

# Pets Rule In McLean

PET CONNECTION, PAGE 9

Wendy Reinsel of McLean submitted this photo of her cat Sophie drinking bird-bath: Many more pictures of people and pets inside.

Shelter from  
The Storm

NEWS, PAGE 3

'Lost Dog'  
Finds McLean

NEWS, PAGE 12

OPINION, PAGE 8 ♦ ENTERTAINMENT, PAGE 10 ♦ SPORTS, PAGE 14 ♦ CLASSIFIEDS, PAGE 18

PHOTO CONTRIBUTED

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PHOTOS BY ALEX McVEIGH/THE CONNECTION



Massimo Frix, 8, enjoys some sledding at the hill next to St. John's Episcopal Church in McLean Sunday.

Despite the havoc wreaked by the storm late last week, Jinwon Bailar, 12, found time last weekend to get some sledding in McLean.

## Shelter from the Storm

Community network comes through for people during storm.

BY ALEX McVEIGH  
THE CONNECTION

As last Wednesday's rain turned to sleet and then to snow, many commuters in this area faced an afternoon commute that took them hours, even if the roads were passable. For others who weren't able to leave work early, they faced the prospect of spending the night at the office, or worse yet, stuck in their vehicle.

One of the avenues that helped people from around the area find a way home and up to date with the traffic situation was the myNeighborsNetwork, based in Great Falls. The local information network was used to share and distribute information from people on the roads, county and state agencies and people who were in need of supplies or a ride.

"We just tried to do anything we could to get people home safely and out of the way of the fire department and other emergency services," said Sharon Rainey. "This was one of the first storms we've dealt with where a lot of people were out when it hit."

**JUST AFTER 5 P.M.**, last Wednesday, the network began reporting accidents, many in the Great Falls area. Downed trees as well as flipped and abandoned cars caused accidents and traffic jams, and police and emergency personnel often found it hard to make it to the accident scenes, due to the volume of incidents, as well as the weather itself, according to reports from the network.

Elaine and Jeff Tholen, of Great Falls left their house at 3:15 p.m. Wednesday to bring groceries to a friend on the other side of Great Falls, and didn't get home until almost 9:30 p.m.

"We called home and had them check the network for road updates as we were making our way about. What a mess," Elaine Tholen said. "Lots of people in

the ditches and lots of people helping."

By midnight Thursday, there were reports from network members of at least 22 abandoned cars in Tysons Corner and Great Falls.

Many people who weren't able to leave work early found themselves stuck at the office or in traffic, running low on food and gas. Rainey said members of the network came through in a hurry to help give people a ride home when needed.

"By the time I went to bed at around 10:30, there were only three people who weren't home yet," Rainey said. "And I kept getting e-mail from people, making sure everyone got home OK. I'm grateful for everybody who sent in information and was willing to help. I was amazed by how many people wanted to do their part, to help each other out."

Karen Meengs of Great Falls followed updates throughout the evening. She said she was heartened to read the updates of community members banding together and helping out.

"Both my husband and I followed [the network's] e-mail news throughout the night and we're so grateful to be part of this town," she said. "We've been here for 20 years, but until that night I don't think either one of us had ever felt that we were a part of the community, that we could and would have each other's back in an emergency."

Ellen Myseros of Fairfax called it a "great service to our neighborhood."

**SOME EVEN** used it to monitor conditions from afar. Donna Mastran of Great Falls wasn't even in the state of Virginia, she was in Nashville, Tenn., but kept up to date with the storm even when almost 700 miles away.

"The myNeighborsNetwork gave me great insight to what was going on and we were able to stay in touch with family and friends," Mastran said. "I think we were one of the few houses that didn't lose electricity so we were able to offer it to members of our family whose power was out."

More information on myNeighborsNetwork can be found at [www.myneighborsnetwork.com](http://www.myneighborsnetwork.com).



PHOTO BY ALEX McVEIGH/THE CONNECTION

Guests at Evo Bistro take part in a wine-tasting and silent auction fundraiser Sunday night for Teach Them To Fish. All of the money raised at the event went to help fund a school the organization is attempting to build in the Kaleu village in Uganda.

## Education Without Borders

Bistro hosts fundraiser to build school in Uganda.

BY ALEX McVEIGH  
THE CONNECTION

The Evo Bistro in McLean hosted a wine tasting to benefit Teach Them to Fish Sunday night to help raise money to build a school in the village of Kaleu in Uganda.

"We like to host a lot of charity events. Our owners have a soft spot for local charities," said Gerald Keating, a manager at Evo Bistro. "McLean seems like a close-knit community and we've found allowing space for these events works out well for everyone."

evening was designed to raise money for the school, but also to raise awareness of Teach Them to Fish.

"Our goal is to raise money for school and to tell people about the foundation's goal of building schools for orphaned children," Delaney said. "We've had a pretty good turnout tonight and I think it's very generous for people to come out without knowing much about the charity in this economy."

Candace Sahn, a special education teacher from Washington, D.C., heard about the event on Facebook and said she thought it would be a good opportunity to learn more.

**CAROLYN DELANEY**, who chaired the event, said the

SEE BUILDING. PAGE 5



PHOTO CONTRIBUTED

Lawrence Sizemore, founder of Teach Them To Fish, is honored in Cambodia for building a school for 380 children near the Thai-Cambodian border. Teach Them To Fish held a fundraiser at Evo Bistro in McLean Sunday.

## Langley Crew Team 'Rows for the Cure'

On Feb. 5, the Langley High School Crew team will participate in their annual fundraiser – a rowing machine match-up against West Springfield High School's Crew team. But this year will be a little different.

Thanks to senior rower Max Heilbrunn, the Langley crew team will also be rowing for a cure to breast cancer. Max is a member of the National Honor Society and as he researched a project for volunteering in the community, he realized he could combine two important interests – rowing and finding a cure for breast cancer.

Row for the Cure is a foundation designed to help promote breast cancer awareness among the rowing world and is affiliated with the Susan G. Komen foundation which is one of the largest breast cancer awareness foundations in the world. This year, Langley Crew will donate 10% of all funds raised above the team fundraising goal to Row for the Cure ([www.rowfortheure.com](http://www.rowfortheure.com)).

To donate to the Langley Crew team and Row for the Cure, please go to [www.langleycrew.com](http://www.langleycrew.com).

## McLean Day Applications Available Online

Local businesses, nonprofit organizations and crafters have an opportunity to show their community spirit and meet more than 14,000 prospective new customers at McLean's largest annual community event, McLean Day 2011: Celebrating Our Hometown. The festival will be held from 11 a.m. to 5 p.m. on Saturday, May 21, at Lewinsville Park, which is located at 1659 Chain Bridge Road in McLean. Admission is free.

Sponsored by the McLean Community Center, McLean Day draws families and individuals from all of Northern Virginia and surrounding areas. Applications are now available online at the Center's Web site: [www.mcleancenter.org/special-events](http://www.mcleancenter.org/special-events). Preference will be given to businesses and organizations based in Dranesville Small District One of McLean. The deadline to apply is 5 p.m. on Friday, Feb. 7.

For more information, contact the Center at 703-790-0123, TTY: 711, or visit: [www.mcleancenter.org/special-events](http://www.mcleancenter.org/special-events).

## Naval Officers' Spouses Offer Scholarships

The Naval Officers' Spouses Club of Washington D.C. is accepting application from graduating high school seniors who are dependents of Navy service members within the Naval District Washington command for its 2011-2012 Scholarship Program. The scholarships are 100% merit based and must be applied to tuition. Applications must be postmarked on or before April 1, 2011. For more information about these scholarship opportunities or to obtain an application visit the NOSC website at [www.noscdc.org](http://www.noscdc.org) or email: [jennywerner2003@aol.com](mailto:jennywerner2003@aol.com).

## McLean Drama Company Announces Play Contest

The McLean Drama Company announces this year's 10-Minute Play Contest for Adults. The winning play will be presented at the Alden Theatre in June 2011.

Submit the play, accompanied by a cover letter with the title and author's resume. Play entered must not have been presented in any previous performance. Script may have only the title of the play. Only legal names are permitted - no pseudonyms.

Entry fees: McLean residents, \$15; Fairfax County, \$20; and surrounding areas \$25.

Entries should be mailed to: McLean Drama Company, P.O. Box 1103, McLean, VA 22101. Submissions must be postmarked by March 31, 2011.

Further details are available at [www.mcleandramacompany.org](http://www.mcleandramacompany.org)

## NEWS



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**New MPA Board officers Nyka Jasper Feldman (Treasurer), Karen DuVal (Chair), and Bill DuBose (Vice-Chair). Not pictured is Karin M. Gifuni (Secretary).**

## MPA Elects New Board Members, Officers

The Board of Directors at McLean Project for the Arts elected five new board members and new officers. New members are Howard Forman, Charlotte Cameron Marshall, Ed Shahin, Margi Vanderhye and Joe Wetzel. Karen DuVal was elected Chair; Bill DuBose, Vice-Chair; Karin M. Gifuni, Secretary; and Nyka Jasper Feldman, Treasurer.

MPA is a non-profit visual arts center founded in 1962. Its mission is to exhibit the work of emerging and established artists from the mid-Atlantic region; to promote public awareness and understanding of

the concepts of contemporary art; and to offer instruction and education in the visual arts.

