

Naturalist Shannon Morely walked parents and children to a groundhog hole near the Frying Pan Park Visitors Center in Herndon.

Groundhog Day Held At Frying Pan Park

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Daughters to
Dance

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Sully District Transportation Commissioner Jeff Parnes (on left) makes a point while Young Ho Chang, a VDOT consultant, listens. In background, at right, is Supervisor Pat Herry (R-Springfield).



VDOT Project Manager Paul Nishimoto discusses the I-66 Corridor with two people attending the informational meeting.

How to Fix I-66?

By BONNIE HOBBS
THE CONNECTION

It's said that nothing's certain but death and taxes – but most of the time, traffic congestion on I-66 can be added to that list. So VDOT's seeking input from the public on how best to alleviate it.

Last Thursday, Jan. 30, in the Oakton High cafeteria, VDOT revealed 10 concepts identified by it and by the Department of Rail and Public Transportation to increase capacity within the I-66 Corridor. It also presented options for more travel-mode choices, improving troublesome interchanges, addressing spot safety needs and making travel more efficient.

"This is the first of many meetings," said Paul Nishimoto, VDOT project manager with Mega Projects. "We'll also meet with the local politicians and, eventually, a decision will be made about which concepts should go forward."

He said no timeline has been established yet for when this decision will happen. Furthermore, said Nishimoto, "We also need to decide how these concepts could be funded." But whichever concepts are chosen will then be subjected to a Tier II Environmental Impact Study (EIS).

THE 10 CONCEPTS (see sidebar) were developed during the Tier I EIS to address existing and future transportation needs in the I-66 Corridor from Route 15 in Prince William County to I-495 in Fairfax County.

In addition, in June 2013, innovative and workable ideas were sought from citizens and the private sector. The suggestions included creating a public-private partnership to implement the multi-modal improvements.

Several private-sector firms expressed interest in developing and operating toll lanes along I-66, and some wanted to construct – but not operate – a bus rapid transit (BRT) system in the Corridor. It was sug-



PHOTOS BY BONNIE HOBBS/THE CONNECTION

gested that this system operate in managed (toll) lanes and that both buses and toll roads could potentially be replaced by a future extension of Metrorail.

At Oakton High last week, local officials and residents alike came from several areas of Fairfax County to see display boards of the 10 concepts and discuss the proposals with VDOT representatives and consultants. Among them were Supervisor Pat Herry (R-Springfield) and Sully District Transportation Commissioner Jeff Parnes.

"Since 2008, I've advocated for an express-lanes-type project," said Herry. "It gives you additional capacity, congestion-free mass-transit and carpooling. And if you don't want to pay to take the express lanes, you've still got a faster way to get to work. It's all about choices."

He said I-66 is such a gridlocked Corridor that, if it's fixed, it'll also improve many other roads in Fairfax County that drivers are using instead to avoid the I-66 traffic. For example, said Herry, "I use Braddock Road all the time when I should use I-66. And the express lanes on I-495 have been a huge success and also relieved congestion on the side streets."

Adding that BRT could also be part of the solution, Herry said express lanes provide

More lanes, bus rapid transit, rail, spot improvements proposed.

Toward the meeting's end, residents look at the 10 improvement concepts proposed for I-66.

"a guaranteed speed to run express buses. But for rail to be practical, you need Tysons Corner densities, so it wouldn't work well in places like Centreville and Fairfax Corner."

He suggested that express lanes could be implemented via a public-private partnership. "It's a good way to finance the project," said Herry. "We need creative solutions. My hope is that we see an express-lanes project underway as soon as possible so we can improve the lives of our citizens."

While noting that the long-term solution to I-66's congestion is rail, he said express lanes "can be done quickly and are supported by the Board of Supervisors as the interim solution."

Parnes, though, doubted that VDOT would take action anytime soon. After all, he said, the idea of fixing I-66 has been looked at in the 1980s, 1990s and 2000s, to no avail.

"Thirty-five years of study – and we still don't have the process going forward," he said. Calling the 10 new proposals "just concepts to be advanced," Parnes said, "We don't know which ones will go forward or when a decision will be made. We're still up in the air."

Regarding his own preferences, he said,

VDOT'S 10 PROPOSED IMPROVEMENT CONCEPTS

- ❖ General Purpose Lanes: Construction of additional highway lanes open to all traffic.
- ❖ Managed Lanes: Conversion of the existing HOV lane into either a one or two lane (in each direction) facility that would operate as a high-occupancy toll facility where only high-occupant vehicles would be exempt from paying a toll.
- ❖ Metrorail Extension: Metrorail service extending west from Vienna to either Centreville or Haymarket.
- ❖ Light Rail Transit: Light rail service extending west from Vienna to either Centreville or Haymarket.
- ❖ Bus Rapid Transit: Separate guideway bus rapid transit extending west from Vienna to Haymarket; service could extend east of Vienna.
- ❖ VRE Extension: Extension of existing VRE service from Manassas to Haymarket.
- ❖ Improve Spot Locations/Chokepoints: Improvements that address operations constraints at discrete locations (chokepoints) such as individual interchanges or specific junction points within the interchanges (i.e., merge, diverge or weaving areas).
- ❖ Intermodal Connectivity: Availability of a full range of travel modes within the corridor, as well as availability and functionality of connections between travel modes. For example, both lane and transit improvements could be done together.
- ❖ Safety Improvements: Safety improvements that address both location-specific and corridor-wide safety concerns. These could include adding an auxiliary lane between two, heavily traveled interchanges.
- ❖ Transportation Communication and Technology: Continued enhancements to ITS technology for all modes in the corridor, including traveler information, corridor and incident management, and transit technology.

