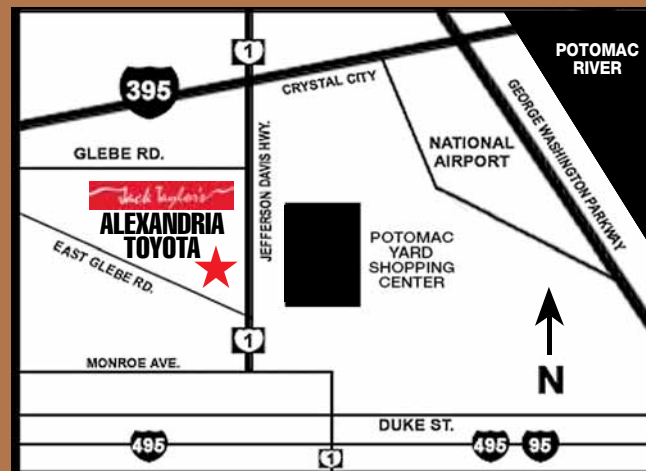
"For all of the brave little heroes that we have met along Sadie's journey, we will work to raise awareness and money so that a cure for childhood cancer will someday be found," said Erin Lauer.

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Units Sold	14,981	13,817	8.42%
Avg Sold Price	\$531,136	\$492,480	7.85%
Avg List Price for Solds	\$538,381	\$503,337	6.96%
Avg Days on Market	36	50	-28.00%
Attached Units Sold	7,271	6,652	9.31%
Attached Avg Sold Price	\$361,376	\$332,435	8.71%
Detached Units Sold	7,710	7,165	7.61%
Detached Avg Sold Price	\$691,230	\$641,066	7.83%

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