MPA/Corcoran, an educational partnership, offers art classes for children and adults taught by instructors from the Corcoran College of Art and Design. MPA also presents the Art Reach program for area schools, gallery talks, MPAartfest and day trips to area museums and galleries.

McLean Project for the Arts is located at 1234 Ingleside Ave. in the McLean Community Center; [www.mpaart.org](http://www.mpaart.org).

**Parent Claudette Kim and students Rebecca Damelin, Clara Donohue, Danae Koskinas, Lindsay Muangman, Olivia Dass and (front right) Mallory Bernstein.**

## Making Sandwiches for Martha's Table

Churchill Road Elementary School second and fifth grade buddies made over 1,300 sandwiches for Martha's Table, a local organization that helps at-risk youth and their families by providing educational programs, food, clothing, and enrichment opportunities. Sponsored by the Churchill Road PTA's Community Cares Committee, the students collected donated sandwich food from the community and worked after school to make the sandwiches.

**Pictured in front of the Martha's Table van are Sebastian Scott, Elizabeth Hoeyman, Joseph Hoeyman, Kate Walters, Lindsay Muangman, and Michael Hoeyman.**



PHOTOS BY DON HUTZEL, PRINCIPAL



# Building School in Uganda

FROM PAGE 3

"I think it's a terrific idea and it's certainly a worthy cause to raise money for," Sahm said. "Plus it's always been a goal of mine to teach in Africa. I think it would give me a completely different perspective."

Anita King of Springfield also said she enjoyed the event, calling it a "beautiful place with a good atmosphere with terrific people."

The Sunday event was a wine-tasting and silent auction featuring items donated by various local businesses. Items included a private dinner, a teeth-whitening, a free home appraisal and an iPad. One hundred percent of the money raised will go to the foundation.

**TEACH THEM TO FISH**, based out of Clifton and founded by lawyer Lawrence Sizemore, raises money to build schools for orphaned and impoverished children in Southeast Asia, Africa and other developing parts of the world.

"I travel a lot for business and in 2006, I was showing some pictures of these impoverished areas to my children. In the U.S. we have a good life so they hadn't seen this sort of thing," Sizemore said. "So we sat down as a family and figured out how to charter this organization."

Their first school was completed in March of 2008 for the Prey Phghues and Ba Sre Villages in the Battambang Province of Cambodia. Since then, they have built two other schools in Vietnam and Africa. Sizemore says they are working on 10 schools right now and are planning to open four this year in Africa, which will teach more than 2,000 children.

"One of the things we focus on in Africa is getting the girls to school. They're not a priority in rural Africa," he said. "Once they hit puberty, they're considered ready to have kids and they can get married as early as age 12. There's a lot of gender discrimination in that area."

Plans call for the primary school in Kaleu to host 500 children that are impoverished or have been orphaned from AIDS. The foundation estimates it will cost \$50,000. More information about Teach Them to Fish can be found at [www.teachthemtofish.org](http://www.teachthemtofish.org).

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# McLean, Langley Rowers Compete In 2011 Mid-Atlantic Erg Sprints

BY JEANNE THEISMANN  
THE CONNECTION

Rowers from McLean and Langley high schools were among the more than 1,000 high school, collegiate and masters athletes competing Jan. 29 at the Mid-Atlantic Erg Sprints, one of the world's largest indoor rowing competitions.

Hosted by T.C. Williams High School in Alexandria, rowers competed in more than 100 events, each averaging 2,000 meters (approximately 1.25 miles) as they vied to reach the National Erg Sprint Championships.

"I'm pretty tired but I think we did ok," said McLean High School senior Chris Vignali. "This is our third

event today but I think it was our best. We put a lot more energy into this one."

Vignali placed 11th in the Junior Men's 2,000-meter lightweight division race with a time of 00:07:12.6, followed closely by teammate Albrey De Clerk, who came in at 0:07:17.2.

First place finishes for McLean athletes included Meghan Wheeler in the Junior Women's 2,000-meter (00:07:22) and Melissa Frazee in the Junior Women's 2,000-meter lightweight (00:07:41.9).

"Everybody worked hard today," said McLean High School coach Zack Stimart. "I'm very proud of how we did."

Top Langley and McLean finishers in the Junior divisions are listed in the results box. For complete results, go to [www.ergsprints.com](http://www.ergsprints.com).



Members of the McLean crew team relax between competitions at the Mid-Atlantic Erg Sprints Jan. 29 in Alexandria. Front row: Albrey De Clerk, 17, Chris Vignali, 17, and Ben Macke, 15. Back row: Coach Zack Stimart and Andrew Cavanaugh, 15.

PHOTOS BY JEANNE THEISMANN/THE CONNECTION



Olivia White, a 15-year-old sophomore at Langley High School, is cheered on by crew coach Lee Roman during the Mid-Atlantic Erg Sprints Jan. 29 in Alexandria.

## 2011 Mid-Atlantic Erg Sprints Results

### Junior Women (age 18-19) 2000M

- 2. MCLEAN: Victoria Geithman 00:07:21.00
- 6. MCLEAN: Genevieve Mulligan 00:07:41.1
- 8. LANGLEY: Rohini Sethi 00:08:04.6
- 9. LANGLEY: Haley McKee 00:08:11.5
- 10. LANGLEY: Jennifer Rossberg 00:08:46.3
- 11. LANGLEY: Olivia White 00:08:48
- 12. LANGLEY: Erica Bosset

- 00:09:00.3
- 13. LANGLEY: Katherine Hack 00:09:33.1

### Junior Men (age 17) 2000M

- 7. MCLEAN: Kris Hobbs 00:06:35.7
- 10. MCLEAN: Samantha Mohan 00:06:43.00
- 22. MCLEAN: Alec Werner 00:06:58.00

### Junior Women (age 17) 2000M

- 1. MCLEAN: Meghan Wheeler 00:07:22

### Junior Men (age 17-19) 2000M (lightweight/155lb)

- 11. MCLEAN: Chris Vignali 00:07:12.6

SEE 2011, PAGE 7

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## 2011 Mid-Atlantic Erg Sprints Results

FROM PAGE 6

16. MCLEAN: Albrej De Clerk  
00:07:17.2

### Junior Women (age 17-19) 2000M (lightweight/135lb)

1. MCLEAN: Melissa Frazee  
00:07:41.9
6. MCLEAN: Micaela Ginnerty  
00:08:01.00
9. MCLEAN: Heather Harper  
00:08:05.4
23. LANGLEY: Kelly Baucom  
00:08:42.1
24. LANGLEY: Stephanie Dubois  
00:08:42.7
25. LANGLEY: Rebecca Redd  
00:08:43
27. LANGLEY: YooJin Kwon  
00:08:45.00
31. LANGLEY: Paige Smoyer  
00:08:52.1

### Junior Women (age 16) 1500M

4. MCLEAN: Christina Geithman  
00:05:53.00
11. MCLEAN: Alexia Bertholon  
00:06:01.9

### Junior Men (age 16) 1500M

3. MCLEAN: Scott O'Connell  
00:04:56.8
7. MCLEAN: Mikey Tapscott  
00:05:02.6
16. MCLEAN: Andy Gilmer  
00:05:20.4

25. MCLEAN: Chris Dobson 00:05:25.8
37. MCLEAN: Teddy Mundy 00:05:46.7
51. MCLEAN: Dylan Kim 00:06:37.8

### Junior Women (age 15) 1500M

3. MCLEAN: Tani O'Neill 00:05:44.2
9. MCLEAN: Theresa Mahoney  
00:05:54.5
49. MCLEAN: Rhiannon Kerruish  
00:06:35.7
55. MCLEAN: Carla Calderon  
00:06:40.4
58. MCLEAN: Yasman Jaforloo  
00:06:42.2
65. MCLEAN: Neha Rana 00:06:59.00

### Junior Men (age 15) 1500M

8. MCLEAN: Erik Thomas 00:05:03.6
13. LANGLEY: Ryan Cheng 00:05:18.2
21. MCLEAN: Brian Sanders-Smith  
00:05:27.5
56. MCLEAN: Joshua Carter 00:06:15.8

### Junior Women (age 15-16) 1500M (lightweight/135lb)

4. MCLEAN: Danielle Schurr 00:06:01.3
5. MCLEAN: Allie Meade 00:06:01.8
9. MCLEAN: Myriam Assaadi 00:06:10.7
11. MCLEAN: Olivia Planas 00:06:13
45. MCLEAN: Katherine Wheeler  
00:06:44

### Junior Men (age 15-16) 1500M (lightweight/155lb)

3. MCLEAN: Andrew Cavanaugh  
00:05:08.5
13. MCLEAN: Ben Macke 00:05:18.8
23. MCLEAN: Connor Ashton  
00:05:27.7

36. MCLEAN: Matthew Choi  
00:05:37.7
41. MCLEAN: Matthew Young  
00:05:42
42. MCLEAN: Daniel Chovil  
00:05:44.9
44. MCLEAN: Billy Mulligan  
00:05:47.9
46. MCLEAN: Samuel Bryan  
00:05:50.7

### Junior Women (age 14) 1000M

5. MCLEAN: Olivia Stifel 00:03:53.7
13. MCLEAN: Natalie Wickline  
00:04:01.1
14. MCLEAN: Sarah Beougher  
00:04:02.5
16. MCLEAN: Lisa Cofrancesco  
00:04:05.2
28. MCLEAN: Danielle Wyerman  
00:04:22.2

### Junior Men (age 14) 1000M

10. MCLEAN: Jacob Wilbur  
00:03:36.7
24. MCLEAN: Khoi-Viet Nguyen  
00:04:08.2

### Junior Women (age 13) 1000M

6. MCLEAN: Chloe Bertholon  
00:04:20.00

### Junior Men (age 13) 1000M

14. MCLEAN: Adam Benmhend  
00:04:27.5

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# OPINION

## Making One's Own Pet Connection

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**A**re you considering adopting a dog or a cat or another animal? Be sure to rescue one in need.

