

Great Falls CONNECTION

Getting
Stress Out
Of Schools

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Comstock
Sees
'A Good
Session'

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Ed and Kathy
Heberg have
been married
since 1980, and
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In Love with History

VALENTINE'S STORIES, PAGE 12

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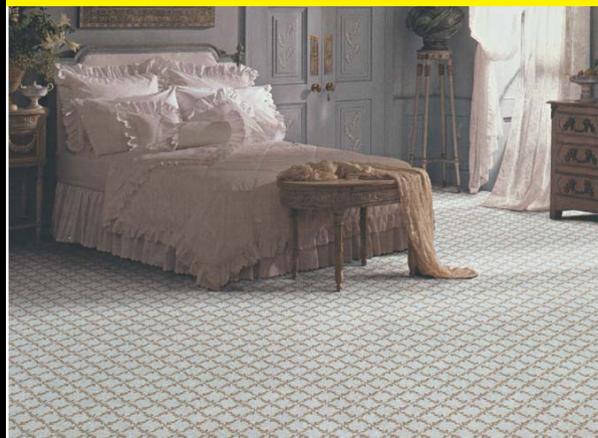
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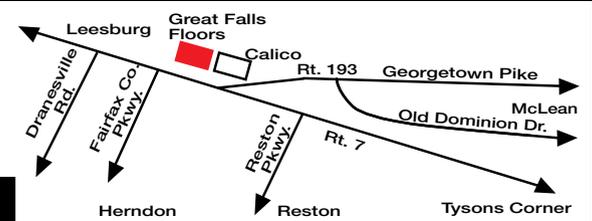
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From left, Beth Werfel, a psychologist at McLean High School and Kate Lewis, English teacher at Thomas Jefferson High School for Science and Technology, speak at a panel discussion following the Feb. 2 screening of "Race to Nowhere" at Langley High School.



PHOTOS BY
ALEX McVEIGH/
THE CONNECTION

Getting Stress Out Of Schools

Safe Community Coalition hosts showing of 'Race to Nowhere.'

BY ALEX McVEIGH
THE CONNECTION

The Safe Community Coalition hosted a screening of "Race to Nowhere" Feb. 2 at Langley High School, hoping to start a discussion about stress in students, even in elementary school. Parents and administrators from schools around the county filled the auditorium, all hoping to gain insight on pressures faced by the modern student.

"As the parent of three teenagers, two at Langley High School and a freshman in college, I have been concerned about the pressure that my children feel as they have to balance everything in their lives," said Susan Mayman, who served as first vice president for the Langley Parent Teacher Student Association. "When my oldest graduated last year, my main feeling was one of relief."

The film deals with the struggle many students have to balance their lives between hours of homework, preparing for their future, extracurricular activities and just being a kid. Many students in the film spoke of staying up past midnight every single night to do homework, starting as early as middle school.

SUCH PRESSURES can lead to drug abuse, cheating, dropping out, eating disorders and in the case of one 13-year-old girl, suicide. The film says that

students are pressured to get straight A's as early as elementary school, and it can lead to a total abandonment of motivation.

"It's such an emotionally charged film, there's sadness in children who want to please and the terrible pain of being trapped in a situation you don't want to be in," said Joan Tannenbaum, a guidance counselor at Langley, who also served on a panel discussion after the film. "The song played over the opening credits says 'nobody really knows me,' and it's true. Even as adults it's common to feel that people only know you through one prism, whether it's professionally or academically."

Donald E. Fraser Jr., director of education for the National Association for College Admission Counseling, and a member of the panel, urged parents to rethink their priorities when pressuring their students about school. He also told parents that while changes to the educational system might be a long time coming, they also had a duty to their students who are currently in school.

"We can't wait for the system to change, that's not going to help anyone now," he said. "We can work for change, but it won't help our children at this moment."

Fairfax County has established a homework guideline, available on their website. They recommend a total of 30 minutes of homework for students in grades 1-2, one hour for grades 3-6, 1.5 hours (30 minutes per core subject) in grades 7-8 and two hours for grades 9-12.

But the two-hour guideline for high-schoolers comes with an asterisk, saying the amount of homework may be greater for students enrolled in AP classes. According to the film, students cramming

SEE STRESSFUL, PAGE 6

From left, Beth Werfel, a psychologist at McLean High School, Kate Lewis, English teacher at Thomas Jefferson High School for Science and Technology, Joan Tannenbaum, a guidance counselor at Langley High School and Donald E. Fraser Jr., director of education for the National Association for College Admission Counseling speak to parents and administrators after the Feb. 2 screening of "Race to Nowhere."



Zara Ibrahim

Preparing for Leadership

A Great Falls student becomes Albright Institute Fellow.

Wellesley College junior Zara Ibrahim, the daughter of Rizwan and Amna Ibrahim of Great Falls and a graduate of Langley High School, has been named a fellow of the Madeleine Korbel Albright Institute for Global Affairs, which prepares women for positions of global leadership.

Ibrahim's participation in the institute began with an intensive course this January, where she began lessons from various international relations and public policy experts. Those experts include former U.S. Secretary of State Albright, a member of the Wellesley College class of 1959, who served as the institute's distinguished visiting professor. This summer, Ibrahim will participate in a Wellesley-funded internship in the United States or abroad, applying what she has learned in a real-life setting.

"As an Albright Fellow, I hope to gain a deeper understanding of how I can rise to our most pressing global challenges," she said.

Ibrahim, a biological sciences and Spanish double major, has worked as an intern at Kanti Children's Hospital in Kathmandu, Nepal, and is a certified Emergency Medical Technician. At Wellesley, she works as a research assistant in the Department of Biological Sciences; as a Spanish tutor in the Pforzheimer Learning and Teaching Center; as a residential assistant. She serves as the multi-faith council representative for Al-Muslimat, the Muslim organization on campus.

In January 2010, Wellesley College launched the Albright Institute to educate women to fulfill leadership positions, to strengthen the role of women in international relations and to inform policy discussions and academic thought in global affairs.

"The Wellesley women of the future have to understand how today's global challenges are connected," Albright said. "The institute will adopt an interdisciplinary approach to give these women leaders the tools they need to deal with the most pressing issues."

The institute combines the academic resources of Wellesley, the research capabilities of the Wellesley Centers for Women and the insights of global leaders. It draws on faculty from across the liberal-arts disciplines and alumnae in fields ranging from government to conservation to social entrepreneurship. By combining academic theory with real-life perspectives, the program cultivates a new understanding of global issues.

This year's crop of Albright Fellows hail from 12 countries: Afghanistan, Bangladesh, China, Ghana, Israel, Hungary, Japan, Nepal, Republic of Korea, United Kingdom, United States and Zimbabwe.

Since 1875, Wellesley College has been a leader in providing an excellent liberal arts education for women who will make a difference in the world. Its 500-acre campus near Boston is home to 2,300 undergraduate students from all 50 states and 75 countries.

Optimist Club Hosts Speaker

The Great Falls Optimist Club will meet Thursday, Feb. 15 at 7 p.m. at the Great Falls Library. The speaker will be Lynne Russell, Founder of the District Alliance for Safe Housing (DASH), dedicated in memory of her 19-year-old daughter who was murdered by her abusive ex-boyfriend.

The mission of DASH is to raise awareness of the dangers of teen dating abuse, educate and encourage teens to engage in healthy relationship behavior, help teens and parents to recognize and act upon warning signs and provide resources to identify places of help for teens in distress.

Lynne has been invited by Lynn Rosenhal, White House Advisor on Violence Against Women to participate in a roundtable discussion about teen dating violence with experts in Law enforcement and victim advocacy. She will be speaking before the George Mason University Sexual Assault Service

There is no charge for more information call President T.R. Cook at 703-938-1609.

Del. Comstock Honors Wolf Trap, Forms Arts Caucus

Del. Barbara Comstock (R-34) introduced HJR 655, a resolution commending Wolf Trap on the occasion of their 40th anniversary serving the community with "lasting memories that millions of people will treasure over their lifetimes, through unique performing arts experiences and arts education programs."

On Monday, Jan. 31, a special Center Aisle presentation in the House of Delegates was held to commend Wolf Trap and present the resolution to Karen Pittleman, Director of Wolf Trap National Park for the Performing Arts, and Terre Jones, President and CEO of the Wolf Trap Foundation for the Performing Arts.

On Arts Advocacy Day, Jan. 27, Del. Comstock and Del. Eileen Filler-Corn (D-41) held the inaugural meeting of the House of Delegates Arts Caucus. The mission of the caucus is to promote and work with local arts community to highlight and support their programs and performances and promote their efforts with the business community and the donor community.

MPA to Host Monoprint Workshop

Stephanie George, a McLean based artist who recently exhibited her work in the Ramp Gallery at McLean Project for the Arts, will conduct a Monoprint Workshop for teens and adults on Saturday, Feb. 12, 12:30-3:30 p.m. as part of DuVal Art Studio Birthday Celebration. Cupcakes included.