"I favor rapid transit down the I-66 Corridor – VRE to Gainesville, bus rapid transit or light rail or Metrorail to Centreville."

In the interim, said Parnes, "I can support BRT or managed lanes, but I can't envision them ripping up the managed lanes and putting Metrorail in their place. They'd have to be complementary. I'm looking forward to VDOT's solution – it's been a long time coming."

FOR MORE INFORMATION on the I-66 improvement project, go to www.helpfix66.com and click on "I-66 Corridor Improvements."

Frying Pan Farm Park employee Catherine Vaughan shows Mandy, the farm's pet rabbit during the information session at the park's visitor center on Groundhog Day.



PHOTOS BY RYAN DUNN/THE CONNECTION

Groundhog Day Held At Frying Pan Park

Families visit groundhog burrow.

BY RYAN DUNN
THE CONNECTION

“They are like little lawnmowers, so when it is spring, they eat everything they can,” said Frying Pan Park naturalist Shannon Morley. “When it is summer, they eat everything they can. And when it is fall they still eat. But in winter they rest or hibernate.” Morely was giving a presentation to families on groundhogs that reside on the park grounds.

Groundhog Day is celebrated on Feb. 2. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then spring will come early; however, if it is sunny, the groundhog will supposedly see its shadow and go back into its burrow, and winter will continue for six more weeks.

“We had a really great turnout this year, and this year the program actually was on Groundhog Day,” said park employee Joe Sawyer. Over 75 kids and parents attended the event which took place at the Frying Pan Park Visitors Center on 2709 West Ox Road. After a presentation on groundhogs by Morely, children had the opportunity to participate in some craft-work and visit a groundhog hole near the Visitors Center.

“We run this event every year, the families and kids really enjoy it,” said park Visitor Services Manager Michelle Edwards. “I am glad we had such nice weather.” Hot chocolate drinks were provided for the event, and participants got to meet Mandy, the farm’s pet rabbit. “It is a beautiful day,” said naturalist Shannon Morely as she escorted visitors towards the groundhog burrow.

“I think it is good they have these seasonal events, the kids really enjoy it and the staff are excellent,” said Tammy Loverdos, who drove in with her children from Hollin Hall near Mount Vernon. “We were tired of being stuck inside all day,” said Reston resident Mike Dudley who drove his family in to attend the event. “Frying Pan is a great park, a farm in the middle of the suburbs. I hope they do not ever sell to developers.”

Earlier that day groundhog Punxsutawney Phil saw his shadow, predicting six more weeks of winter dur-



In addition to an information session on groundhogs and craft related events, participants at the Frying Pan Park groundhog day nature event could play games of bean-bag toss.

ing the 128th annual Groundhog Day festivities Sunday in Punxsutawney, Pa. Groundhog Day is a popular tradition in the United States and Canada, although Phil has an accuracy rate of just 39 percent.

“I learned a lot about groundhogs today,” said Kelly McArter, a Herndon resident who brought her two children to attend the event. “It is nice that many of the events at this park are free or at a low price.” After her presentation naturalist Shannon Morley answered questions about groundhogs. “This park has always been a great place to see groundhogs,” said Morley.

To learn more about Frying Pan Farm Park and other upcoming events visit www.fairfaxcounty.gov/parks/fryingpanpark/.



Floris United Methodist Church will hold its 23rd Annual Chocolate Festival on Saturday, Feb. 8, from 11 a.m. to 3 p.m.

Floris United Methodist Church To Host Chocolate Festival

On Saturday, Feb. 8, Floris United Methodist Church will hold its 23rd Annual Chocolate Festival from 11 a.m. to 3 p.m. One of the church’s largest community events, the festival features carnival games, large inflatables, face painting, balloon art, food and lots of chocolate. An entertainment and travel-themed Silent Auction and an expansive homemade bake sale table are other highlights of this event. It is free and all are welcome. The church is located at 13600 Frying Pan Road, in Herndon. For more information, go to www.florisumc.org/chocolate or call the church office at 703-793-0026.

Money raised from the festival will support the church’s Help Hungry Kids program, which sends food home in backpacks to children over the week-

end. Proceeds will also benefit Floris UMC’s student missions, which will send church youth to Winchester, Va., Romney, W. Va., Costa Rica and Memphis, Tenn., this summer.

Floris UMC has been ministering to Herndon and the surrounding community for more than 100 years. The congregation moved to its latest building in April 2006 to accommodate its growing membership, its various educational programs, and its numerous local, national and international outreach and mission activities. Floris UMC worship services are at 8 a.m., 9:15 a.m., 11 a.m. and 5 p.m. on Sundays, with a Spanish speaking service on Saturdays at 7 p.m. Numerous opportunities are available to worship, grow, and serve. For additional information, visit www.florisumc.org.



The butterfly and lioness.

FAITH NOTES

Faith Notes are for announcements and events in the faith community, including special holiday services. Send to reston@connectionnewspapers.com. Deadline is Thursday.

from 9:40-10:45 a.m. 703-437-5500 or www.trinityherndon.org.