More people have turned in pets to animal shelters in the past couple of years, in part because of the recession and increased foreclosures.

Approximately 6-to-8 million pets end up in animal shelters each year, according to The Humane Society of the United States. Of that number, 3-to-4 million are adopted, but the remaining 3-to-4 million pets end up being euthanized.

Here are a few places to adopt a pet who needs a home. There are many rescue organizations, including some that specialize in particular breeds. There are also networks of people, like PetConnect, mostly communicating on the internet, who help save adoptable animals from overcrowded shelters from near and far.

### LETTERS TO THE EDITOR

#### Who Is 'Out of Order'

To the Editor:

I witnessed something troubling during a hearing in the Virginia Senate last Tuesday. In an effort to prevent debate on important issues facing our state, our state senator, Democrat Janet Howell, chair of the Senate Privileges and Elections Committee, arbitrarily shut down discussion and ruled that issues brought in front of her committee were "out of order." Were they out of order? Absolutely not. Taken from the playbooks used by Rep. Nancy Pelosi and Senator Harry Reid, Janet Howell prevented even a discussion on legislation critical to our state and our economic progress.

What were the issues she ruled "out of order?" Bills dealing with the Commonwealth's Right-to-Work laws (a key reason Virginia is #3 in jobs growth in the US,) and a Repeal Amendment against the unpopular, job-killing healthcare bill that many felt was forced upon Virginia by President Obama, Reid and Pelosi last year. It's telling that Senator Howell and her Democrat colleagues deliberately broke the rules and sought to avoid having to vote on these measures. Virginia voters sent a message in November that they want government to encourage businesses that create jobs and

grow our economy — not to discourage them. And they want greater transparency in the legislative process. Senator Howell apparently doesn't share these priorities or democratic principles.

Politics is about debating differences. But when one party — and one individual — attempts to prevent debate in order to push an agenda dictated by special interests (in this case, labor unions), it's time for the voters to stand up and ask "Why?" and just who is "out of order?"

**Caren Merrick**  
McLean

*The writer is the candidate for the Virginia Senate, District 32, currently represented by Janet Howell.*

#### Gridlock in Richmond

To the Editor:

Governor McDonnell's transportation plan has two major flaws: it is fiscally irresponsible, and it gives priority to sprawl-inducing road projects over mass transit and other projects that would actually reduce our hours spent in traffic.

Virginia has a backlog of road and bridge maintenance that runs to more than 4 billion dollars. The governor wants to sell bonds to pay for these critical needs because his political base won't per-

#### Some Places to Adopt

**Fairfax County Animal Shelter:** Dogs, cats and other pets are available for adoption at the Animal Shelter Tuesday – Friday, noon – 7 p.m. and Saturday, 10 a.m. to 5 p.m. 4500 West Ox Road, Fairfax, 703-830-1100 Some animals available for adoption can be viewed online. [www.fairfaxcounty.gov/police/animal/adoption.htm](http://www.fairfaxcounty.gov/police/animal/adoption.htm)

**Fairfax County Humane Society,** [www.hsfc.org](http://www.hsfc.org), 4057 Chain Bridge Road, Fairfax; 703-385-7387. FCHS also operates two thrift stores. Second Chance 1 Thrift Store, Monday-Friday, 10 a.m.-4 p.m. Saturday 10 a.m.-3 p.m., 4055 Chain Bridge Road, Fairfax; 703-385-3064. Second Chance 2, Monday-Saturday 10 a.m.-4 p.m. 929 West Broad Street, Falls Church, 703-533-9268

**Pet Connect,** [www.petconnectrescue.org](http://www.petconnectrescue.org)

### EDITORIALS

#### Super Bowl Parties, Fun and Safe

This year's Super Bowl might even turn out to be a game worth watching.

Super Bowl parties are fun even for those who are not big football fans. It's a great reason to get together at home or out in a restaurant or bar with friends.

Just be sure that you or your guests get home safely.

The McLean-based organization Washington Regional Alcohol Program suggests tips for safe celebrating to on Super Bowl Sunday, Feb. 6. During Super Bowl Sunday 2009, 50 percent of all U.S. crash fatalities included drivers who were intoxicated according to the National Highway Traffic Safety Administration.

Plan ahead: designate a driver if you're celebrating with alcohol, or use alternative transportation like taxi or public transportation.

If you're hosting the Super Bowl party: serve high protein food like meats and cheeses with alcohol; serve non-alcoholic beverages as an option; designate a bartender so guests don't mix their own drinks; close the bar at least an hour before you expect your guests to be leaving; don't serve alcohol to anyone who appears to be impaired; never serve minors; never allow anyone who has had too much to drink to get behind the wheel.

If you're driving on Super Bowl evening (or anytime), wear your seatbelt. "Wearing a seatbelt may be your best defense against a drunk driver," said Kurt Erickson, WRAP director. "The routine wearing of seatbelts is the single most effective measure to reduce crash-related deaths and injuries."

Board is considering a proposal to delegate authority to the superintendent to establish the length of the school day. The League of Women Voters of the Fairfax Area spoke against this policy change at the Dec. 2 School Board meeting. This is such a major change that it should have been discussed widely and received more public attention. The League supports well defined channels for community input and review for FCPS policies. Setting the amount of time that students will be in school is a fundamental responsibility of local school boards: this decision should not be delegated to the superintendent or any other employee.

**Virginia Fitz Shea,**  
chairman  
Schools Committee  
League of Women Voters of the  
Fairfax Area

#### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor  
The Connection  
1606 King St.  
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Call: 703-778-9410.  
By e-mail:  
[mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com)

**Ivy Main**  
McLean

#### Major Change

To the Editor:  
The Fairfax County School

## THE CONNECTION

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McLean

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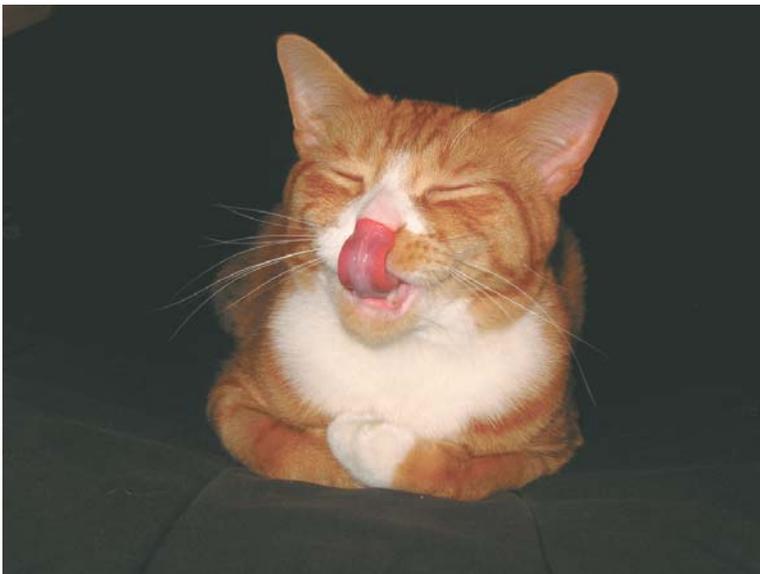
### Ressie Rules

Janie Strauss, Dranesville Representative on Fairfax County School Board, submitted this photo of “Ressie, the high-tech cat.” Ressie prefers sleeping on Strauss’ computer and has walked across the keys many a time disrupting whatever she was working on. Ressie lives in Strauss’ home office and guards it fiercely from another pet, a boxer dog named Akira. Although small in stature, Ressie rules the territory.



### Tidbit Captured in Action

Adeline Dietrich, age 10, a student at Chesterbrook Elementary School and an avid Irish dancer and softball player - sent these photos of her 2-year-old ginger Tabby named Tidbit. Adeline is particularly proud of the one that captured Tidbit licking his nose.



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### WEDNESDAY/FEB. 2

**Bands without Borders Featuring Brother Shamus, The Weathervanes and Half Brother.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).  
**Buckwheat Zydeco.** 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. Louisiana zydeco music. \$24. 703-938-2404 or [www.wolftrap.org](http://www.wolftrap.org).

### THURSDAY/FEB. 3

**An Evening with Todd Wright and Cal Everett.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).  
**Author Sandra Parshall.** 7:30 p.m. Oakton Library, 10304 Lynnhaven Place, Oakton. The author will sign and read from "Broken Places". [www.fairfaxcounty.gov/library](http://www.fairfaxcounty.gov/library).