Participants will learn the basic techniques of making, registering and hand printing a monoprint using oil paints. Students should bring an image they would like to work from. All supplies will be provided.

The workshop will take place at McLean Project for the Arts in the Susan B. DuVal Art Studio. \$20 per person. Registration required. Call MPA at 703.790.1953 or email info@mpaart.org.

Susan Bontecou DuVal, an accomplished painter and catalyst for the arts, was an active member of McLean Project for the Arts from its inception in 1963. After her death in 1997, her husband, the late Senator Clive L. DuVal, 2d, and the DuVal family, wanted to honor Sue by building a living memorial to her belief in the importance of the visual arts. With the goal of providing a place for artists of all ages to learn and work, the DuVal Studio was born.

Starshine Theater to Host Open House

Starshine Theater will host Open House and Reception on Saturday, Feb. 12, 4:30-5:30 p.m. at The School of Theatrical Dance Studios, 760 Walker Road # C, Great Falls. Meet Patricia and Jerry Budwig of Starshine Theater, and learn about performing arts workshops in music, voice and acting for all ages. 703-790-9050 or StarshineTheater@aol.com.

NEWS



Tristan Herbert, a Great Falls native, will be racing in the 2011 Sport Club Car of America's World Challenge this year.

PHOTOS CONTRIBUTED

A Need For Speed

Great Falls native takes on the world of professional racing.

BY ALEX McVEIGH
THE CONNECTION



Growing up in Great Falls, Tristan Herbert found from an early age that he was a competitor. After years of amateur motorcycle and racecar driving, he has finally taken his competitiveness to a professional stage, driving for Brimtek Motorsports of Ashburn.

"I've always been a competitive person and playing sports, I loved the camaraderie of a team," Herbert said. "As I got older, I wanted to do whatever I could, and while racing is dangerous and physically demanding, it's not like running long distances."

Herbert is no stranger to the physical consequences of his need for speed. He started racing motorcycles in 1999, which he continued until suffering an off-track accident where he collided with a deer at 70 miles per hour.

AFTER SEVERAL SURGERIES, and at the urging of his wife, he switched to racing cars in 2008. He purchased a 1984 ITB Rabbit and started racing for the Sport Club Car of America's Washington, D.C. region. Last year he broke his leg snowboarding, giving him another speed bump to cross.

"I remember being on crutches and helping out some of my friends who race, and I was just dying to get back in the car," Herbert said.

Herbert will be representing Brimtek in the 2011 World Challenge and he plans to compete in eight races this year. Team owner David Tilton says he saw Herbert's potential after seeing him race three years ago.

"He had a lot of potential, but he was driving with his heart, not his head," Tilton said. "But I decided to sponsor him and as we worked with him the next year, I realized we had a winner. He has professionalism and a desire to win and he's always willing to listen and learn."

In 2009, he won the Mid-Atlantic Road Racing Series and over the past three years he has 18 wins, which includes two track records.

Tom Martin, a friend of Herbert's since their days

Tristan Herbert, Great Falls native and driver for the Brimtek Racing team, examines his car. Herbert will be racing in the 2011 Sport Club Car of America's 2011 World Challenge, his first professional series of races.

at Langley High School and now his crewmember at Brimtek, said that the team's chemistry has them poised for big things.

"With the guys and gals on our team, we have a real shot at doing well," Martin said. "We've got some older guys who have been around racing for 10-15 years, and they bring in a wealth of knowledge and experience."

Even though the team is in its first year of racing professionally, Tilton says they have high hopes.

"We would love to win the championship. That's always the goal, but it's our first year," Tilton said. "Hopefully we get through the season with some good races and some wins. The team has gelled nicely, we've learned each other's strengths and weaknesses and now we know what we can do."

HERBERT says he is fully aware of what the transition to being a professional means.

"I'm looking forward to having a good time, but there is a massive amount of stress on my shoulders. I'm the only driver on the team, so there's a lot riding on me," Herbert said. "It's the preparation that's stressful, but once I'm out there, in the car, there's not much on my mind. You just have to get out there and convince yourself that you're the best. You can't second-guess yourself. Your biggest enemy is yourself."

Martin says Herbert is more than ready to compete on a high level. "I know he will do well," Martin said. "He's an amazing driver and it's our challenge to keep him on his game."

More information on the team can be found at www.brimtek.com/racing.

NEWS

Lessons From Out Of This World

Astronaut speaks at St. Luke's School.

PHOTO CONTRIBUTED

BY ALEX McVEIGH
THE CONNECTION

Capt. Heidi Stefanyshyn-Piper, a former NASA astronaut, came to St. Luke's Catholic School in McLean last Thursday. Her goal was to educate students on the benefits of science, technology, engineering and math and it had its intended effect on at least one student.

"It made me want to do better in science and math, because I saw what you can actually do with those classes," said eighth-grader Maeve Cosgrove. "And I thought it was really cool that she was a girl."

Stefanyshyn-Piper has spent more than 27 total days in space, including 33 hours and 42 minutes of "Extravehicular Activity" space walks. She participated in missions in 2006 and 2008 to the International Space Station, including the first assembly mission following



Capt. Heidi Stefanyshyn-Piper, a former NASA astronaut, answers questions from students at St. Luke's School Feb. 3.

the explosion of the Space Shuttle Columbia.

She gave a presentation to students which included photos and video footage of her time in space, as well as her previous work in the Navy doing rescue and maintenance missions on large boats.

"The photos showed me that being in space would be a lot more fun than I thought it would be," said sixth-grader Molly Hilliard. "She has a job and is working, but it also looks like they had time to

have some fun."

Stefanyshyn-Piper, who went to Catholic schools growing up, was brought in by the school as part of their ongoing effort to push STEM learning.

"It is our hope that the foundation of math, science and technology offered to students at St. Luke, combined with visits from scientists like Capt. Piper, will inspire a new generation of Americans committed to STEM," said principal Renee Quiros White.

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NEWS

Stressful Experiences

FROM PAGE 3

AP classes into their schedule to build their college applications are especially vulnerable.

Brigitte Lavey, a social studies teacher at Langley, and Fairfax County's 2010 Teacher of the Year, who teaches AP classes, said the issues raised by the film are complex from a teacher's standpoint.

"If I don't assign work and just assign reading, [most] won't do it, I'd like to know that they're all doing the reading, and then they would come in ready to have a lively discussion," she said. "To change the way we do things, we can't wait for it to start at the top or the bottom, we have to start all the way from elementary to college age."

MANY STUDENTS in the film said that they worked so hard all the time to keep up with parent expectations.

"It's OK to allow children to fail occasionally so they see that failure is not the end of

the world," said Kate Lewis, an English teacher at Thomas Jefferson High School for Science and Technology. "We just need them to know that we'll be there to catch them when they fall."

Mayman said she was affected by the film, and that she hopes everyone else who sees it feels the same way.

"I believe this film really hits home for so many of us parents," Mayman said. "I hope everyone takes some time to be introspective, 'Do I put pressure on my child? What kind of messages do I give my children about success?' The film has certainly made me think about my own part in my children's 'race.'"

Money raised by the Feb. 2 showing will go towards holding future programs hosted by the Safe Community Coalition. Langley will host a follow-up discussion with Dr. Bill Stixrud, a clinical psychologist specializing in training and supervision of learning specialists on March 22 at 7 p.m.

More Local Showings

For those who missed the showing of "Race to Nowhere" Feb. 2 at Langley High School, there will be two more local showings in February.

James Madison High School, 2500 James Madison Drive, will show the film Feb. 9, at 7 p.m. followed by a panel discussion. Tickets can be purchased online at <http://rtnjamesmadisonhs.eventbrite.com>.

Temple Rodef Shalom, 2100 Westmoreland St. in Falls Church will show the film Feb. 24 at 7 p.m. and it will be followed by a discussion of the film with Dr. Deborah Cohen, a licensed clinical psychologist who works with children from pre-school age through adolescence. Tickets can be purchased at <http://rtntemplerodefshalom.eventbrite.com>.



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Comstock Sees 'a Good Session'

General Assembly reaches mid-point.

BY LIZI ARBOGAST
CAPITAL NEWS SERVICE

The General Assembly is about halfway through its 2011 session, and the dust is starting to clear on which bills may be come laws and which ones will end up in the dustbin.

The House of Delegates has made quite a bit of headway, especially in the areas of higher education and transportation. Last Friday, for example, the House passed the transportation plan proposed by Gov. Bob McDonnell – one of many bills that could have a big impact on Northern Virginia.

Tuesday is “crossover day” in the assembly: If a bill hasn’t cleared the House or Senate by then, it is dead for the session.

With that as a backdrop, Connection Newspapers visited with Del. Barbara Comstock (R-34) asking for her assessment of the session to this point.

Q: What would you consider the main accomplishments so far?