Trinity Presbyterian Church, 651 Dranesville Road, Herndon, has Sunday worship services at 8:30 a.m. and 11 a.m. Nursery and childcare are provided and youth and adult Sunday school classes are held prior,

Vajrayogini Buddhist Center, Unitarian Universalist Church, 1625 Wiehle Ave., Reston, holds weekly classes starting Sept. 12, Thursdays 7-8:30 p.m., for the general public which use Buddhist teachings to practice meditation. \$12. 202-986-2257 or www.meditation-dc.org.

BULLETIN BOARD

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

FRIDAY/FEB. 7

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

THURSDAY/FEB. 13

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

THURSDAY/FEB. 20

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

ONGOING

Fairfax County's Meals on Wheels urgently needs drivers in the Annandale, Franconia/Kingstowne, Reston, Mount Vernon and McLean areas. 703-324-5406, TTY 711 or www.fairfaxcounty.gov/olderadults.

Knitting Enthusiasts, Musicians Needed. 10:30 a.m.-noon, at Herndon Senior Center. Herndon Senior Center seeks a knitting enthusiast to teach basic procedures. Musicians to play soothing music on weekend mornings also needed. 703-324-5406, TTY 711, www.fairfaxcounty.gov/olderadult or VolunteerSolutions@fairfaxcounty.gov.

Habitat Heroes Project. The fourth Saturday of each month. Join the Habitat Heroes in protecting Reston's forests from aggressive plants and restoring them to their natural state. Wear long sleeves, long pants, and if possible, gardening gloves to protect from insects and dangerous plants. R.A. will provide tools, gloves, snacks, and water. To volunteer and find more information, contact habrock@reston.org or 703-435-7986.

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

Long-Term Care Volunteer Ombudsman Program Needs Volunteers. Ombudsmen advocate for the rights of residents of nursing and assisted living facilities—they also help residents resolve conflict and improve their quality of life. 703-324-5861 TTY 711 or Lisa.Callahan@fairfaxcounty.gov.

Shepherds Center McLean-Arlington-Falls Church Area Needs Volunteers. Varying times, 1205 Dolley Madison Boulevard, McLean. Volunteers who can provide transport to and from medical appointments, assistance during grocery and pharmacy trips, make friendly calls to homebound individuals, help complete minor home repairs, and assist in yard work and chores are needed. 703-506-2199.



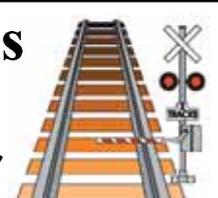
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OPINION

Few Thoughts on General Assembly Action

Yes, allow homeschoolers access to programs in public school.

It's possible that this is not the right bill exactly, and in general, we favor local control. But it is wrongheaded of public schools to force families into a take-it-or-leave-it position.

Families that homeschool their children are likely saving localities more than \$10,000 a year in operating costs and take some pressure off overcrowded schools. It makes sense that these students should not only have access to sports, if they can meet the requirements, but they should also have access to other extracurricular activities and even some classes.

Public schools need to provide for the best for all students in their jurisdiction.

This is HB63.

Are We Barbarians?

Testimony stated that on occasion the clothing of the person in the electric chair would burst into flames and the man throwing the switch for an execution feared the person being executed might burst into flames as well.

There have been problems acquiring the drugs needed for lethal injection for execution, so the Virginia House of Delegates passed the following: HB1052 Method of execution. Provides that if the Director of the Department of

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

(64-Y 32-N)

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

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

EDITORIALS

Send Photos for Pet Connection

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

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

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

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

Please No Hunting on Sundays

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

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

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

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

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

Submissions should arrive by Feb. 19.

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

Helping Area Residents Sign Up for Health Insurance

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

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

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

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



PHOTO BY JACQUELINE PUJOL

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

Oak Hill & Herndon
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NEWS



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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.

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OAK HILL/HERNDON CONNECTION ♦ FEBRUARY 5-11, 2014 ♦ 7

CALENDAR

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



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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

What to Do This Valentine's Day

By AMNA REHMATULLA
THE CONNECTION

Start planning your romantic Valentine's Day from now with your loved one by heading off to one of these events...

◆ **Friday/Feb. 14**
Valentine's Day Chocolate Buffet. 6-10 p.m. The Ritz-Carlton, 1700 Tysons Boulevard, McLean. Entyse, Wine Bar & Lounge will offer an impressive chocolate buffet with seven different dessert options crafted by their pastry kitchen. Satisfy your loved one's sweet tooth with their dessert creations. \$25 per person, seating on first come, first serve basis

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

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

◆ **Horse-Drawn Carriage Rides.** 5:30-9:30 p.m. Reston Town Center, Market Street, Reston. Spend Valentine's



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

Day the old-fashioned way this year by taking a stroll in a horse-drawn carriage through the streets of Reston Town Center. Pick up location by Talbots on Market Street. All proceeds benefit Volunteer Fairfax. Tickets: \$5/person. Children under 5 ride free.

◆ **Parents' Night Out.** 7-9:30 p.m.

Walker Nature Center, 11450 Glade Drive, Reston. Ages 5 to 12. Parents, this Valentine's Day enjoy the evening out while your children have a fun-filled night at the nature center. Kids, play nature games and weather permitting, go on a night hike. Drop off begins at 6:45 p.m. Reservations required by Feb.

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

Romantic events happening in the Fairfax County area.