### FRIDAY/FEB. 4

**"Fuddy Meers" by David Lindsay-Abaire.** 8 p.m. 1<sup>st</sup> Stage Theater, 1524 Spring Hill Road, McLean. Claire's amnesia causes her to awaken each morning as a blank slate, and chaos arises as everyone tries to fill in the holes of her lost memory. A dirty puppet, an ex-criminal and a fake cop add to the dark comedy. 703-854-1856 or [www.1ststagearts.org](http://www.1ststagearts.org).

**Mark Morris Dance Group.** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. The D.C. area premiere of "Petrichor," set to the music of Heitor Villa-Lobos, plus "Going Away Party," "Silhouettes" and "Excursions." A pre-performance discussion, free to ticket holders, begins 45 minutes prior to the performance on the Center's Grand Tier III. Tickets \$22-\$44, available at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**Ellis Paul.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).

**"My Mother's Italian, My Father's Jewish & I'm in Therapy" with Steve Solomon.** 8 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. The hilarious story of a man whose family has driven him from the therapist's chair. \$30. [www.wolftrap.org](http://www.wolftrap.org).

### SATURDAY/FEB. 5

**McLean Community Center 4th Annual Jewelry Showcase.** 11 a.m.-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Admission \$3. 703-790-0123.

**"Fuddy Meers" by David Lindsay-Abaire.** 2 p.m. and 8 p.m. 1<sup>st</sup> Stage Theater, 1524 Spring Hill Road, McLean. Claire's amnesia causes her to awaken each morning as a blank slate, and chaos arises as everyone tries to fill in the holes of her lost memory. A dirty puppet, an ex-criminal and a fake cop add to the dark comedy. 703-854-1856 or [www.1ststagearts.org](http://www.1ststagearts.org).

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**An Evening With The Nighthawks.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).

**Friends of the Library Used Book Sale.** 10 a.m.-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church.

**Northern Virginia Country Western Dance Association.** Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Line dance lesson at



**Rona Fisher (www.ronafisher.com) will be one of the artists at McLean Community Center's 4th Annual Jewelry Showcase, Saturday, Feb. 5 from 11 a.m.-5 p.m. at the McLean Community Center, 1234 Ingleside Ave., McLean. Many of the artisans participating in the show will take custom orders. Admission is \$3, and a coupon for \$1 off can be downloaded from [www.mcleancenter.org/special-events/jewelry.asp](http://www.mcleancenter.org/special-events/jewelry.asp). 703-790-0123.**

7:30 p.m., advanced beginner West Coast Swing lesson 8 p.m. Open dancing 8:30-11 p.m. Couples and singles welcome. Admission \$5-\$12. [www.nvcwda.org](http://www.nvcwda.org) or 703-860-4941.

**"My Mother's Italian, My Father's Jewish & I'm in Therapy" with Steve Solomon.** 7:30 p.m. The Barns at Wolf Trap, 1645 Trap Road, Vienna. The hilarious story of a man whose family has driven him from the therapist's chair. \$30. [www.wolftrap.org](http://www.wolftrap.org).

to awaken each morning as a blank slate, and chaos arises as everyone tries to fill in the holes of her lost memory. A dirty puppet, an ex-criminal and a fake cop add to the dark comedy. 703-854-1856 or [www.1ststagearts.org](http://www.1ststagearts.org).

**Ashbrook, Oorts & McKenna.** 4 p.m., 6 p.m. and 8 p.m. Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Celtic music. \$15. 703-759-3309 or [www.ionamusic.com/brogue.shtml](http://www.ionamusic.com/brogue.shtml).

### MONDAY/FEB. 7

**HelloGoodbye, Gold Motel, You Me and Everyone We Know and Now, Now Every Children.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).

### SUNDAY/FEB. 6

**"Fuddy Meers" by David Lindsay-Abaire.** 2 p.m. and 7 p.m. 1<sup>st</sup> Stage Theater, 1524 Spring Hill Road, McLean. Claire's amnesia causes her



PHOTOS BY DEB CORRA/THE CONNECTION

## Fashionable at Langley High

Show co-directors, Alicia Underhill (left) and Jacqueline Pifer (right) in front of the students in the Advanced Fashion Marketing class who were responsible for the design, organization and execution of the recent Langley High School fashion show, titled *Once Upon a Runway - A Fashion Fairytale*: 170 students and 24 faculty members, including Principal Matthew Ragone, modeled original designs by 10 students and collections of outfits styled by students to reflect current fashion trends.



Junior Margo Swomley watches as her model, junior Nathalie Goudy, practices walk down the runway before the start of the fashion show. Swomley designed the dress Goudy is wearing [The Connection switched their names under the photo printed last week].

### TUESDAY/FEB. 8

**Cas Haley.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).  
**Silent Auction and Raffle.** 5:30 p.m. George C. Marshall High School, 7743 Route 7, Falls Church. Proceeds benefit the All Night Grad Celebration. 703-356-8455.

### WEDNESDAY/FEB. 9

**Project/Object Featuring Ike Willis.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).  
**Martha Graham, the Pioneer.** 8 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Learn about the dancer and choreographer from George Mason University dance professor Dan Joyce and choreographers Christopher Morgan and Dana McLeod. Free. 703-790-9223.

### THURSDAY/FEB. 10

**An Intimate Evening with SGGL.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).  
**McLean Historical Society: Everyday Life During the Civil War.** 7:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Charles Mauro on the challenges and obstacles of living ordinary lives under extraordinary conditions. Free. [schulm@erols.com](mailto:schulm@erols.com) or 703-442-9370.

### FRIDAY/FEB. 11

**"Six Characters in Search of an Author."** 8 p.m. at George Mason University Center for the Arts, 4400 University Drive, Fairfax. Luigi Pirandello's surrealist tragicomedy,

presented by Aquila Theatre of New York City. Tickets \$17-\$34 at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

**"Fuddy Meers" by David Lindsay-Abaire.** 8 p.m. 1<sup>st</sup> Stage Theater, 1524 Spring Hill Road, McLean. Claire's amnesia causes her to awaken each morning as a blank slate, and chaos arises as everyone tries to fill in the holes of her lost memory. A dirty puppet, an ex-criminal and a fake cop add to the dark comedy. 703-854-1856 or [www.1ststagearts.org](http://www.1ststagearts.org).

**Kid Architect CD Release, Attractions and Poly-Opto.** 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).

### SATURDAY/FEB. 12

**"Fuddy Meers" by David Lindsay-Abaire.** 2 p.m. and 8 p.m. 1<sup>st</sup> Stage Theater, 1524 Spring Hill Road, McLean. Claire's amnesia causes her to awaken each morning as a blank slate, and chaos arises as everyone tries to fill in the holes of her lost memory. A dirty puppet, an ex-criminal and a fake cop add to the dark comedy. 703-854-1856 or [www.1ststagearts.org](http://www.1ststagearts.org).

**The Civil Wars and Lucy Schwartz** at 7 p.m. and **The Resistance, The Influence and Cerca Trova** at 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. [jamminjava.com](http://jamminjava.com).

**Opole, the Philharmonic of Poland.** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. With Maestro Boguslaw Dawidow. Mozart's overture to "Die Zauberflöte" (The Magic Flute) and Beethoven's Symphony No. 3, "Eroica." Virtuoso Evgeni Mikhailov is joined by the orchestra for Piano Concerto in A minor, Op. 17 by Paderewski. Tickets \$25-\$50, available at 888-945-2468 or [cfa.gmu.edu](http://cfa.gmu.edu).

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**Here's What's Happening at MCC**

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**4th Annual McLean Jewelry Showcase**  
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This fabulous showcase will feature a variety of quality, handmade jewelry collections and designs by jewelers from around the region.



**Puppetry Festival**  
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**Sunday Soiree Series**  
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Join your neighbors at this casual dance that is the perfect way to usher in Valentine's Day. Music by the Wayne Tympanick Trio.

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Local artist Jessica Lovelace used the history of Tysons Corner as her inspiration for the paintings that hang in the McLean branch of The Lost Dog Cafe.



PHOTOS BY JULIA O'DONOGHUE/THE CONNECTION

# 'Lost Dog' Finds McLean

Well-known pizzeria opens branch on Anderson Road.

BY JULIA O'DONOGHUE  
THE CONNECTION

For Burgess Allison, it wasn't enough to monitor The Lost Dog Cafe's Facebook updates about its new location in McLean. Over the last several weeks, Allison had taken to driving by the storefront on Anderson Road so he could monitor progress on the restaurant's opening himself.

The Vienna resident has visited the pizzeria's other locations in Arlington and is a big fan of Lost Dog's sandwiches. He was extremely excited when he learned a new location would be opening up so close to his office.

"We were waiting for it," said Allison, after sliding into one of the pizzeria's new booths with his wife Dawn on Jan. 30. At that point, Lost Dog had only been open in McLean for five days and Allison, who works in a nearby office building, was already on his third visit to the restaurant.

"I was here Friday night and there was already a line. I wouldn't be surprised if it became a place that was hard to get into," said Allison.

"I bet folks will be coming here from a distance," added Dawn Allison.



The Lost Dog Cafe, a well-known Arlington County pizzeria, has expanded into McLean.