A: We had the governor’s transportation plan, which I was a co-patron of, and we passed that. That is a very significant investment in transportation. I’m very happy we had bipartisan support, and the Senate has also started moving it through. Obviously in Northern Virginia, transportation and congestion are really a challenge, and this is the first significant investment we’ve had in a decade. ...

In the transportation area, one of the things that affects Fairfax County that’s included in the bill deals with revenue sharing funds. Back in 2006, they changed the formula for revenue sharing, so in Fairfax County, we’ve been getting nothing, so we changed it back. I produced a bill to that affect at the request of Fairfax County, and that has gotten incorporated into the governor’s bill also. Now there’s going to be \$50 million of revenue sharing funds, and we will now be eligible to get some of that.

Also in the transportation area, I have a telework bill ... it is a tax credit, encouraging companies to telework. That’s a great way of sort of relieving the transportation congestion. ... It’s one of those win-

The great thing with the transportation bill is we’re going to be able to take advantage of really low interest rates right now.

— Del. Barbara Comstock (R-34)



win solutions that help people in a lot of ways – to save money because you don’t have to drive every-day to work; to save time. When companies have used this it creates morale, productivity, and it saves people money.

Q: What would you say is your single most important contribution so far?

A: I should also mention the higher education bill. So I think [that and transportation] are very important because they’re significant investments. Last year, we really were investing in jobs and we cut back the spending. Unemployment has gone down; we’ve improved our situation here in Virginia. So we’re able to make these significant investments this year because we’ve been prudent and careful.

The great thing with the transportation bill is we’re going to be able to take advantage of really low interest rates right now. Projects cost less today than they did a few years ago and less than they’re going to cost soon. ... When a lot of other states aren’t able to do things, we’re going to be able to spend the money and get more bang for our buck. We’ve been careful stewards of the people’s money, and we haven’t gone on the spending sprees we’ve seen elsewhere. Now we’re able to make these significant investments.

Q: What do you think has been the most disappointing part of the session?

A: I think we’ve had a good session. We’ll have the budget up [soon]. We’re going to continue to focus on jobs, roads and schools – getting the economy back on track.

MILITARY NOTES

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. Deadline is Friday.

Army National Guard Pfc. **Joshua B. Atkins** has graduated from basic combat training at Fort Jackson, Columbia, S.C. During the nine weeks of training, he studied Army history, tradition and core values, physical fitness, received instruction and practice in basic combat skills, military weapons, chemical warfare and bayonet training, drill and ceremony, marching, rifle marksmanship, armed and unarmed combat, map reading, field tactics and more. He is the son of Randy Atkins of Weant Drive in Great Falls, and a 1990 graduate of the Blue Ridge Preparatory School of Dyke, Va.

Cadet **Anthony Kotoriy** of Great Falls successfully completed Cadet Basic Training (CBT) at the U.S. Military Academy on Aug. 14. The initial military training program provides cadets with basic skills to instill discipline, pride, cohesion, confidence and a high sense of duty to prepare them for entry into the Corps of Cadets. Areas of summer instruction included first aid, mountaineering, hand grenades, rifle marksmanship and nuclear, biological, and chemical training. He is the son of Giovanni and Elizabeth Kotoriy of Great Falls, and a graduate of Langley High School.

Army Pfc. **Bo J. Buffkin** has graduated from the Basic Field Artillery Cannon Crewmember Advanced Individual Training course at Fort Sill, Lawton, Okla. The course is designed to train servicemembers to maintain, prepare and load ammunition for firing; operate and perform operator maintenance on prime movers, self-propelled Howitzers, and ammunition vehicles and establish and maintain radio and wire communications. He is the son of Mark D. and Beverly J. Buffkin of Huntover Court in McLean, and a 2008 graduate of Langley High School.

To have community events listed in the Connection, send to greatfalls@connectionnewspapers.com. Deadline is Friday.

THURSDAY/FEB. 10

Vienna Arts Society Meeting. 10 a.m. Vienna Art Center, 115 Pleasant St., N.W. Vienna. With Marni Lawson, demonstrating watercolor painting on Yupo. Free and open to the public. 703-319-3971 or www.ViennaArtsSociety.org.

Peace Corps General Information Meeting. 7 p.m. REI Sporting Store, 11950 Grand Commons Ave., Fairfax. Peace Corps Recruiter Benjamin Burnes will speak on the importance of international volunteerism and why today’s Peace Corps is more vital than ever. www.peacecorps.gov.

SATURDAY/FEB. 12

Starshine Theater Open House and Reception. 4:30-5:30 p.m. The School of Theatrical Dance Studios, 760 Walker Road # C, Great Falls. Meet Patricia and Jerry Budwig of Starshine Theater, and learn about performing arts workshops in music, voice and acting for all ages. 703-790-9050 or StarshineTheater@aol.com.

McLean Project for the Arts: Basic Monoprint Workshop with Stephanie George. 12:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Making, registering and hand printing a monoprint using oil paints. Bring an image to work from. All supplies provided. \$20. Registration required at 703-790-1953 or www.mpaart.org.

Brinker Toastmasters. 9:30 a.m. at Vienna Presbyterian Church, 124 Park St. N.E., Vienna. Meets second and fourth Saturday of the month. brinker.wordpress.com.

T'ai Chi Practice. 8 a.m. at St. Luke’s Catholic School Gymnasium, 7005 Georgetown Pike, McLean. Saturdays through March. Free, open to all. No special clothing or equipment needed. www.FreeTaiChi.org or 703-759-9141.

Living Fully in our Relationships. 10 a.m. The Women’s Center, 127 Park St. N.E., Vienna. A two-part workshop to assess satisfaction or dissatisfaction and apply the course skill building and practices. \$60, \$50 members. Continued on Feb. 26. Register at www.thewomenscenter.org or 703-281-2657.

The Smart Split: Legal Aspects About Separation and Divorce. 10 a.m. McLean Government Center, 1437 Balls Hill Road, McLean. Learn the rights and responsibilities involved. \$50, \$40 members. Register at www.thewomenscenter.org or 703-281-2657.

Partner Yoga. 4:15-5:30 p.m. Body Grace Fitness & Yoga, 215 Mill St. N.E., Vienna. A donation class for The American Heart Assoc. In celebration of Valentine’s day, bring a friend, family member or sweetheart to share in some yoga love for body mind and spirit. Reserve at info@bodygrace.com.

MONDAY/FEB. 14

Impending Disaster: The New Law of Wills and Trusts. 10 a.m. at the Vienna Community Center, 120 Cherry St., S.E., Vienna. Attorney David Hoffman will discuss the changes in trust laws that took effect Jan. 1. Free, no registration required. 703-255-6360 or www.viennava.gov.

Alzheimer’s Caregiver Support Group. 5 p.m. Lewinsville Adult Day Health Care Center, 1609 Great Falls Road, McLean. 703-734-1718.

TUESDAY/FEB. 15

Great Falls Optimist Club. 7 p.m.

Great Falls Library Meeting Room, 9830 Georgetown Pike, Great Falls. With Lynne Russell, founder of DASH. The mission of DASH is to raise awareness of teen dating abuse and educate teens about healthy relationship behavior. Free. 703-938-1609.

Alzheimer’s Caregiver Support Group. 5 p.m. The Sylvestry Assisted Living, 1728 Kirby Road, McLean. 703-506-2122.

Providence District Council Meeting. 7:15 p.m. Dunn Loring Administrative Center, 2334 Gallows Road, Fairfax. Annual election of 2011 PDC officers followed by a discussion of the proposed Fairfax County School’s FY12 budget, with Patty Reed, Providence District School Board Representative. ProvidenceDistrictCouncil@yahoo.com.

WEDNESDAY/FEB. 16

Beth Emeth Early Childhood Center Open House. 10:30 a.m. Congregation Beth Emeth, 12523 Lawyers Road, Herndon. Take a tour, see classes in action, meet staff and more. 703-860-4515, ext. 114 or renee@bethemeth.org. www.bethemeth.org/beecc.htm.

Winter Book Sales. 3-8 p.m. Claude Moore Colonial Farm, 6310 Georgetown Pike, McLean. A donated selection of mystery, gardening, history, cooking, art, children’s, classics, biographies and more, plus videos, CDs, cassettes and vinyl records. Most books \$1-\$3. www.1771.org.

Hot: Living Through the Next Fifty Years on Earth. 7 p.m. George Mason University, 4400 University Drive, Fairfax. Environmental writer Mark Hertsgaard on mitigating green house gases and adapting to climate change. 415-874-9145 or www.markhertsgaard.com.

THURSDAY/FEB. 17

VTCC Pre-President’s Day Luncheon. 11:30 a.m. Fleming’s Prime Steakhouse & Wine Bar, 1960 Chain Bridge Road, McLean. \$40 members, \$50 non-members. www.vtrcc.org.