11. Fee: \$15 RA members, \$20 Non-members. naturecenter@reston.org, or call 703-476-9689 and press 5.

◆ **Saturday/Feb. 15**
Valentine's Wine Dinner. 8 p.m. Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Enjoy a 4-course meal paired with your favorite Paradise Springs wines. \$119/person; \$109 for wine club members; \$149 VIP seating in Barrel Room. 703-830-9463.

◆ **"Music of the Heart."** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Take part in an evening of romantic music that blends popular and classical styles with pianist Peter Nero. Tickets are \$30-\$60. Tickets are half price for youth through grade 12. Visit the box office (open Tuesday through Saturday, 10 a.m. to 6 p.m.) or charge by phone at 888-945-2468 or visit cfa.gmu.edu.

◆ **Partner Yoga.** 2-3 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Partner poses are a great way to learn more about how to communicate

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 8:10-3:30 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

Quilt Exhibit on Display at ArtSpace Herndon

By RYAN DUNN
THE CONNECTION

Fine textile art with quilts of many shapes and designs are showcased in the exhibit "Something Blue" at ArtSpace Herndon. The show features 75 pieces of quilt art, and it was organized with the help of Dorry Emmer and Sarah Entsminger. Twenty-three quilters have lent their work to be hung on display at this exhibit, which will continue until March 2.

"I do believe that there is now an increase in interest in learning textile arts as compared to the 1980s and '90s," said Dorry Emmer, a resident of Great Falls. "Within quilting a subsection has sprung up called 'modern quilting' and this is attracting younger people as they see it being more contemporary. But really, modern quilting has more similarities to traditional quilting than differences."

The exhibit began at ArtSpace Herndon on Jan. 14, and on Sunday, Jan. 26, there was an artists' reception at the gallery. Emmer has been a member of the Reston chapter of Quilters Unlimited since 2001. "In this area there is a group called Quilters Unlimited and that is broken down into eleven "town based" chapters," said Emmer. "All



of the exhibitors in the show belong to Quilters Unlimited (or have, there are four who have moved away from the area recently because of retirement and the likes) Most all of them exhibited in the ArtSpace show in 2012 although there are a few new ladies," said Emmer.

At the reception, Herndon Foundation for the Cultural Arts (HFCA) Board President Harlon Reece introduced Dorry Emmer, and ArtSpace Herndon's new executive director, Lawrence "Larry" Verbiest. A resident of Fairfax, Verbiest joined the ArtSpace Herndon in January after previously serving as a senior associate with Booz Allen Hamilton and later with a small law firm.

"Lawrence comes to us with outstanding education and experience credentials," said Reece, "His op-



ArtSpace Herndon volunteer Ruth Blackwell shows the scale of Dorry Emmer's quilt, "The Blues and The Greys" which was made by following Ms. Brackman's Civil War blog in 2011.

erational management and team building skills and his strategic insight will make him an immediate asset to our organization."

"You will see me frequently at

"Something Blue" on exhibit until March 2.

said Marguerite Nafey, a resident of Reston. "It is interesting to see how somebody can take a piece of fabric and be so creative." Town of Herndon councilwoman Melissa Jonas came to the reception with her daughter, Claire, a 6th grade student at Herndon Elementary School.

"My mom majored in home economics, so I think this exhibit is really cool," said Jonas. Her daughter Claire was impressed with the design of the quilt "Tie One On" by Lynn Purple.

The quilt exhibit is called "Something Blue" because it was a color that had to appear in the finished piece. "I also thought that blue would be a good color given the show was going to open in January when people might have the post holiday "blues" or "winter blues," said Emmer.

"I enjoy incorporating vintage linens into my designs," said Reston quilter Barbara Wise.

Anne Smyers answered questions about her work "It All Starts in the Water, The Five Elements in Flowers:" "The different colors portray a different element."

ArtSpace Herndon is located at 750 Center St. in Herndon.

To learn more about ArtSpace Herndon and other upcoming events, visit www.artspaceherndon.com.

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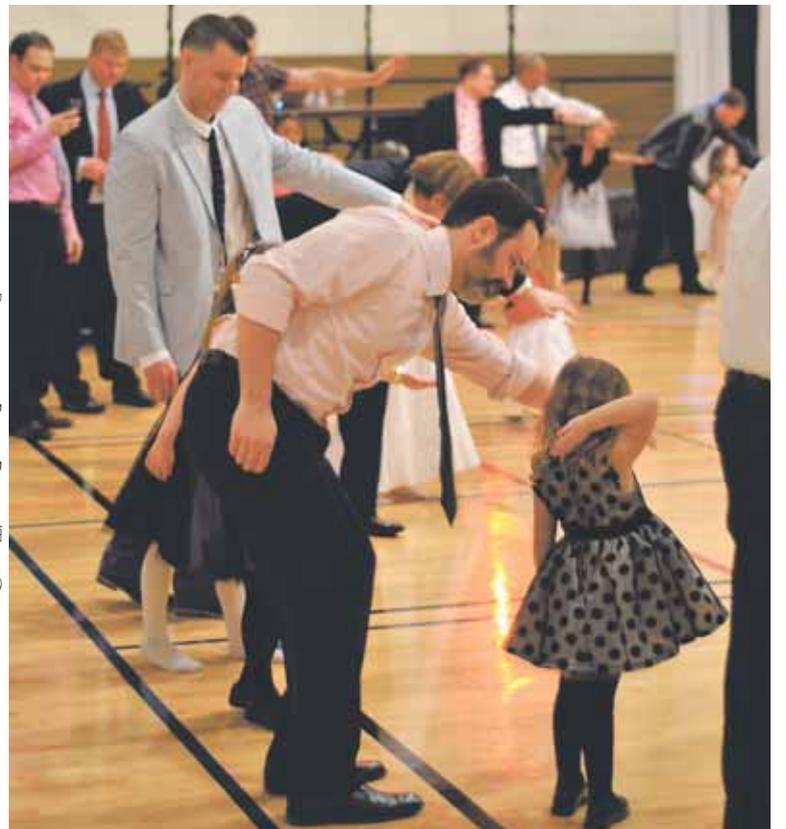
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PHOTOS BY RYAN DUNN/THE CONNECTION