**THE FIRST BRANCH** of The Lost Dog Cafe opened in north Arlington County 13 years ago, in part as a way to raise money to save dogs and cats at local shelters from being euthanized. Proceeds from the original location and a sister restaurant, the Stray Cat, benefit the Lost Dog and Cat Rescue Foundation, which places 2,000 animals that were previously in shelters with adoptive families.

A different ownership group, who all worked at the original Lost Dog, have opened McLean's Lost Dog, which is directly adjacent to Safeway grocery store. They also own The Lost Dog Cafe that has been operating for a few years on

Columbia Pike in south Arlington.

Revenue generated at the McLean location is not as directly tied to animal rescue, though some money earned from t-shirt sales benefits the foundation. The McLean restaurant also accepts donations on behalf of the Lost Dog and Cat Rescue Foundation near its cash register, according to owner Wes Clough.

Like the other Lost Dog sites, the McLean location has dine-in services and delivery to the Tysons Corner and McLean area. In addition to an array of sandwiches and gourmet pizza, Lost Dog in McLean also offers 16 beers on tap and 250 beers in the bottle, said Clough.

Mike Danner, Wes Clough, Rodrigo "Blue Moon" Contreras, Brian Bullock, Yury Calurtro, Lauren Grimmitti and Becky Trigo are part of the team that opened The Lost Dog Cafe in McLean this week.

**ONE OF THE** Lost Dog owners works at Freddie Mac in Tysons Corner during the day and had noticed a lack of options for moderately-priced and high-quality food in the area. He didn't like traveling all the way into downtown McLean in the middle of the day to find something decent to eat and convinced his partners to open another Lost Dog branch in McLean, said Clough.

The ownership said their current space — midway between the heart of Tysons Corner and downtown McLean — is convenient for commuters and residents alike.

"We try to be open all the time except Thanksgiving and Christmas," said Clough.

**LOCAL ARTIST** Jessica Lovelace, who is responsible for the dog-centric paintings at the other Lost Dog locations, has been commissioned to decorate the McLean store.

*The Lost Dog Cafe can be found at 1690A Anderson Rd., McLean, Va; 703-356-5678. The restaurant is open from 11 a.m. to 11 p.m. Monday through Saturday and 11 a.m. to 10 p.m. on Sunday.*

## SCHOOL NOTES

Send School Notes to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday.

**Chesterbrook Elementary** hosts International Night on Friday, Feb. 4 at 6:30 p.m., Chesterbrook students, families, and staff members will gather to sample food and have learn about the traditions and cultures of countries represented by the Chesterbrook community. Among the countries featured are Finland, Taiwan, South Africa, and Cuba.

**The Longfellow Middle Science Olympiad team** earned second place in a recent competition in Ohio. Team members earned 23 top medals and ribbons, placing in 16 of the 23 events. First place medals went to Tara Abrishami, Yunkyoo Bae, Junyoung Hwang, Tai Kao-Sowa, Billie Malès, Winston Ou, Tajin Rogers, Alex Wendt, Tiger Zhang, Kevin Zhou, and Kyle Zhou. Events range from academic events such as anatomy and fossils to engineering events such as bottle rockets and catapults. Team members also include Hasan Ahmad, Phil Carr, Allen Cheng, Maya Chung, Patrick Do, Henry Howe, Tyler Larkworthy, William Liu, Nick Mariam, Emily Moschella, Didi Park, Kate Salamido, Mira Sridharan, Joseph Suh, Peter Suzuki, Anna Venetianer, Gerry Wan, Derek Zhou, and Nick Zugris.

**Meghan Percival, yearbook adviser at McLean High**, has been named Special Recognition Adviser by the Journalism Education Association. Percival serves as the adviser to The Clan, McLean's yearbook. The program is designed to honor outstanding high school advisers and their exemplary work from the previous school year as well as the work done throughout their careers.

**Peter-Christoph Schmidt** of McLean has been named to the honor roll at Southern Methodist University in Dallas, Tx.

**Rachel Nicole Adams** of McLean has been named to the fall 2010 dean's list at Juniata College of Huntingdon, Pa. The junior psychology major is the daughter of Gregory Adams and Colette Marcellin.

**Sarah J. Braselton** of McLean has been named to the fall 2010 dean's list at Colby College in Waterville, Me. Braselton is majoring in studio art and art history and French studies, and is the daughter of James and Lelia Braselton.

McLean residents **Ashley Ann Alligood**, senior psychology major, **Buckley Thomas Jiongo**, sophomore pre-nursing major, and **Christopher John Pauliukonis**, freshman psychology major, have been named to the fall 2010 dean's list at Radford University.

**Emma M. Rocks** of McLean has been named to the fall 2010 dean's list at the University of Vermont. Rocks is a junior studio art major in the College of Arts & Sciences.

## Brzezinskis Dedicate Land for Spring Hill Trail

A trail that will run the complete length of the east side of Spring Hill Road from Lewinsville Road to Old Dominion Drive is that much closer getting built as a result of land dedicated to Fairfax County by Dr. and Mrs. Zbigniew Brzezinski. The signing of the land transfer documents took place on Thursday, Jan. 27 at an event sponsored by Dranesville Supervisor John Foust at the McLean Government Center. Fairfax County Executive, Tony Griffin and County Attorney, David Bobzien, were also on hand to sign the documents. Dr. and Mrs. Brzezinski dedicated approximately 275 feet of their frontage on Spring Hill Road to the County.

Funds for the trail project were approved by voters under the 2007 transportation bond. In addition to the trail in front of the Brzezinski property, Fairfax County Department of Transportation will extend the trail to the intersection of Spring Hill Road and Old Dominion. Approximately 700 feet of new trail will be constructed, and 200 feet of damaged existing trail will be replaced.

Supervisor Foust spearheaded



**Dranesville District Supervisor, John Foust (third from left) hosts trail easement signing event with Emilie and Dr. Zbigniew Brzezinski. Also in the picture, from left, County Executive Tony Griffin; Jane Edmondson, Dranesville Chief of Staff; Lee Fifer, McGuire Woods; Lindsay Burleigh, Christopher Consultants; Mark Brzezinski; Larry Ichter, former Branch Chief Fairfax County DPWES Planning & Design**

the negotiations between the County and the Brzezinskis in 2009. The family was primarily concerned about the trail's impact on mature trees. As a result, the County's Urban Forester, Craig Herwig, worked very closely with the arborist hired by the Brzezinskis, and the County agreed to special trail construction techniques.

The County's Land Acquisition Department is working to obtain grading and temporary construction easements needed along various segments of the trail from adjacent landowners. When the remaining easements are obtained, the County will begin construction work. It is hoped that construction will begin this spring or summer. "I'm very excited about this trail;

I know that it has been at the top of the residents' wish list for a number of years. Pedestrian safety is one of my top priorities. This trail will allow walkers safe passage to the recreational facilities at Spring Hill Recreation Center, Spring Hill Elementary School and even to Tysons Corner. This is an important link to the future Metro Silver Line. I am very grateful to Dr. and Mrs. Brzezinski for the land dedication; I also want to thank the many County employees who worked on the negotiations," said Supervisor Foust.

Dr. Brzezinski added: "My family and I have enjoyed living on Spring Hill Road for more than 30 years, even though it has become a busy roadway. Supervisor Foust was steadfast and also persistent in patiently resolving this matter so that this good public improvement can now go forward."

Dr. Brzezinski was United States National Security Advisor to President Jimmy Carter from 1977 to 1981 and is currently Robert E. Osgood Professor of American Foreign Policy at Johns Hopkins University's School of Advanced International Studies.

## FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday.

**Vienna Presbyterian Church**, 124 Park St. in Vienna, presents the 12-week program "Passages," for those experiencing the pain of separation or divorce. The DivorceCare series begins Tuesday, Feb. 22 at 7 p.m. Cost of materials \$20, scholarships available. 703-938 9050 or [Passages@ViennaPres.org](mailto:Passages@ViennaPres.org).

**Antioch Christian Church**, 1860 Beulah Road in Vienna, invites singers to join a local volunteer choir. Presentations are Sundays at 11 a.m. at with rehearsals Thursdays at 7:30 p.m. 703-255-2761 or 703-319-8742.

**Centering Prayer offered at St. Dunstan's**, 1830 Kirby Road, McLean, Tuesdays at 7-7:45 p.m. Centering prayer is meditation and contemplative prayer, wordless, trusting, opening of self to the divine presence. Instruction offered. [marjorie.cole@gmail.com](mailto:marjorie.cole@gmail.com).

**Epiphany United Methodist Preschool**, 1014 Country Club Drive, N.E. in Vienna, is now enrolling 3-4-year-old students for the 2010/2011 school year. Contact 703-938-2391 or [www.epiphanypreschool.com](http://www.epiphanypreschool.com).

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# Liberty Boys' Basketball Teams Ready for Playoffs

Unbeaten Saxons still on top of standings, with McLean and South Lakes pursuing second place; Warhawks playing underdog role.

BY RICH SANDERS  
THE CONNECTION

**T**wo-time defending Liberty District boys' basketball champion Langley, under head coach Travis Hess, looks to be in the driver's seat of the district standings as the regular season nears an end with just over a week remaining.