Re-entering the Workforce. 11 a.m. The Women’s Center, 127 Park St., N.E., Vienna. A workshop designed to address questions regarding the job market and provide essential pointers on how to get started. \$35, \$25 members. Register at www.thewomenscenter.org or 703-281-2657.

Finding Emotional Strength During Separation & Divorce. 7:30 p.m. The Women’s Center, 127 Park St., N.E., Vienna. Learn effective ways to cope in a safe, confidential and supportive setting. Six weekly workshops. \$185, \$165 members. Register at www.thewomenscenter.org or 703-281-2657.

Financial Planning During Separation & Divorce. 7 p.m. The Women’s Center, 127 Park St., N.E., Vienna. All financial components of the property settlement agreement, from preparing documents for your attorney to signing agreements. \$50, \$40 members. Register at www.thewomenscenter.org or 703-281-2657.

SATURDAY/FEB. 19

Vienna Lions Club 48th Annual Bland Contest. 1 p.m. at Assembly of God Church, 100 Ayr Hill Ave., Vienna. Vocal and instrumental categories for Virginia students up to 12th grade. Applications available at 703-938-7716 or n.volpe8@verizon.net.

OPINION

Happy Valentine's Day

Better than roses or chocolate, ratify equal rights for women; 35 states have done so but not Virginia; 38 states needed to amend the constitution.

“Equality of rights under the law shall not be denied or abridged by the United States or by any State on account of sex.”

These words, conceived in 1923 by Alice Paul, who was jailed at the Occoquan Workhouse in Lorton for demonstrating for women's right to vote, were approved by the United States Congress in 1972 as the Equal Rights Amendment to the United States Constitution.

To amend the constitution required the approval of 38 states; 35 voted in favor. Virginia was not among them.

This year, some of Northern Virginia's representatives in the General Assembly reintroduced the measure, and a resolution support-

ing the Equal Rights Amendment passed in the Virginia Senate 24-16, with all of Northern Virginia's senators voting in favor.

Thanks especially to state Sen. Patsy Ticer for advocating for what could have been a gift to all the women of Virginia and the United States, and thanks to Senators George Barker, Mark Herring, Janet Howell, Dave Marsden, Chap Petersen, Toddy Puller, Dick Saslaw, and Mary Margaret Whipple for voting in favor of equal rights for women.

Delegates Mark Sickles, Kay Kory and Scott Surovell sponsored the same legislation in the Virginia House of Delegates, but the measure, which previously died in the Virginia General Assembly in 1980, languished in subcommit-

tee.

With equal pay for women still just a goal or dream in the United States as just one example ongoing limits to women's rights, ratification of the Equal Rights Amendment would be welcome at the state and national level, and a worthy Valentine's Day present to the mothers, wives, daughters, sisters in Virginia and beyond. With women's rights as a concern worldwide and a consideration in U.S. foreign policy, such a step would send the message that the U.S. is committed to women's rights at home and beyond.

SENATE JOINT RESOLUTION NO. 357

RESOLVED by the Senate of Virginia, the House of Delegates concurring, That the General Assembly of the Commonwealth of Virginia hereby ratifies and affirms the Equal Rights Amendment to the United States Constitution proposed by the United States Congress on March 22, 1972, and ratified by 35 state legislatures.

— MARY KIMM.

MKIMM@CONNECTIONNEWSPAPERS.COM

EDITORIAL

About Energy

BY SHARON BULOVA, CHAIRMAN
FAIRFAX COUNTY BOARD OF SUPERVISORS

In ancient times, energy efficiency meant keeping the tribal cooking fires well-fed with branches and twigs gathered from the nearby forest. The gathering activity was not without some effort on the part of the tribe. Over the centuries, we've found easier ways of providing energy to cook our food, heat and cool our homes, support commerce and operate emerging tools and technologies.

Today, most of our energy sources are from fossil fuels such as coal, oil and natural gas and far too much of it is imported from other countries. Regardless of the origins, our reliance on fossil fuels is not sustainable and does not provide long-term supply security. It also takes its toll on the environment as it is dug, pumped or blasted out of the earth.

Thirty years ago, a similar story unfolded in Europe. Faced with potentially crippling supply threats, weak economies and serious environmental degradation countries such as Finland and Germany framed new energy policies around long-term supply reliability, technical flexibility and transportation alternatives.

Local leaders from Northern Virginia have been able to observe firsthand the success of these policies through a Sister-Region Partnership between the Northern Virginia Regional

Commission (NVRC) and the Verband Region of Stuttgart, Germany. In Stuttgart, Helsinki and other European cities we saw large-scale applications of renewable energies from wind, solar and biomass. We studied district energy systems that combined heat and electrical power generation, including waste-to-energy, and distributed it efficiently through downtown central business districts.

Fairfax County has been a pioneer in energy innovation. An example is our Waste-to-Energy facility in Lorton, where heat from burning garbage is converted into energy that is then used to run the plant. Essential elements of our Environmental Agenda include the efficient use of energy resources, the promotion of energy conservation and support for alternative energy sources. We have made notable strides towards improving the energy efficiency of our County buildings, facilities and operations – but we can do more.

Real progress can only be achieved in partnership with the private sector. Redevelopment in Fairfax County, will offer significant oppor-



tunities for creativity and collaboration that we must explore. Additionally, technology is emerging that will help our residents and corporate neighbors save money and precious natural resources as we heat and cool our homes and offices and operate machinery and tools. During 2011, Fairfax County will be making innovation and collaboration for Energy that is clean, efficient, sustainable, secure and reliable a priority. At a Business Roundtable Discussion in December I presented a proposal to convene a Private Sector Energy Task Force. The Task Force is meeting throughout the winter and spring and includes representatives of the residential and business communities, institutional representatives such as George Mason University, Northern Virginia Community College, INOVA, and utilities operating in Fairfax County.

The group's purpose is to define steps our community can take to position ourselves as a leader in the area of energy efficiency, sustainability and “green” technology.

Fairfax County looks forward to collaborating with our neighboring jurisdiction in Northern Virginia where similar efforts are underway. Together we can ensure that our businesses remain competitive, while attracting green business to complement our existing industry sectors and serving as responsible stewards of our natural resources.

for good-faith discussions.

It is my sincere hope that the Board of Supervisors will embrace the MCA's proposed austerity measures and expand on their guidance to reduce the size and cost of county government.

Dennis Husch
Herndon

LETTER TO THE EDITOR

MCA Helps Develop County Budget

To the Editor:

Congratulations to the McLean Citizens Association for their recently-approved resolution to guide development of the Fairfax County budget.

While it is easy to complain about taxes and an out of control, over-sized government bureaucracy, it is difficult to articulate specific proposals to control taxes and to make meaningful and rational reductions in government spending.

The MCA has done the hard work and while everyone may not agree on every proposed initiative, they have provided a starting point

THE CONNECTION

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NEWS

Hollywood celebrities wearing Jorge Adeler jewelry include (clockwise): Sofia Vergara, Kristen Quintrall, Maria Menounos, Nancy Carell (pictured with husband Steve) and Jessica Lowndes.



Adeler Jewelers 'Notable' at Golden Globe

Jorge Adeler, a Great Falls jewelry designer, has been making a splash with the Hollywood crowd: Adeler designs have been worn by actress Sofia Vergara, who plays Gloria on the hit TV show Modern Family, singer Mariah Carey, actress Kristen Quintrall and actress Hayden Panettiere.

Most recently at the Golden Globes, Maria Menounos, correspondent for Today and Access Hollywood, wore a pair of Adeler diamond and pearl drop earrings which resulted in Adeler being

listed among the Notable Jewels at the 2011 Golden Globes. Other celebrities from the Golden Globes wearing Adeler designs included Miss Golden Globe Gia Mantegna, who presented awards; actress Jessica Lowndes of 90210; and actress Nancy Carell, wife of Steve Carell.

"The response from Hollywood has been overwhelming and it has been an honor to adorn these beautiful ladies with my designs," said Jorge Adeler. Pictures of the celebrities and the

jewelry can be seen at www.adelerjewelers.com.

Adeler Jewelers is a custom design jewelry store that has been servicing their community since 1975. They specialize in unique gems, pearls, diamonds and authentic ancient coins, all creatively mounted in platinum, 18k and 14k gold.

For more information on Jorge Adeler and his exclusive designs visit their website at www.AdelerJewelers.com or call 703-759-4076.

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REVIEW

Surprise and Laughter at 1st Stage

BY DAVID SIEGEL
THE CONNECTION

Life is an action-packed ride when you wake up each morning with no memory of what happened the day before. Pity poor Claire. She is a sweet perky woman of middle years finding the world a very strange place as she wakes to the harsh tones of an alarm clock, a husband she does not recognize and a sullen son. And that is merely the beginning of the lively "Fuddy Meers" now at 1st Stage.

With the agreeable MiRan Powell as Claire, "Fuddy Meers" is an often silly, sometimes bizarre, engaging evening of entertainment. If you find outrageousness covering various sobering misdeeds appealing rather than unsettling, this production can engross.