Ron Stoops, resident of Reston, dancing with his daughter at the annual February Father Daughter Dance held at Herndon Community Center.



Brian Taggart, resident of Herndon, dances the "Hokey Pokey" with his daughter at Herndon Community Center during the February Father Daughter Dance.

Fathers Take Daughters to Dance

BY RYAN DUNN
THE CONNECTION

The evening of Saturday, Feb. 1, Herndon Community Center was host to the 6th annual Father Daughter Dance at the gymnasium room. Operating the DJ table was Aaron Hahn, owner of Basement Media Productions. The focus of the event was dance to popular music. Songs ranging from "Cotton Eyed Joe" to "Gangnam Style" were broadcast during the night. Appetizers and drinks were also served.

Fathers (uncles, grandfathers and other father-figures) were invited to escort the young ladies to the semi-formal dance at Herndon Community Center. Deputy Director at Town of Herndon Parks and Recreation Department and organizer of the event, Ann Marie E. Heiser, was also attending the event.

"I have been to every one of the annual Father Daughter dances," said Dan French, a resident of Herndon who brought his two daughters to attend the event.



Fathers and daughters dance the "Macarena" during the February Father Daughter Dance at Herndon Community Center.

"The girls have a great time, they get to see their friends and it is good to see the dads and meet them. Ann Marie and the staff go a great good in getting this event together," said French.

"This is our fourth year attending this event," said Herndon resident Nassir Ahmad who was at-

tending with his daughter. "It was a great time to bond with your daughter," said Ed Whiting, a resident of Herndon who also attended last year's dance at the community center. "We had a great time," said Charles Shea. "It is great to meet other parents and kids in this town."



Herndon resident Nassir Ahmad dances with his daughter at the February Father Daughter Dance at Herndon Community Center.

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Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is February 20.

SPORTS

Herndon Names Davis as Head Football Coach

Herndon High School recently hired Jeremiah Davis as its head football coach. Davis spent the 2012 and 2013 seasons as the head coach at West Potomac, where he led the Wolverines to a playoff berth in 2012. Davis was an assistant coach at Annandale from 2005 to 2011. Davis graduated from Annandale in 2000 and went on play football at Penn State. Davis replaces Brian Day, who in two seasons led the Hornets to a record of 2-18.

Oakton Girls Bounce Back

The Oakton girls' basketball team responded to its Jan. 17 loss to Centreville with four straight victories, improving its record to 17-2. After losing to the Wildcats for the third straight time, the Cougars beat Herndon, Chantilly, Westfield and Robinson.

Oakton faced Centreville on Tuesday, Feb. 4, after The



PHOTO BY CRAIG STERBITZEL/THE CONNECTION

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

Connection's deadline. The Cougars will travel to face Chantilly at 6 p.m. on Friday, Feb. 7.

Herndon's Meilus Wins Conference Title

Herndon swimmer Emily Meilus won the Conference 5 championship in the 500 free with a school-record time. She also placed third in the 200 IM.

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Save the Date!

Friday, March 7th, 2014

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McLean, W-L Gymnastics Teams Qualify for Regionals

Madison junior Julie Collier earns region berth on beam.

BY JON ROETMAN
THE CONNECTION

After the conclusion of the Conference 6 gymnastics championship meet, Washington-Lee head coach Joe D'Emidio wrapped up an interview with a reporter as McLean coach Courtney Lesson approached.

"I want to say congratulations to McLean," D'Emidio said. "They've been going after us for a couple years."

After finishing runner-up to Washington-Lee at regionals each of the last two seasons, McLean finally finished ahead of the Generals with a championship on the line as the Highlanders captured the Conference 6 title on Monday night at McLean High School.

McLean finished with a score of 144.475, besting second-place Washington-Lee's total of 140.925. Each team earned a berth in the 6A North region meet on Feb. 12 at Lake Braddock Secondary School.

"They always have a really great team," Lesson said, "so it's hard to compete against them."

The Highlanders put on a strong performance on Feb. 3, led by junior Lizzy Brown-Kaiser, who placed second in the all-around. McLean posted the top team score in three of four events and finished second behind Washington-Lee on vault.