The Saxons, 11-6 overall going into this week, remained unbeaten in district play at 9-0 following their 82-68 district win at Fairfax last Tuesday, Jan. 25. Sitting in second place was the steady McLean Highlanders' team (11-7, 7-3), which is vying for at least the No. 2 seed as the district tournament time draws nearer. McLean won its sixth game over its last seven played last Saturday when it defeated district foe and guest Marshall, 70-56. The Highlanders' lone loss of late came at Langley, 57-47, on Jan. 21. Since then coach Kevin Roller's squad has wins over Jefferson and the Statesmen.

Right in the mix of things is South Lakes, a program which has struggled somewhat in recent years but is experiencing a respectable season under new head coach Andrew Duggan. The Seahawks, although just 8-9 overall, are 6-4 and fourth place in the district. The team did take a hit this past Saturday when it lost a close 55-54 affair at fifth place Jefferson (9-8, 5-5).

Fairfax (9-8), going into this week, was a half game ahead of South Lakes for third place with a 6-3 district mark. The three-team cluster of Fairfax, South Lakes and Jefferson are all vying for the No. 3 seed for tournament time.

Rounding out the eight-team district standings are Stone Bridge (4-13, 3-6), Madison (4-12, 2-7) and Marshall (3-14, 0-10).

At the district tournament, set to begin on Monday, Feb. 14, quarterfinals round winners will automatically earn a spot at the following week's 16-team Northern Region tournament. Last year, Langley, after winning the district tourney, went on to reach the region finals for the first time in school history. The Saxons lost in the region championship game to Chantilly, but still went on to be one of the region's two representatives at the state AAA tournament.

In Langley's win over Fairfax last week, a big second quarter of play proved to be the difference in the contest. The Rebels led the game 17-16 after one quarter before the Saxons got untracked and outscored the hosts 18-7 in period two to take a commanding 34-24 lead at the half. The Saxons remained in control throughout the second half to gain the win.

A huge game for Langley came from guard Austin Vasiliadis, who poured in a game-high 27 points. But



PHOTO BY CRAIG STERBUZEL/THE CONNECTION

**Marshall High sophomore Connor Barrand (11) takes a fall away shot during the Statesmen's Liberty District boys' basketball game at Stone Bridge on Jan. 22. Marshall will be home versus Madison this Friday night.**

the talented backcourt playmaker was not the only one producing points for the guests as Daniel Dixon (19 points), Braden Anderson (15) and Brenden Dwyer (10) were all in double digits. Fairfax also received a balanced attack behind solid play from Spencer Macleod (17 points), who quarterbacked the Rebels' football team to the Div. 6 region playoffs last fall; Jazz Holley (14 points), John Robic (13) and Zack Burnett (12).

McLean, in its victory over Marshall on Saturday, had its hands full as the Statesmen carried a 35-34 lead into the half. Marshall still held a two-point lead after three quarters before the Highlanders dominated play in the fourth quarter by outscoring the guests 24-8 to gain the win. McLean guard Gordon Rogo scored a game-high 26 points to lead the Highlanders. Kevin Lastova contributed 11 points for the winners, while both Sango Amolo and Thomas Van Wazer scored nine points.

Marshall's top scorers in the setback were Latrell Watkins (11 points), Aaron Aggen (10), Connor Barrand (10) and Mo Samantar (9).

## Winning Ways Continue For Langley Wrestling

Jeff Mye, the Saxons' first year coach, credits his senior leaders for team's 12-5 season.

BY RICH SANDERS  
THE CONNECTION

**B**y becoming the new head coach for the Langley High wrestling team last August, Jeff Mye, who had spent most of his life in western New York, accepted a positive type of challenge that came with the position - the fact that he was taking over a program that had known outstanding success over the previous decade.

Mye, a lifelong enthusiast of the sport, realized that the Langley High wrestling bar was, indeed, pretty high and that at least maintaining that measure of consistent winning was an expectation that came with his new job title.

"There is the added pressure [as the first year head coach] that Langley has won 10 [Liberty] District titles in a row," said Mye recently, with a chuckle.

But, with the regular season just completed this week and the postseason ready to begin this weekend with the district championships, Mye has impressively directed the Saxons to another stellar season. The Saxons have won this winter despite having to deal with the natural change that occurs for a team when it makes the transition of having a new head coach. On top of that, injuries, illnesses and other scenarios have resulted in the Langley varsity experiencing a challenging season in which it has never even once had the same set line-up at any one time this winter.

"We've had 30 different kids in the varsity line-up," said Mye, quite amazed by how the season has evolved. "It's been pretty hectic but the team has been pretty good [in handling] it. We haven't had the same line-up all year long."

Mye, the program's third head coach in three years, has gotten his first taste of Northern Region wrestling this winter. Prior to coming to Fairfax County before the start of this school year, Mye

spent the last four years as an assistant wrestling coach at Niagara Community College in Western New York. Prior to that, he served as an assistant at Attica High School in the same area of the state.

The team participates in districts this Friday and Saturday at McLean High School.

**YES, IT HAS BEEN** a rocky first season ride for the new coach and his squad in terms of different personnel being used to fill out the 14 different weight classes. Nevertheless, a number of Saxons have put together marvelous seasons. Those wrestlers include juniors Leland Jenkins (119 weight class) and Jay Ives (135), as well as seniors Matt Wilson (152), Griffin Dulany (171) and Elie Kawmy (189).

Kawmy has made the jump from being a 145-division wrestler a year ago to competing at 189 this year. He is, in fact, a light 189 but has more than held his own against physically bigger opponents. He was 20-6 going into this week and will likely be the top seed in his weight class at districts.

"Elie lost his father last year," said Mye, of Kawmy. "He has been battling a lot [of adversity]. He's been out there [on the mat] competing hard."

Dulany, at 171, leads the team in wins with 31 victories to just two defeats. He is looking forward to a big postseason after, a year ago, enduring a late season injury (broken nose) that prevented him from fulfilling his expectations.

Wilson, at 152, is 21-3 this season. Going into this week, the senior had 98 career wins over his four-year varsity career.

Ives and Jenkins, both 11th graders, have both been steady contributors to the team's success.

**LANGLEY** was scheduled to conclude the regular season earlier this week on Monday with a dual meet match versus visiting McLean High.

## SCHOOLS

# Parenting Advice from the Experts

**“Nurture and respect teens, set and enforce rules and listen.”**

BY BONNIE HOBBS  
CENTRE VIEW

**A**t the outset of their talk to local parents of teen-agers, Michele Tureaud, Barbara Cohen and Wanda Holloway made it clear they have firsthand knowledge of their subject.

“Between the three of us, we have nine children,” said Tureaud. “We each have two boys and a girl, so we’ve lived your life.”

Speaking recently in the Centreville High media center, they provided information and insight on teen-agers and gave advice on how to parent them. Tureaud is a behavior-intervention instructor with Fairfax County Public Schools’ Cluster VII (the Centreville pyramid), and Cohen and Holloway hold the same positions with the McLean and Mount Vernon pyramids, respectively.

“We started these talks, the last school year, for the Parent Resource Center,” said Tureaud. “And a lot of our information is based on Michael Bradley’s book, ‘Yes, Your Teens are Crazy.’”

To better understand how to communicate with their teens, she said, parents need to understand where they are neurologically and developmentally. “Living with a 16-year-old is a mystery because you never know what to expect, from one day to the next,” said Holloway.

Agreeing, Cohen said, “The frontal lobe of a teen-ager’s brain isn’t fully developed, yet — which is why they sometimes appear crazy to us. So their brains are unpredictable and complicated.”

The brain does most of its maturing between ages 12-20, she said; it’s not fully developed before age 25. “Having this information helps us understand why they’re behaving as they are, so we shouldn’t take it so seriously or personally. It has nothing to do with our parenting skills.”



**From left are Fairfax County Public Schools behavior-intervention specialists Wanda Holloway, Michele Tureaud and Barbara Cohen.**

PHOTO BY  
BONNIE HOBBS/  
THE CONNECTION

**THEREFORE**, explained Cohen, teen-age behavior is often characterized by the following elements: A lack of common sense, thinking that seems rigid; decisions that seem irrational, disorganization, impulsiveness, mood changes, inadequate emotional control and risk-taking.

“So our kids will demonstrate all these behaviors at once, or change from one to another, in the blink of an eye,” said Tureaud. “At parties, your kids are going to be faced with stress, decision-making and peer pressure. So, as parents, you have to make sure they know what is right.”

Children take a great deal of risks, beginning in eighth grade, said Cohen. Added Tureaud: “They’re demonstrating their independence at ages 15, 16 and 17 and want to show you they can handle whatever happens.” And, Cohen told the parents, “You do want them to be able to break away and make smart decisions on their own.”

“Listen to your children, even as they’re shouting,” advised Tureaud. “You can either escalate or de-escalate a heated discussion. Apply the 15-second rule, waiting this long — even 10 seconds — before responding. That way, you don’t yell at them and make them defensive and your conversation will be more productive.”

Additionally, said Cohen, “If you tell your kids how you’re feeling — for example, ‘I’m hurt by what you’re saying’ — it’ll blow them away. They’re not used to hearing your feelings.”

She said barriers to communication include parents criticizing their teens and interrupting them. “Let them have their say, and really listen to them,” said Cohen. “Another barrier is asserting your power by saying things like, ‘Because I’m the mother’ or ‘I forbid you.’”