Under the direction of Lee Mikeska-Gardner, "Fuddy Meers" is an animated dark comedy with little time for self-absorption or contemplation of



PHOTO COURTESY OF THE 1ST STAGE

Miran Powell (left) and Kevin Hasser in the 1st Stage production of 'Fuddy Meers.'

the increasingly uncovered shadows, until the final lovingly constructed tender scene. Produced Off-Broadway in 1999, this was the first major work written by David Lindsay-Abaire. He may be better

'Fuddy Meers'

Where and When: 1st Stage, 1523 Springhill Road, McLean, Feb. 4-27. Tickets \$15-\$25. Performances Friday, 8 p.m.; Saturday, 2 and 8 p.m. and Sunday, 2 and 7 p.m. Call 703-854-1856 or logon www.1ststageysons.org/fuddy.

known for his Tony Award nominated "Rabbit Hole," a recently released motion picture.

The mood is quickly set for the audience. A terrific set design, a flutter with large happy colored large puzzle pieces by Mark Krikstan along with a myriad of props by Kay Rzasa and focused lighting by Marianne Meadows, envelops the eyes. Jaunty pre-show music of summertime calliopes glides the audience members into comfortable seats with a quizzical look and immediate interest. Then the play unfolds. Powell awakes; befuddled as to her place in life. She is always innocently questioning, wanting to trust others while confront

SEE REVIEW, PAGE 18

ENTERTAINMENT

Send announcements to greatfalls@connectionnewspapers.com. Deadline is Thursday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY/FEB. 9

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.

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 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 surrealistic tragicomedy, presented by Aquila Theatre of New York City. Tickets \$17-\$34 at 888-945-2468 or cfa.gmu.edu.

"Fuddy Meers" by David Lindsay-Abaire. 8 p.m. 1st 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.1ststageysons.org.

Kid Architect CD Release, Attractions and Poly-Opto.

10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

The Vagina Monologues.

8 p.m. George Mason University Harris Theatre, 4400 University Drive, Fairfax. A benefit performance to raise awareness to stop violence against women and girls. Proceeds benefit George Mason University Victims of Violence Fund and the Tahirih Justice Center. Sponsored by George Mason University Sexual Assault Services, Office of Housing and Residence Life and Women and Gender Studies. Tickets \$5-\$25. www.vday.org/about/more-about-or-dance@gmu.edu.

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"Tangle of Tales" by Grey Seal Puppets

A Puppetry Festival is coming on Saturday, Feb. 12 to the McLean Community Center, 1234 Ingleside Ave., McLean. The Grey Seal Puppets will perform "Tangle of Tales" at 1:30 p.m., and Barefoot Puppets present "Trickster Tales" at 2:15 p.m. There will be puppet-making crafts for ages 4-8 after the performances. Tickets are \$12, or \$10 for McLean district residents. Register at www.mcleancenter.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.

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.

McLean Symphony Orchestra: Lullaby.

8 p.m. Oakcrest School, 850 Balls Hill Road, McLean. Dvorak's Three Slavonic Dances. Khachaturian's Masquerade Suite and more. McLean-orchestra.org.

SteveSongs. 10:30 a.m., 12:30 p.m. and 2:30 p.m. Jammin' Java, 227 Maple Ave. East, Vienna. With Mr. Steve of PBS Kids, for ages 2-10. 703-255-1566 or www.jamminjava.com.

Chinese New Year Festival.

10 a.m.-7 p.m. Luther Jackson Middle School, 3020 Gallows Road, Falls Church. Dragon and Lion dances, Asian foods, cooking and language workshops, craft and business booths, children's world, Lunar New Year parade and more. Free admission. 703-868-1509 or www.ChineseNewYearFestival.org.

John Potter Artist's Reception.

6-8 p.m. Applegate Gallery & Custom Framing, 101 Church St. N.W., Suite C, Vienna. Arlington photographer John Potter will discuss a showing of his "Images of Bologna." 703-281-1361 or info@applegateframing.com.

Puppetry Festival.

McLean Community Center, 1234 Ingleside Ave., McLean. Grey Seal Puppets in "Tangle of Tales" at 1:30 p.m., and Barefoot Puppets in "Trickster Tales" at 2:15 p.m. Puppet-making crafts for

ages 4-8 after the performances. Tickets \$12, \$10 for McLean district residents. Register at www.mcleancenter.org.

Sunday Soiree Dance.

3-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. This month's theme is My Funny Valentine, with live music by The Wayne Tympanick Trio. Refreshments served. Admission \$5. 703-790-0123, TTY 711.

The Vagina Monologues.

3 p.m. and 8 p.m. George Mason University Harris Theatre, 4400 University Drive, Fairfax. A benefit performance to raise awareness to stop violence against women and girls. Proceeds benefit George Mason University Victims of Violence Fund and the Tahirih Justice Center. Sponsored by George Mason University Sexual Assault Services, Office of Housing and Residence Life and Women and Gender Studies. Tickets \$5-\$25. www.vday.org/about/more-about-or-dance@gmu.edu.

Wings Across Great Falls Pottery Project.

1 p.m. and 3 p.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Children age six and up will make bird-decorated mugs with local potter Laura Nichols, in association with an election currently underway to select a Great Falls village bird symbol. Sponsored by Friends of the Great Falls Library. Free. Reserve at 703-757-8560.

Autism Society and AMC Theatres Sensory Friendly Films:

"Gnomeo & Juliet." 10 a.m. AMC Tysons Corner 16, 7850 Tysons Corner Center, McLean. To provide a more accepting and comfortable setting for children with autism or other special needs, the auditorium will have lights up and sound turned down, and families can bring in gluten-free, casein-free snacks.

Audience members can get up and dance, walk, shout or sing. Tickets \$6. www.autism-society.org/sensoryfilms.

SUNDAY/FEB. 13

"Fuddy Meers" by David Lindsay-Abaire. 2 p.m. and 7 p.m. 1st 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.1ststageysons.org.

Pat Sommers Rockshop.

1:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

All You Need Is Love 2: Jammin' Java's Songwriters' circle, A Tribute To The Beatles & Love Songs.

7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. jamminjava.com.

Al Petteway & Amy White.

4 p.m., 6 p.m. and 8 p.m. Old Brogue Irish Pub, 760-C Walker Road, Great Falls. Guitars, Celtic harp, mandolin and percussion. \$15. 703-759-3309 or www.ionamusic.com/brogue.shtml.

Old Dominion Chrysanthemum Society: The Art of Floral Photography.

2:30 p.m. Falls Church Community Center, 223 Little Falls St., Falls Church. A slideshow and tutorial featuring exhibitor and photographer Dr. Robert Howell. Free admission and refreshments. 703-560-8776.

MONDAY/FEB. 14

Preschool Storytime.

10:30 a.m. Great Falls Library, 9830 Georgetown Pike, Great Falls. Stories, fingerplays and activities. Age 3-5 with adult. 703-757-8560.

A Season of Enchantment

LULLABY

Saturday, February 12, 2011 @ 8pm

Come feel the romance of Valentine's Day weekend while listening to the beautiful and universally beloved "Lullaby" theme of **Joannes Brahms** in his evocative Symphony No. 2 in D Major. The concert will be conducted by local favorite **Christopher Hite**.

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HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:
Day of the Week, Date and Time:
Name of the Place Event will Be Held:
Address of the Place Event Will Be Held:
Name and Phone Number for More Information:
Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to: greatfalls@connectionnewspapers.com or mail to: Calendar, Connection Newspapers 1606 King Street Alexandria, VA 22314.

For more information, call 703-778-9410.

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Sunday Afternoon Soiree Series

3-5 p.m.

Sunday, Feb. 13

My Funny Valentine

Sunday, March 13

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VALENTINE'S STORIES

In Love with History

Ed and Kathy Heberg enjoy 'small town feel' of Great Falls.

BY ALEX McVEIGH
THE CONNECTION

More than 30 years ago, Ed Heberg was working for the Department of the Navy, and much of his work had to be submitted to the woman who would become his wife.

"We worked for different organizations, but I did a lot of my work through her," Ed Heberg said.

After they got married, they were looking to move out of Silver Spring, Md., when they were driving to meet a friend in Great Falls when they came upon an open house.

"We had about half an hour to kill, so we looked in, and it had a lot of things we were looking for," Ed Heberg said. "We bought it that afternoon. One of the things we love the most about Great Falls is that for a suburban area, it has a real small-town atmosphere."

Now the Hebergs are fixtures in the Great Falls community, helping host annual events at Great Falls Freedom Memorial on Memorial Day, 9/11 and Veterans Day. Ed Heberg serves as president of the Great

Falls Freedom Memorial Committee.

"I've always been interested in history, and was a member of the historical society, and we've known the people who served on the board for years," Kathy Heberg said.