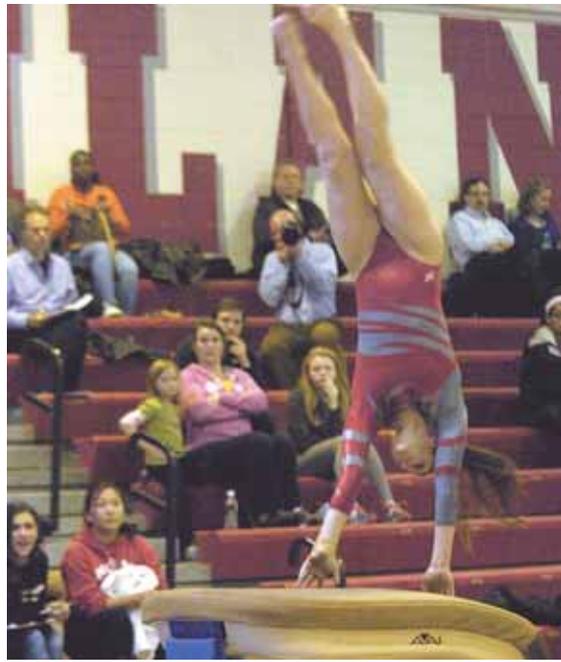
"We've never performed this well before," Brown-Kaiser said. "This was definitely our best. We didn't count a single fall for the entire competition. That's a huge deal. Definitely a confidence booster and we're all just so happy."

Brown-Kaiser produced an all-around total of 37.025, finishing second to Fairfax junior Rachel Barborek.

"She did a great job," Lesson said. "She's really a team leader and she inspires a lot of the girls."

Brown-Kaiser tied for second on vault (9.4), placed second on beam (9.425), finished third on bars (9) and took fourth on floor (9.15).

"I think we all really appreciate W-L as a strong competitor, but it feels really good to finally move



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



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



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

past that and do what we've been striving for for several years," Brown-Kaiser said. "... This was definitely the best meet I've ever had. ... The girl who got first, Rachel, is an amazing gymnast, so I'm just glad that I even got so close to her."

Brown-Kaiser wasn't the only Highlander performing at a high level. Junior Jacqueline Green placed sixth in the all-around, qualifying for regionals with a score of 35.675. She placed seventh on floor (9.05), ninth on vault (9.05), tied for seventh on bars (8.6) and tied for 11th on beam (8.975).

McLean sophomore Nathalie Thomas finished first on floor with a score of 9.475 and freshman Calista Pardue took fifth (9.1). Sophomore Delaney Gallagher placed fourth on bars (8.8).

"They did really well," Lesson said about the Highlanders' performance. "They hit lots of routines. Everyone stuck their beam routine. They did really great. The team spirit was there. They had each other's backs."

W-L twin sisters Sophie and Annie Hatcher each qualified for regionals in the all-around. Sophie Hatcher placed fourth with a score of 36.125. She finished second on

floor (9.25), fourth on vault (9.375), tied four eight on beam (9.075) and finished 12th on bars (8.425).

Annie Hatcher placed fifth with a total of 35.825. She finished fourth on beam (9.225), tied for eighth on floor (8.95) and finished 14th on bars (8.2). She placed first on vault with a score of 9.45.

Two weeks prior, D'Emidio said Annie Hatcher was a potential state-title contender on vault after the senior won at the W-L Invitational.

"She's right up there," D'Emidio said Monday. "She's coming along

really well. ... She took first on vault. This is one of the hardest conferences ... so she has a good chance."

W-L freshman Sylvia Shea's all-around score of 34.875 fell just short of the regional qualifying score of 35. She placed sixth on vault (9.15) and bars (8.625).

W-Ls team score was a season best.

"We broke the 140 mark. We've been trying to hit that all year," D'Emidio said. "We did it at the right time. ... We did fantastic vaulting. We still have some more room to improve for regions and we're going to shoot for [the region title]."

Fairfax's Barborek won the all-around conference title with a score of 37.1. She placed first on bars (9.475), tied for second on vault (9.4), finished third on beam (9.275) and tied for eighth on floor (8.95).

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

Brown-Kaiser placed second in the all-around, followed by Yorktown freshman Juliette Mitrovich (36.2) and W-Ls Sophie Hatcher.

Yorktown placed third as a team with a score of 137.25. South Lakes finished fourth (121.425), followed by Fairfax (117.775), Hayfield (114.525), Langley (109.575) and Madison (106.55).

Mitrovich had a strong showing for Yorktown, placing fifth on vault (9.275), bars (8.65) and beam (9.2), and sixth on floor (9.075). Teammate Sophie Zidlicky, a junior, placed seventh on vault (9.125) and freshman Olivia Zavrel tied for eighth on beam (9.075).

South Lakes' Jasmine Shuey finished first on beam with a score of 9.55. The senior finished ninth in the all-around (34.075), including a third-place performance on floor (9.2).

Langley junior Natalie Volpicelli finished 14th in the all-around (31.85), including a 12th-place finish on vault (8.675) and a 13th-place finish on bars (8.25).

Madison junior Julie Collier qualified for regionals on beam, placing sixth with a score of 9.175. She finished with an all-around total of 32.85, good for 13th place. Collier finished 12th on floor (8.55), tied for 17th on vault (8.45) and took 25th on bars (6.675).

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

WELLBEING

Consistent Bedtimes Linked to Improved Wellbeing in Children

Local experts offer suggestions for helping youngsters get a good night's sleep.

BY MARILYN CAMPBELL
THE CONNECTION

When the clock strikes 9 on any given evening, 13-year-old twins Timothy and Danny Guly and their 11-year-old twin brothers, Christopher and Jonathan, know that it's time for bed. Whether they are on vacation during the summer or at their Arlington home on a school night, the siblings follow a consistent routine that has them tucked-in at the same time every day.