**ASKING TOO MANY** questions all at once, instead of one, general question, also causes problems. A better tactic is to casually pose questions to teens while driving them somewhere in the car. “You’re both relaxed then and it’s non-threatening,” said Cohen.

Tureaud also warned parents to be aware of their body language, such as having closed arms. “Communication is composed of words, tone of voice and body language,” she said. “Give your children ‘I’ messages, such as ‘I feel [this way] when you [do that],’ so they’re not on the defensive.”

From the audience, a mom who said she and her teen have a good relationship noted that, when talking to her child, she thinks to herself, “Would I talk that way to my husband or boss, or if this wasn’t my child?”

Pleased, Holloway said that shows the importance of treating teen-agers with dignity and respect.

“Probably nine out of 10 things that kids do each day are great,” said Cohen. “So we shouldn’t evaluate the whole child based on just one or two things.”

Holloway told the parents to consider creating behavior contracts with their teens so they know what’s expected of them. Tureaud said it’s also a way of “getting their perception of how they think you communicate with them.”

If parents model good behavior, said Holloway, it will be reciprocated. “If our kids know we respect them, they’ll respect us,” she said. “Acknowledge their strengths and the things they’re doing right that make us happy.”

However, she said parents should still be as knowledgeable as possible about what’s going on in their teen-agers’ lives. “Be involved, know where they’re going and call those parents,” said Holloway. “Create rules and let them be a part of that. Discuss your expectations — for example, what time for curfew — and their feelings about it so you can reach a consensus.”

**SHE ALSO ADVISED** parents to establish enforceable rules and be consistent in applying them. “Nurture your teens — be supportive, warm and encouraging,” said Holloway. “But teach them how to behave, set and enforce limits and monitor their behavior. Keep talking to them about what you believe — and your morals and feelings about things — and somehow, they’ll get it.”

“There are a lot of behaviors that, if you ignore them, you’ll feel better,” said Cohen. Added Holloway: “Often, the teen years are harder on parents than on teens.”

Cohen recommended that parents read Michael Bradley’s book, “Yes, Your Teens are Crazy,” as well as “Surviving your Adolescents” by Thomas Phellen. She also reminded parents that they’re not alone and that other parents are going through the same things they are. Quoting from the Bradley book, she told them, “Have some faith in the parenting you’ve done — it is more powerful than you know.”

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All listings are due by Monday at 3 p.m.

# HOME SALES

In December 2010, 77 homes sold between \$9,000,000-\$107,000 in the McLean and Falls Church area. This week's list represents those homes sold in the \$515,000-\$107,000 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Subdivision
2113 GRAYSON PL	3	1	0	FALLS CHURCH	\$515,000	Detached	0.32	WESTHAMPTON	
6330 HALSEY RD	3	1	0	MCLEAN	\$511,000	Detached	0.25	CHESTERBROOK	
2289 CARTBRIDGE RD	3	3	1	FALLS CHURCH	\$505,000	Townhouse	0.03	IDYLWOOD STATION	
6346 OLD DOMINION DR	3	1	2	MCLEAN	\$499,000	Detached	0.37	DIVINES CHESTERBROOK	
7308 IDYLWOOD RD	3	2	0	FALLS CHURCH	\$475,000	Detached	0.36	REDDFIELD	
7416 SPORTSMAN DRIVE	3	3	0	FALLS CHURCH	\$465,000	Detached	0.21	PIMMIT HILLS	
7419 LISLE AVE	3	2	0	FALLS CHURCH	\$460,000	Detached	0.30	PIMMIT HILLS	
2108 DOMINION HEIGHTS CT	3	3	0	FALLS CHURCH	\$440,000	Townhouse	0.02	MARSHALL HEIGHTS	
6805 VAN FLEET DR	3	2	1	MCLEAN	\$440,000	Detached	0.34	HILLSIDE MANOR	
6800 FLEETWOOD RD #1101	3	2	0	MCLEAN	\$389,000	Hi-Rise 9+ Floors		MC LEAN HOUSE NORTH	
8220 CRESTWOOD HEIGHTS DR #202	1	1	0	MCLEAN	\$374,000	Hi-Rise 9+ Floors		ONE PARK CREST	
1940 ANDERSON RD	3	2	0	FALLS CHURCH	\$365,000	Detached	0.23	PIMMIT HILLS	
1800 OLD MEADOW RD #1719	2	2	0	MCLEAN	\$365,000	Hi-Rise 9+ Floors		REGENCY AT MCLEAN	
2045 PIMMIT DR	3	1	1	FALLS CHURCH	\$340,000	Detached	0.28	PIMMIT HILLS	
8350 GREENSBORO DR #125	2	2	0	MCLEAN	\$335,000	Hi-Rise 9+ Floors		ROTONDA	
8340 GREENSBORO DR #410	2	1	1	MCLEAN	\$320,000	Hi-Rise 9+ Floors		ROTONDA	
6800 FLEETWOOD RD #1006	2	2	0	MCLEAN	\$319,000	Hi-Rise 9+ Floors		MC LEAN HOUSE NORTH	
1779 WESTWIND WAY #25	3	1	1	MCLEAN	\$257,000	Townhouse		WESTERLIES THE	
7502 LISLE AVE	3	1	0	FALLS CHURCH	\$250,000	Detached	0.23	PIMMIT HILLS	
1800 OLD MEADOW RD #1411	1	1	0	MCLEAN	\$240,000	Hi-Rise 9+ Floors		REGENCY AT MCLEAN	
2311 PIMMIT DR #1014	2	2	0	FALLS CHURCH	\$237,500	Hi-Rise 9+ Floors		IDYLWOOD TOWERS	
2230 GEORGE C MARSHALL DR #821	1	1	0	FALLS CHURCH	\$225,000	Hi-Rise 9+ Floors		RENAISSANCE 2230	
1524 LINCOLN WAY #203	1	1	0	MCLEAN	\$215,000	Garden 1-4 Floors		FOUNTAINS AT MCLEAN	
1808 OLD MEADOW RD #516	1	1	0	MCLEAN	\$206,000	Hi-Rise 9+ Floors		ENCORE OF MCLEAN	
1808 OLD MEADOW RD #1216	1	1	0	MCLEAN	\$196,000	Hi-Rise 9+ Floors		ENCORE OF MCLEAN	
7614 SAVANNAH ST #103	3	1	0	FALLS CHURCH	\$139,000	Garden 1-4 Floors		FALLS CHURCH GARDENS	
7526 SAVANNAH ST #26/202	2	1	0	FALLS CHURCH	\$128,000	Garden 1-4 Floors		FALLS CHURCH GARDENS	
2756 HOLLYWOOD RD #T2	1	1	0	FALLS CHURCH	\$107,000	Garden 1-4 Floors		FALLS CHURCH GARDENS	

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## REAL ESTATE

To have real estate information listed in the Connection, send to [mclean@connectionnewspapers.com](mailto:mclean@connectionnewspapers.com). Deadline is Friday.

**Jim Weichert, founder and president of Weichert, Realtors®**, has been selected for the Inman News list of the 100 Most Influential Real Estate Leaders for 2010. This year's selection is the fourth consecutive year that Weichert was honored with this distinction. Jim Weichert was recognized in the Brokerage category, which is reserved for company leaders who command the attention of real estate professionals through their words and actions. During his more than 40 years of sales experience, Weichert has led the development of Weichert, Realtors from a single office in 1969 to one of the largest privately held real estate companies in the nation.

For more information, Weichert's customer service center can be reached at 1-800-USA-SOLD or at Weichert's Web site, [www.weichert.com](http://www.weichert.com). Each Weichert franchised office is independently owned and operated.

**Keller Williams Realty International** announced at its annual "Family Reunion" Conference in New Orleans that the McLean office won top honors nationally among more than 30 new Keller Williams offices for 2009, with \$6.5M in gross commission income. McLean was named the #1 Launch in the nation for 2009. The McLean office

launched 18 months ago with 30 agents and today has nearly 100. Keller Williams International also surpassed Re/Max to become the #3 largest real estate company in the U.S. by agent count. This is the first time in 20 years that the order has shifted.

"Of course it takes a lot of hard work to achieve this kind of success," said McLean Team Leader Vickie Christianson. "But when you have a company behind you that places the interests and success of the agents above all else, it makes it a lot easier."

J.D. Powers & Associates recently named Keller Williams Realty #1 in customer service; Entrepreneur Magazine ranked Keller Williams Realty as the #1 real estate franchise, and the industry ranked Keller Williams Realty as the Most Recognized Real Estate Franchise Brand.

**Coldwell Banker Residential Brokerage in Greater Washington, D.C.** has announced that Carol Kalinowski and Susie Carpenter from its Vienna office were recognized as being among NRT's Top 1,000 sales associates nationally in the third quarter of 2010. NRT is the parent company of Coldwell Banker Residential Brokerage. To put this achievement in perspective, the Top 1,000 NRT sales associates represent the top 2 percent of performers among NRT's 45,000 sales associates across the country. In addition, the Vienna office, led by

Branch Vice President Mark Ackermann, was among NRT's top brokerage offices for the quarter. For more information about buying or selling a home in the Greater Washington, D.C. area, contact visit Coldwell Banker Residential Brokerage online at [www.cbmove.com](http://www.cbmove.com).