The couple shares many similar interests, such as classical music (especially opera), history and traveling. Though they both consider themselves avid readers, besides history, they differ on their tastes.

"When we got married, we combined our libraries and realized we had a lot of similar history books," Kathy Heberg said. "But otherwise we're almost opposite. He likes a lot of science fiction, and I read a lot of true crime."

When it comes to travel, both say that Italy is their favorite destination.

"Italy is filled with wonderful people and wonderful food," Ed Heberg said. "And even though it can get a little chilly there, it's nothing compared to here."

Next on their travel itinerary is Argentina, due to its rich archeological history.

"I never outgrew my love of dinosaurs, and they've got some of the best dinosaur museums," Ed Heberg said.

Kathy Heberg says "we both enjoy archeology, as part of our love of history."

As far as time apart, both also have varied interests. Ed Heberg enjoys bridge; he says he plays three or four times per week.

As far as Kathy, "I like to shop, though I can tend to shop a little too much," she said with a laugh.



Kathy Heberg has been married to her husband Ed since 1980, and they both serve in many capacities around Great Falls.



Kathy and Ed Heberg join Great Falls Fire Fighters for the Pledge of Allegiance at the Great Falls Freedom Memorial.

A Family Business

Joe and Denise Shehadeh bring complimentary natures to Star Nut Gourmet.

BY ALEX McVEIGH
THE CONNECTION

Most couples have to find time to spend together around separate work schedules. Joe and Denise Shehadeh, owners of the Star Nut Gourmet, spend time together at home and at the office.

The couple met while attending business school at American University. Joe Shehadeh was working on his master's degree and his wife was working on her bachelor's. After traveling around the world for work, they returned to McLean to start the Star Nut, based on their favorite places overseas.



Joe and Denise Shehadeh, owners of the Star Nut Gourmet, have been married almost 30 years, and run the business together.

They have been married for 30 years, and as partners in life and business, they have taken advantage of their complementing nature.

"We complement each other, I'm more on the sales side, and she's good with marketing," Joe Shehadeh said. "When we come across certain things, I'm always wondering what people can use it for, but she has an eye for things that people like."

"Joe is very outgoing, very social, and he's got a knack for remembering names and special things

about customers," Denise Shehadeh said. "Everybody knows Joe."

THE PARTNERSHIP is reflected in the community atmosphere they try to offer at the Star Nut. In taking their favorite parts of coffee shops and patisseries around the world, they've brought the best of it to McLean.

"Every place has its charm, we considered all of our travels an adventure," Denise Shehadeh said. "We enjoyed taking in the local culture in every country."

"In the end, we come to the same decision, but we go about it a different way."

—Denise Shehadeh

The two still enjoy traveling. They try to get away for a long weekend every few months, but Joe Shehadeh admits that it can be tough.

"It's difficult to get away, I'm here every day, and though I can plan to leave early, there's always something that needs attention," he said. "We try to escape every few weeks, at least 50 miles away, and by now we've got it to a science."

The two said their favorite destination is "literally anywhere," but they prefer warm weather most of all. They also manage to combine business with pleasure on many of their trips. Just last weekend they went to New York City for a trade show, but managed to have some free time as well.

"We do trade shows three or four times a year, and it's nice to get away, but we're always looking for business ideas as well," Joe Shehadeh said.

Denise Shehadeh says that "after nine years, we're pretty much

agreeable, we know what the trends are, what customers like."

While Joe tends to look at things based on whether or not they can be sold, Denise likes to find possible uses for various items they consider.

"In the end, we come to the same decision, but we go about it a different way," Denise Shehadeh said.

THEIR 23-YEAR-OLD DAUGHTER Kristina also works at the store in between classes at Marymount University, and says she enjoys spending time at the Star Nut with her parents.

"We have a good time. My dad and I probably socialize too much, and my mom has to remind us to get back to work," Kristina Shehadeh said. "But we're all the same people in and out of the store, and at the end of the day, we're a close family."

OPINION

Major Transportation Bill Advances

General Assembly mid-session report.

BY BARBARA COMSTOCK
STATE DELEGATE (R-34)

We are almost half way through this year's General Assembly session. So far, we have made significant progress on the top priorities of our jobs, our schools and our roads.

For the first time in decades, we are succeeding with a major transportation bill that will provide over \$4 billion in much needed transportation infrastructure funding over the next three years. And the bill doesn't raise taxes. We had a strong bipartisan vote of 65-33 and the support of over 50 major business and transportation groups, including the Northern Virginia Technology Council, the Fairfax Chamber of Commerce, and the Northern Virginia Transportation Alliance. The Senate has also passed a version of a transportation package.

This multi-faceted transportation package will begin the pro-

cess of much needed congestion relief in Northern Virginia and fund over 900 projects across the Commonwealth. For every \$100 million spent on highway construction, 3000 jobs are estimated to be created or supported.

THIS BILL also incorporated my bill, H.B. 2203, which removes the existing priority structure for allocation of revenue-sharing funds to localities. I sponsored this measure on behalf of Fairfax County, and it was incorporated into the Governor's Transportation bill. The existing priority system resulted in Fairfax County getting no revenue sharing funds. Now, we will be eligible again on an equal footing with other localities for the \$50 million available in revenue sharing transportation funds.

The biggest components of the transportation bill accelerate previously approved transportation bonds and deposit those funds into a transportation infrastructure bank. The debt that is being accelerated has already been incor-

porated into our budget. By accelerating the bonds, we will be able to take advantage of near record low interest rates and low construction costs. This acceleration will ultimately save the state in both construction and interest rate costs.

As to local projects, I have personally spoken to the Transportation Secretary about including the study requested by the Fairfax County Board of Supervisors to complete widening of Route 7 to Tysons Corner. Last fall, the Board requested this study and I have stressed the need for this local project also.

A bill I introduced this year to promote teleworking in the private sector has garnered the support of the Governor's Reform Commission, the Northern Virginia Technology Council and a bipartisan coalition of my Northern Virginia colleagues. It will be voted on this week. The bill provides a tax credit to employers for expenses incurred in allowing employees to telework beginning on or after January 1, 2012, through 2013. An employer would be eligible for a credit of up to \$1,200 per

teleworking employee.

TELEWORK OFFERS a 21st century workplace option that can reduce traffic congestion and air pollution, as well as cut gasoline consumption and dependency on foreign oil. It also helps provide a more family friendly workplace that gives Moms and Dads more time at home and less sitting in traffic. Study after study has shown that telework benefits employees and employers. Employers get the benefit of increased productivity, improved morale, fewer sick leave days used, better worker retention, and reduced costs for office space.

I was the Chief Co-Patron of HB 2052, which provides that in any labor organization election an employee will have the right to a secret ballot. Some in Washington are currently trying to force unionization through regulation, rather than by secret ballot. That is why we need this bill to protect our strong right to work ethic in the Commonwealth. The bill passed in the House with a bipartisan strong majority of 63-32 and will now be considered in the Sen-

Keep In Touch

As always, my staff and I are here in Richmond to serve you. We want to hear what you think about the legislation and encourage you to take our Legislative Survey on my website: www.delegatecomstock.com. My office can be reached at (703) 209-3787 or email us at bcomstock@delegatecomstock.com. If you are planning to visit Richmond during Session, I encourage you to visit me in Room 417. Thank you again for allowing me to serve as your Delegate.

ate. The "Top Jobs of the 21st Century" higher education reform bill, which I co-patroned, has passed in both the House of Delegates and Senate. The bill puts the recommendations of the Governor's Commission on Higher Education, Reform, Innovation, and Investment into Virginia law. The Commission, which brought together stakeholders from both the public and private sectors, focused on advancing reforms that will increase access for Virginia students at our colleges and universities at an affordable price and ensure that our students are receiving a top-class education that prepares them for the jobs of the future.

A BUDGET AMENDMENT I introduced to help fund all-day kindergarten was included in the House budget.

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OPINION

Helping Most Vulnerable

To the Editor:

Why are anti-social and niggardly propensities being sanctioned by those responsible for advancing the public and common good?

The Temporary Assistance for Needy Families (TANF) caseload in Virginia has been reduced by 47 percent since the start of Welfare Reform in 1995 (from 70,797 families in June 1995 to 37,686 families as of November 2010). However, Federal funding for the program has remained constant.

Although funding has remained constant and the caseload has been reduced, there has been only one increase in the benefit payable since 1985—i.e., 25 years ago.

The math—fewer families in need but the same level of funding—makes it clear that Virginia has received sufficient funds that could be used to pay a modest increase. A typical family of three now receives a mere \$3,840 per year. That is about a fifth of the Federal poverty level!

Why has only one modest increase been considered in the past 25 years?

In addition to the niggardly and anti-social propensities that are manifested by this inconsiderate behavior toward the most vulnerable in our midst, there are also grave inequities in administration of benefits.