"I am a big believer in structure and routine," said the boys' mother, Linda M. Guly, Ph.D., a professor of psychology at Marymount University in Arlington. "Bedtime should be absolutely rigid, the stricter the better. We all need structure, but children need it especially."

Researchers say going to bed at a regular time can have a positive impact on a child's behavior and overall health. In fact, a re-



PHOTO COURTESY OF LINDA GULYN

From left: twins Christopher and Jonathan, 11, and their 13-year-old twin brothers, Timothy and Danny, pictured with parents Linda and Peter Guly have a consistent bedtime and structured bedtime routine. Experts say a regular bedtime can have a positive impact on a child's behavior and overall health.

cent study of 10,000 children by University College London found that a child's behavior improved when a consistent bedtime was established. Local childcare experts agree, saying a regular bedtime routine,

such as a bath followed by reading, is an important factor in establishing a consistent lights-out time.

Kathryn Cogan, Ph.D., a Bethesda-based psychotherapist, says that a lack of adequate

sleep can affect a child's physical health. "If they don't get enough sleep, it affects their immune system and their ability to pay attention," she said.

"Bedtime should be very soothing. They take a bath, brush their teeth and put on their pajamas. A high-energy child will need more lead time to slow their motor down."

— Dr. Bruce P. Pfeffer,
child psychiatrist

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

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Piece of Mind



By KENNETH B. LOURIE

Today I was eating a Tootsie Roll, and while chewing it, felt something sharp against my gum. Knowing my candy, sharp I should not feel, so immediately I stopped chewing in hopes of locating the sensation; which I did. It turns out that I broke off the top half of a previously (years ago) installed dental crown. Fortunately, the crown was still in my mouth, so I was able to retrieve it. Upon closer examination of it and the now crown-less tooth, it appears that the crown and the tooth are completely intact (undamaged) and perhaps a simple re-cementing at the dentist's office awaits, a repair achieved much less expensively than replacing the entire crown. (I can hope, can't I? After all, I am a cancer patient; hope is what I do.)

As soon as I realized what had happened, I began to remember – and laugh. Approximately 4 months into my initial chemotherapy infusions nearly five years ago in the first quarter of 2009, I shared a dental concern with my oncologist. I had broken off the top half of a tooth and it needed a crown. Concerned that somehow the chemotherapy would affect the crown's cementing, I had waited until this point to ask my oncologist's permission to have the repair. I offered to him that since I had one more heavy-duty chemotherapy infusion scheduled (boy was I naive), could I schedule the dental-crown appointment with my dentist now? My oncologist looked up at me as I sat on the examining table and hesitated and then asked: "How long does a dental crown last?" I similarly hesitated and said: "I don't know. About 10 years, I guess." To which he replied, "Maybe you don't need a dental crown." Perplexed as to why he was advising me not to seek a medical/dental solution, I thought for a few seconds while I processed his answer: Why did he ask about how long the crown lasts and how come he's not encouraging me get the crown... Oh, I get it. He doesn't think I have 10 years. Then I laughed and said I understood. A few weeks later, against my oncologist's advice, I got the crown. And now five years later, the crown has fallen off. Not only did it not last 10 years, it barely lasted five years. Moreover, I lasted five years, three years longer than the back end of the "13 months to two years" prognosis I was given by this oncologist. Not that I necessarily wanted to prove him wrong and/or get my money's worth out of this crown, but the fact that I have outlived both my crown and my original terminal prognosis has brought me great joy. Not a sense of self-satisfaction per se, but more a sense of irony. Given the rather grim statistics attached to a stage IV lung cancer diagnosis, the relative significance of a dental crown repair is practically zero. Still, it feels good. (Moreover, my philosophy was and is: given the extreme negative that a terminal cancer diagnosis/prognosis imposes, anything the patient, in this case me, can do to act/live normally, the better/more optimistic I'll feel to counter the weight of a cancer diagnosis. Giving in to it is not an option.)

So I'll be calling my dentist this week to schedule a consult/fix. However, considering the fact that February 27, 2014 will be my five-year survival anniversary, an accomplishment that few – less than 5 percent – of stage IV, non-small cell lung cancer patients ever realize, it will give me pause once again as to whether the repair is truly necessary. Now whether it turns out to be a waste of time, energy and money, as my oncologist originally presumed it might be, the repair is necessary for one main reason: peace of mind. It's my life and I want to live it. The heck with the diagnosis/prognosis.

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

WELLBEING

Experts Argue for A Good Night's Sleep

FROM PAGE 13

tice I see children with attention problems, behavior problems, irritability, who aren't getting enough sleep," he said. "I've had children fall asleep in class because of sleep deprivation."

Experts say that while older children also need a good night's sleep, the demands of school and extracurricular activities can make getting needed rest more challenging. "Failing to get adequate rest can be an extreme stress on one's body and mind, resulting in a frantic attempt to complete academic tasks in an active rather than contemplative manner," said Michael S. Moynihan, head of the Upper School, The Heights School in Potomac.

Cogan stressed that teenagers actually need a similar amount of sleep as newborns, "generally 12-14 hours of sleep at night because they are growing so fast, and their brains are growing so fast. Your brain works better and functions better when you have a regular sleep schedule."