**Patricia Stack** of the Weichert, Realtors Vienna office was recognized for outstanding performance in October - Bruce Green, regional vice president announced. A neighborhood specialist, Stack led the region for resale dollar volume. The region comprises offices located throughout Virginia. Weichert, Realtors neighborhood specialists can be reached in Weichert's Vienna office at (703) 938-6070 at 156 East Maple Avenue.

**Coldwell Banker Residential Brokerage in Vienna** recently presented a check for \$1,500 to MenzFit on behalf of Coldwell Banker Residential Brokerage Cares (CBRB Cares), the company's philanthropic arm. MenzFit provides disadvantaged men in the Washington, D.C. and Philadelphia areas with new suits, job interview coaching, and career development and financial literacy services. For more information about MenzFit, visit [menzfit.org](http://menzfit.org).

For more information about buying or selling a home in the Greater Washington, DC area and to view listings, visit [www.cbmove.com](http://www.cbmove.com)

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## PET CONNECTION



**Brady Youngblood in the party room eating cake after having his face painted by the pet/animal theme artist.**



## 'Animal House Parties' Hosted in McLean

**O**ld Dominion Animal Health Center offers animal-loving kids a unique opportunity to celebrate their birthdays in "real" veterinary style.

ODAHC's "Animal House Parties" opens the hospital for children to explore every aspect of pet care. They witness everything from cleaning the teeth of dogs and cats, viewing a variety of exotic x-rays, listening to a dog's heart and seeing it beat in "real time" with an ultrasound and viewing skin cells under a microscope, all while being guided through the hospital facility by a certified veterinary nurse.

Parties are approximately two hours long and can be customized to incorporate the child's specific areas of interest in the animal world.

Animal House Parties was inspired by a birthday party held for the granddaughter of Dr. Gordon Davis, owner of ODAHC. The party was so well-received by the party guests and their parents that Davis felt compelled to offer the service to other local children.

Animal House Parties is designed to offer community children a birthday party that is fun and unique and at the same time captures the child's love of animals and inquisitiveness. Guests also play games, make animal-theme craft projects and can have their faces painted. Parties are age-appropriate for children age 3-14 and are "hosted" by Peg, a 7-month-old Labrador/Dachshund mix, or Roscoe, a 2-year-old black



**Operation Manager Cassie Buxton educates kids on how and why yearly dentals are necessary for pets.**

Labrador. Both pet hosts are temperament tested and child-friendly, so party guests can interact with them to their hearts' delight.

ODAHC launched Animal House Parties in 2010, and has hosted over 20 successful birthday parties. Parents have commented on the convenience of the parties, as decorations, drinks, pizza and "doggie bags" (goodie bags) are provided by the hospital. All parents need to do is bring the cake and presents.

ODAHC is offering something other than the typical restaurant or roller rink birthday party. As Tiffany Zorotrian, one of the Party Nurses, explains, "It's really awe-

some to see how fascinated and amazed the kids are at everything. These are things that we see and do at the hospital every day, so it's incredibly rewarding to see the kids' eyes get big and they exclaim over everything. The best compliment I've gotten was when I overheard one little boy say to another, "This is better than the rock-climbing place!"

Animal House Parties gives children a fun, exclusive opportunity to explore first-hand possible interests and career paths in a safe, friendly and real setting.

For more information, contact Cassie Buxton or Kassandra Bryant at 703-356-5582.



**Sophie and Reilly**

**Wendy Reinsel of McLean submitted this photo of her two cats: Reilly is looking out of the window at Sophie, who is looking up into the window at Reilly.**



**Dogs' Life in Great Falls**

**Vanessa Doyle, owner of the two-year-old Great Falls Paws & Claws pet sitting, is pictured in her backyard with her two dogs: Peanut (left) and Paddington Bear.**



**Mr. Giant Poses As a Circus Cat**

**Jack Nutter of Great Falls has sent this photo of Mr. Giant, a 6-year-old big orange Tabby. He loves to show off as a circus cat by walking on a thin rail. He strides back and forth, adroitly turning around with gravity defying deft. After he shows off, he poses and then gives a cat smile.**

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**Membership Has Its Privileges**



By KENNETH B. LOURIE

Membership in the cancer club, that is. And the specific privilege to which I refer is sponsorship, to invoke a familiar component of Alcoholics/Narcotics/Gambler's Anonymous' multi-step recovery program: someone to talk to, 24/7, who's been there and still doing that; a voice of experience and reason, a compassionate and caring individual who can appreciate – and relate, to the new life your cancer diagnosis has forced you to live. My sponsor is Mary Kimm, Publisher/Chief Operating Officer for Connection Newspapers. Diagnosed with breast cancer a month or so before I was diagnosed with lung cancer; neither of us a smoker or a child born into a family with a history of cancer, Mary has repeatedly offered her time and insight to me – whenever I needed it. In effect, she has become my go-to cancer survivor.

As yet, I have not cell-phoned Mary on her off-time, but I nearly did so a few Sundays ago which led me to realize – in my mind, anyway, that our regular weekly cancer conversations about life in the cancer lane these past two years have created in me a kind of reliance on her judgment, not uncommon I would imagine, among people experiencing similar kinds of traumatic-type diagnoses and life-changing circumstances.

What comfort for me to know there is someone so close and so available to whom I can reach out – and not touch, whose words have been so touching and reassuring to me on so many occasions. Mary has told me that she has enjoyed a similar relationship with some women in a cancer support group she regularly attended; learning about her cancer and treatment as she listened, and subsequently sharing some of what she learned with me. I never would have guessed that someone else's participation in a cancer support group in which I was not a direct participant would have mattered and affected me so much. But I'm grateful every day that Mary is "paying it forward" and so lucky to be the recipient of her kindness.

Who's to say what contributes to my better-than-expected health result? Is it my body's tolerance to the chemotherapy? Is it a reduction in stress brought about by a different work schedule/routine and a corresponding nearly 100 percent elimination of my daily/weekly commute? Are the financial changes in my life/income contributing as well to an improved quality of that life, even though I still have stage IV lung cancer? Are the thoughts and prayers of readers – regularly mailed, e-mailed and phoned, likewise contributing to my atypical good quality of life? Is the love and support from family, friends and co-workers helping me Carpe diem ("seize the day") without worrying too much about the night? Is having a sponsor (Mary Kimm) providing the kind of unspoken – and spoken comfort a phone call away – anytime, more valuable than perhaps even I realize?

The answer is; yes, yes and yes! However, you probably need everything working for you to defeat (deter) cancer but missing anything might have tragic consequences. If I had written a what-I-need-to-do list to survive cancer back in February 2009 when I was first diagnosed, I don't think, given my nature, I would have listed having/need a go-to-type sponsor/support person as a necessity. Two years later, I've certainly learned my lesson.

Cancer is bigger – and badder – than any one person, and thinking that suffering in silence earns you some kind of medal for valor is foolish – and stupid! Thanks to Mary Kimm, I was never allowed to be either; not too often, anyway. It's been my privilege – and great, good fortune, to be so sponsored.

Kenny Lourie is an Advertising Representative for The Almanac & The Connection Newspapers.

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OPINION  
 The New Road  
 To Happiness

BY FIONNUALA QUINN

Lots of us have fond memories of getting ourselves to school but few local children walk or bike there today. In Fairfax County, many who live within the one-mile limit of their elementary school are bused if it is decided that unusual hazards make the route unsafe. One option would be to help remove some of the obstacles through the Safe Routes to Schools (SRTS) Program. This Virginia Department of Transportation (VDOT) program provides funds to make bicycling and walking a safe option. Of the \$13,000,000 total funds available to Virginia schools, Fairfax County has received only \$10,000 to date.

The image of Fairfax children walking to school in the past is preserved in a silent movie, "The Road to Happiness." This movie was produced in 1924 by the Ford Motor Company as part of a campaign to promote road paving for automobiles and was filmed in various parts of Fairfax County and employed mostly local residents. Copies of what remains of the original movie are available through the public library. In an early scene, children walk along an unpaved West Ox Road to the original Navy schoolhouse, scraping their boots before entering. Later, the teacher encourages the students to enter the Good Roads essay contest. The Good Roads movement was sweeping the country at the time and the contest drew over a quarter of a million entries annually. One of the students wins and heads to Washington to be presented with a college scholarship by President Calvin Coolidge. The student goes on to study highway engineering, eventually returning home as the local County Engineer. Finally, we see children happily walking together on the newly paved road to the Navy schoolhouse. One pair of students drive a pony and cart to the school.

That one-room schoolhouse has long since been replaced with an eight-hundred student facility while West Ox Road is a four-lane divided highway. Today, many children living short distances from the school cannot easily walk there. Sidewalks are missing in many locations and vehicles speed by the school on three sides. While in the past getting to school had fostered great independence, now many children are not encouraged to walk or bike there. This change in children's behavior came about in large part because of how we designed and constructed the surrounding neighborhoods and streets.

Times have changed and we have realized some of what was lost in all those "improvements" that we built. Meanwhile, we can actually go back and restore some of the missing links through the VDOT Safe Routes to School Program.

Fionnuala Quinn, a member of Fairfax Advocates for Better Bicycling (FABB), is a Fairfax City resident, a cyclist and civil engineer who co-wrote the recently-published Guide for Reviewing Public Road Design and Bicycling Accommodations for Virginia Bicycling Advocates.

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