Consider these facts: If two siblings aged 3 and 5 live with a parent and are eligible for TANF, the family will receive a meager \$320 per month. If they live with a relative other than a parent and are eligible for TANF, the family will receive even less in benefits, \$254 per month. However, if they live in foster care, the foster family will receive \$918 per month to care for them. Why the disparity? Are poor children living with their families or a relative other than a parent less deserving than poor children living with a foster family? Could this not possibly encourage the breakup of a family, since parents could conclude that their children would be better supported in a foster family?

Virginia Sen. Janet Howell, Reston, and Del. James Scott, Merrifield, have proposed a TANF indexing budget amendment, a modest proposal that would provide an automatic adjustment for inflation and would “apply only in fiscal years following a fiscal year in which salary increases are provided for state employees.”

Their amendment clearly deserves support.

John Horejsi,
Coordinator
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Minding My Own Business



By **KENNETH B. LOURIE**

I haven't been writing much the last few weeks. Heck, I haven't felt much like writing at all the last few weeks. And when I woke up this morning with some ideas on which to write, the reason for this not writing/not feeling like writing became clear: it had to do with my having cancer (doesn't everything?). However, my reasons for this specific inactivity had to do with the rather serious (to me, anyway) subject matter on which I had written the last few weeks: outliving my original prognosis and dealing with my now unknown life-expectancy/future as well as the as-yet undetermined treatment protocol going forward. Can you say angst? It seems, however, that after meeting with my oncologist on Friday, Jan. 7, and receiving the continuing good news that I did, we agreed on a treatment plan that's not nearly as reactive as I feared it might be, and as a result – in my opinion, my mind took a break, a time-out, if you will, from all the doom and potential gloom and non-stop pressure a terminal diagnosis can exert.

And though I have some deficits and some anti-cancer (pills and such) routine that I follow from which I never take a break – or need to take a break, and which I have assimilated into my daily – and nightly activities, it's the emotional stuff that can take its toll and exact a price. Sometimes I pretend. Sometimes I deny. Sometimes I get depressed. (“Sometimes?”) And often I write. And recently I had written about the end of my original 13-month-to-two-year prognosis (Feb. 27, 2011). Heavy doesn't begin to describe the weight – and wait of that reality. So much so that I spent four columns writing about it. After seeing my oncologist on the 7th, apparently, my instincts for self-preservation took over and instructed my brain, subconsciously, to stop the cancer focus for awhile and give myself a mental rest.

Certainly there are ebbs and flows, highs and lows in this cancer battle; things you can control, things you can't. Knowing when to give in to the emotion (and how to get out of it when you do) and when not to, are the constants in this battle. And after a particularly stressful crossroads-type of moment (“Moment?” More like a month), I gave in and decided to exhale and give myself some time to breathe normally and wander emotionally and get off the cancer train, for however long I could. It didn't mean I stopped thinking about it, it meant I stopped focusing on it – as best I could.

And for a few weeks, I really didn't have a cancer thought worth writing/venting about. I was out of the woods for another quarter or so (the frequency of the all-telling scans), and I was going to try and get out from underneath the shadows as well. And I largely succeeded until today. I do consider the fortnight a success, though. When you're terminal and/or a cancer patient (stage notwithstanding), a minute away, an hour away, a day away from its grip, is heaven on Earth and time worth savoring. So even though I didn't have anything to say these last few weeks, I've enjoyed all the time not saying them.

Life goes on though (thank God!) and my cancer thoughts are back. To tell you the truth, I'm glad to have them. It means – to me – that all systems are go and I can return to normal, as normal as a 56-year-old life-long non-smoker, diagnosed with inoperable stage IV lung cancer, can be. But it's nothing I can't live with, as I have already done so going on two years. This is my new normal. It's the abnormal I'll likely have some difficulty adapting to.

Next week: The “cunancerdrum” of living with cancer continues.

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

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21 Announcements

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21 Announcements

ABC LICENSE
Ballston Tap Room, LLC trading as American Tap Room, 3101 Wilson Blvd, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine, Beer and Mixed Beverages on Premises license to sell or manufacture alcoholic beverages. Ali Azima, CEO

21 Announcements

ABC LICENSE
DTI-Clarendon, LLC, trading as CAVA, 1220 North Fillmore St, Arlington, VA 22201. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL FOR a Beer and Wine on Premise, Mixed Beverage on Premise license to sell or manufacture alcoholic beverages. Theodore Xenochristos, Member

21 Announcements

ABC LICENSE
Saman Maleki trading as Cafe Nemoneh, 525 Maple Ave, West., Vienna, VA 22180. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL FOR a Wine and Beer on premises license to sell or manufacture alcoholic beverages. Saman Maleki President.

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W2011

Chris Hanburger Epitomized Redskins Football

BY RICH SANDERS
THE CONNECTION

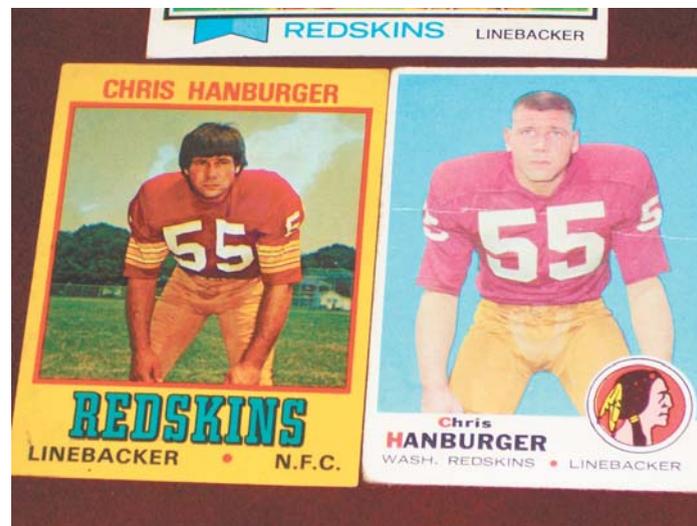
My favorite part of Super Bowl week had nothing to do with either of the two competing teams - the Green Bay Packers or Pittsburgh Steelers. But it did have something to do with my favorite team, the Washington Redskins.

To me, the next best thing to having your favorite team in the Super Bowl is finding out that one of your favorite all-time NFL players has been selected for induction into the NFL Hall of Fame. When the NFL announced, during Super Bowl week, that former Redskins linebacker Chris Hanburger would be one of seven new inductees to be enshrined next August in Canton, Ohio, I was thrilled.

Redskins' fans have been fortunate in recent years to see former players such as cornerback Darrel Green, wide receiver Art Monk and offensive tackle Russ Grimm inducted into the Hall of Fame. Those three were all part of the great Redskins teams of the 1980s and early '90s under legendary head coach Joe Gibbs, who himself is a member of the Hall.

Most current Redskins fans are well versed and learned of the great Redskins teams under Gibbs which won Super Bowls over the Miami Dolphins (1983), the Denver Broncos (1988) and the Buffalo Bills (1992).

But sort of forgotten by Redskins fandom were the exploits of the Redskins teams of the 1970s under head coach George Allen, who came to the Nation's Capital in 1971



Chris Hanburger football cards - from the Wonder Bread All-Star series in 1974 (left) and from the annual Topps set in 1968 (right).

PHOTO BY
RICH SANDERS/
THE CONNECTION

REFLECTIONS and, over the following seven years, led Washington to NFL glory it had not known since the 1940s.

Hanburger, an undersized, perennial standout defensive player who had been chosen by the Redskins out of the University of North Carolina way back in 1965 in the 18th round of the NFL Draft, was a hallmark member of the coach Allen teams - an era of Redskins history highlighted by a trip to Super Bowl VII in Los Angeles in January of 1973.

Hanburger was a coaches' dream. He was a quiet leader counted upon to call the team's defensive formations. He was quick, ultra tough and had a nose for the football. Hanburger, who throughout his Redskins' career was part of linebacker corps that included the likes of Jack Pardee, Harold McLinton and the great Sam Huff, was always, it seemed, involved in the middle of

a play doing his best to help stop opposing offenses.

When I was a youngster, I loved those Redskins teams of the 1970s, which included standout players such as running back Larry Brown, receiver Charley Taylor, center Len Hauss, quarterbacks Billy Kilmer and Sonny Jurgensen, defensive linemen Diron Talbert and Verlon Biggs, and cornerback Pat Fischer. And there was also the steady Hanburger, whom I and other young fans thought had a last name spelling of H-A-M-B-U-R-G-E-R - like what you ate at McDonald's.

Hanburger or Hamburger, it didn't really matter to me. The Redskins' linebacker was a humble, non-arrogant member of the Redskins' 'Over The Hill Gang,' the affectionate nickname given to coach Allen's aged group of winners.

One of Hanburger's signature plays was

the 'clothesline tackle,' in which the standout player would, with his swinging right arm, nail a ball carrier across the chin strap area to bring him down. That form of a tackle, now considered illegal, was a sight to behold when showcased by Hanburger.