For long-term success, experts like Pfeffer and Moynihan underscore the importance of a regular bedtime routine. It should "follow a short time of quiet reading, along with exercise," said Moynihan.

ESTABLISHING A REGULAR BEDTIME can be challenging, but not impossible. Child development experts say that a structured bedtime routine should include a few key components. "Build it into their daily routine and give them a lot of advanced warning," said Guly. "If I you just pluck up a kid from the middle of an activity and just say 'Go to bed,' that is upsetting to a child and it is not fair. They need an opportunity to make the transition psychologically. If they're playing a game and they get a bedtime warning, they can say 'Ok, I need to finish this game before bed.'"

When it comes to bedtime, it is important that children know what to expect, she

said. "You have to make it consistent every night, even on Christmas. Give them a chance to decide how they want to spend their last half hour so they can prepare psychologically."

Pfeffer said, "It is important to establish a comfortable environment for very young children. If they start as toddlers with an established routine, they are comforted as they get older by reading a book and playing soft music in a room that is not filled with light. Bedtime should be very soothing. They take a bath, brush their teeth and put on their pajamas. A high-energy child will need more lead time to slow their motor down."

Len Annetta, Ph.D., a professor in the College of Education and Human Development at George Mason University, said, "High energy kids need to blow off steam and tire their muscles. Routine and consistency are critical. It's not easy, but you have to shut them down at the same time every night and wake them at the same time every morning. It's not a debate. The parent is in charge and has to stand firm on the rules. Rewarding the child for getting to bed and staying in bed...helps the child know you appreciate their effort and are proud of their accomplishment."

Kensington-based psychotherapist Karen Prince cautions, "Screen time makes it harder to fall asleep. Start the bedtime routine a minimum of an hour before the actual bedtime. It shouldn't include television, video games or screen time of any sort."

While a regimented bedtime may sound draconian, it can actually be comforting. "Children thrive on structure and expectation," said Guly. "For many young children, this can be a time of uncertainty, insecurity and separation anxiety. Establishing a structured bedtime routine brings comfort to the child. If you have a structured routine and strict bedtimes, it makes it easier for a child to get to sleep and rest better throughout the night."



PHOTO BY LAURA INGOLDSBY

Special Olympians Celebrate Superbowl

Tom and Pat Ingoldsby of McLean held their traditional Syperbowl party for their son, Tommy, and his teammates from the Special Olympics basketball team (the Wolverines). Each year, they meet at the Ingoldsby house to cheer on their favorite team in the Superbowl.

Freezin' for a Reason at Lake Anne

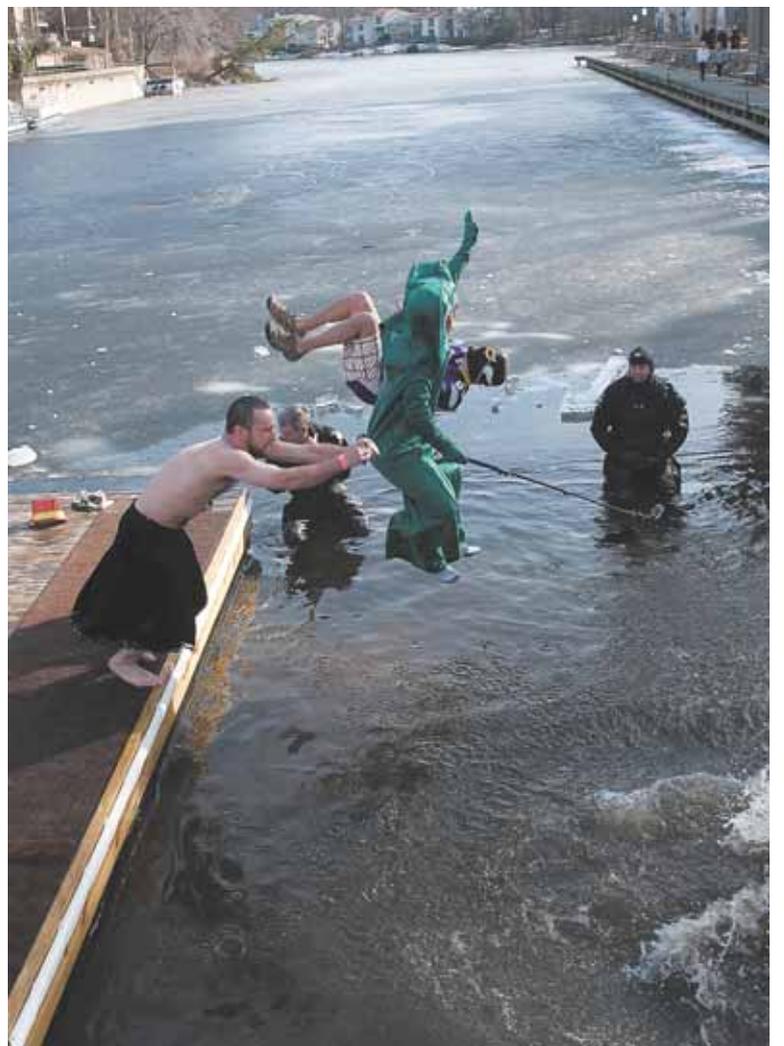
More than 260 people participated in the Polar Dip on Saturday.

PHOTOS BY ROBBIE HAMMER/THE CONNECTION

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



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



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



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



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



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