But Hanburger was also a text-book, fundamentally sound linebacker who was known for his stunning, jarring hits on running backs. When in street clothes, Hanburger, with his handsome features and straight, boxer cut dark hair, looked anything but a star football player. But when attired in his football pads underneath his burgundy and gold uniform, the understated Hanburger was an NFL force.

Amazingly, up until recent weeks when his name was being tossed as a Hall of Fame candidate, most football fans, if asked to write down a list of the 100 or so best defensive players of all time, would not include Hanburger. Most probably would not even know who he was. He would not have fit into today's show boating style of players who raise their arms in triumph after sacking a quarterback or bringing down a ball carrier for no gain. Not physically imposing and anything but a flaunting, arrogant player, Hanburger was all about T-E-A-M. He could have cared less if his name was ever mentioned in a post game newspaper story, as long as he and his teammates had walked off the RFK Stadium field victorious. Those Redskins teams of the 70s, thanks in part to the heroics of Hanburger, were winners. Oh, if only the current Redskins' roster had more players the likes of a Chris Hanburger, who won Washington fans over with his consistent, first rate play and team-first mentality.

Seahawk Boys, Saxon Girls Victorious at District Track

Strong showings also come from Madison, McLean, and Fairfax athletes.

BY RICH SANDERS
THE CONNECTION

The South Lakes High boys' and the Langley High girls' indoor track and field teams earned titles at last week's Liberty District championships, which were held Feb. 1-3 at Prince George's Sports and Learning Center.

The Langley girls finished first with 101 team points, edging second place South Lakes (95). Jefferson (90) finished third and McLean (72) was fourth. Rounding out the district girls' field were Madison (69), Marshall (31) and Fairfax.

On the boys' side, the perennial district champion South

Lakes team captured the title with 214 points, well ahead of second place finisher Langley (54.50) and third place Fairfax (51). The fourth through seventh place finishers were McLean (48), Jefferson (46.50), Madison (41) and Marshall.

THE LANGLEY BOYS took the top two spots in the pole vault, with Lucas Grim taking first and teammate Logan Besouloff second. Other place finishers for the Saxons were: Guilherme Coullilaby (second in long jump, third in 55 dash); Robert Yu (fourth in high jump); and Jake Peker (fourth in 1,000).

James Madison's Travis Johnson earned a first place finish in the

boys' shot put. And McLean's Nicholas Hedrick took first place in the 1,000.

Other boys' athletes across the district to earn top four finishes were: McLean's Kyle Pyne (third in high jump) and Scott Lafoon (second in shot put); Marshall's Louis Fernandez (fourth in 55 dash); and Madison's Justin Rexroad (fourth in 300) and Joseph Galiano (third in 3,200).

The McLean boys won the 4x800 relay, edging out second place South Lakes.

IN THE DISTRICT GIRLS' championships, champion Langley received an outstanding showing from Meigan McManus, won both the long jump and pole vault

events. Also earning a first place finish for Langley was Jessica Miles, who won the 1,000 meters.

Other Saxon place finishers were: Gabriella Jacobson (second in triple jump, third in high jump); Kelly Martins (tied for second in pole vault); Catherine Flessas (fourth in pole vault); Adrienne Schmidt (second in 55 dash); Jessica Miles (second in 1,600); Liana Kramer and Sarah Woodford (third and fourth in 500); and Elissa Purdy (fourth in 1,000).

McLean's Pague Richards won the high jump. James Madison's Jaleece Durham won the 55 dash. For South Lakes, Kyannah Calhoun was champion in both the 500 dash and 300 dash events. Also for the Seahawks, Sumiya Yates was first place in the shot put with teammate Jasmin Colon finishing right behind her in second. And South Lakes' Aya Abdelhalim won

the 55 hurdles.

Other girls' place finishers across the district were: McLean's Clare Nelson (second in long jump, third in triple jump, third in 55 hurdles, fourth in high jump), Katalina Khoury (tied for second in pole vault), and Simone Janssen (fourth in 55 hurdles); Marshall's Claudia Castaneda (third in long jump), Kellie Marsh (fourth in shot put) and Madeleine Lewsen (second in 55 hurdles); South Lakes' Danielle Hale (third in 55 dash, fourth in long jump); Madison's Tara Razjouyan (second in high jump), Jaleece Durham (third in shot put), Murphy Massey (fourth in 55 dash, fourth in 300), Anna Stone (third in 3,200, fourth in 1,600), and Rebecca Henry (second in 500); and Fairfax's Chantel Smith (third in the 300).

COMMUNITY

The Ruby-Throated Hummingbird is known for its flying abilities and jewel-like coloration. This one was photographed by Great Falls resident Bill Garrett on his deck.



Bird-Election Preview: Meet the Candidates

Every state has an official bird, but few cities or towns have adopted bird symbols of their own. Now Great Falls is the village will host a series of art and photography events leading up to the "election" of the Great Falls bird. Residents can vote for their choice between now and May 15 at the website of Great Falls Studios, www.GreatFallsStudios.com.

In the interest of good civics, the Connection will profile each of the seven nominated bird "candidates" over the coming weeks. This is the first of our profiles. The information comes from the website of the Great Falls Citizens Association.

Ruby-Throated Hummingbird. This diminutive nectar-drinker (up to 3.5 inches in length) is a remarkable aviation machine with unmatched maneuverability. It flies straight and fast, but also backwards and sideways. It hovers, moves up and down, and can stop instantly, all the time beating its wings nearly 60 times a second.

For the home gardener, it provides flashes of color as it visits tube-shaped flowers (usually red or orange blooms) to extract nectar with its long bill, pollinating them in the process. Both genders are emerald or golden green on the back. The male has an iridescent red throat. In early fall, the birds migrate to Central America on a journey that includes a 500-mile, non-stop flight across the Gulf of Mexico. More info? Go to: www.allaboutbirds.org/guide/Ruby-throated_Hummingbird/id.



Why it should be the Great Falls bird: Like an emerald elf darting and flitting past kitchen windows, it is a favorite backyard bird, and quite common in Great Falls. Some human residents are so enamored of its jeweled colors and quick movements that they install multiple hummingbird feeders to entice even more of the birds to visit. The return on this investment in hummer-attracting gear: unrivaled avian shows of fireworks and dexterity. The Ruby-Throated is the smallest of the Great Falls candidate species, but ounce per ounce, probably packs more color, pizzazz and feistiness than the others. How such a tiny bird could make that long trip across the Gulf is a scientific mystery.

SCHOOL NOTES

Send School Notes to greatfalls@connectionnewspapers.com. Deadline is Friday.

The Langley High School Choral Department will send students to the District 12 All-District Honor Choir event, Feb. 10 -12 at Herndon High School. There are two All-District Honor Choirs and Langley students will be represented in both. The Mixed Chorus is for men in grades 9-12 and women in grades 11-12. The Women's Chorus is for women grades 9-10. The All-District Honor choir event is an opportunity for high school vocalists to rehearse challenging music and work with a choral conductor at an advanced level. The event closes with a free performance by both choirs on Feb. 12 at 3 p.m. in the

Herndon High School auditorium.

Mary Jean Stack of Great Falls, a member of Muhlenberg's class of 2011, will be performing in the Muhlenberg College Department of Theatre and Dance mainstage dance concert, "Master Choreographers." The performances run Feb. 10-12 in the College's Empie Theatre, Baker Center for the Arts. "Master Choreographers" performance information and tickets are available at 484-664-3333 or www.muhlenberg.edu/theatre.

Brittany Roellig, a senior at the Ohio State University (Columbus, Ohio)

has been named to the dean's list for the fall quarter of 2010. She is the daughter of Paul and Kim Roellig of Great Falls.

Mary Jean Stack of Great Falls has been named to the fall 2010 dean's list at Muhlenberg College of Allentown, Pa. The dance and Russian studies major is the daughter of Mr. & Mrs. Thomas P. Stack.

Alyssa McKay of Great Falls has been named to the fall 2010 dean's list at the Georgia Institute of Technology. The 2009 Langley High School graduate is the daughter of Craig and Sue McKay.

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REVIEW

Surprise and Laughter at 1st Stage

FROM PAGE 10

ing her amnesia and the oddities of her twisted life, asking “please give me the truth.”

There is a chipper group that brings fizz and pop to the production as they comically overplay various serious ailments; both

physical and mental. Nothing is left untouched or unscathed; domestic violence, the distressing aftermath of a stroke, incarceration for an act not perpetrated by the accused along with the meanderings of teen stoner. Oh, there is also an alter-ego hand puppet with a penchant for extremely

naughty words. Kudos go to the breathless antics of Jane Margulies Kalbfeld who cannot make herself understood and from whose lips comes the title of the show, Doug Mattingly and his hand puppet work, and Jacob Yeh who inhabits the role of the teen-aged son who truly does love his mother.



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