

McLean CONNECTION A Family Business

VALENTINE'S STORY, PAGE 7

Joe and Denise Shehadeh own the Star Nut Gourmet. The couple, who met at American University while studying business, have been in business together for the past nine years.

Getting Stress Out Of Schools

NEWS, PAGE 3

Comstock Sees 'A Good Session'

NEWS, PAGE 4

PHOTO BY ALEX McVEIGH/THE CONNECTION OPINION, PAGE 5 ♦ ENTERTAINMENT, PAGE 8 ♦ SPORTS, PAGE 14 ♦ CLASSIFIEDS, PAGE 12

ATTENTION POSTMASTER:
TIME SENSITIVE MATERIAL.
REQUESTED IN HOME 2-10-11

PRSRPT STD
U.S. POSTAGE
PAID
EASTON, MD
PERMIT #322

The Huckaby • Briscoe Group



10010 High Hill Place, Great Falls \$3,895,000



9637 Georgetown Pike, Great Falls \$3,500,000



1271 Cobble Pond Way, Vienna \$1,035,000



6418 Noble Drive, McLean \$998,000



1470 Waggaman Circle, McLean \$987,000



10808 Beach Mill Road, Great Falls \$935,000



1008 Bowen Court, Great Falls \$925,000



1533 Forest Villa Lane, McLean \$898,000



6433 Linway Terrace, McLean \$819,000



9029 Jackson Lane, Great Falls \$800,000



7356 Beech Hill Lane, Boston \$749,500



12104 Purple Sage Court, Reston \$308,750

Experience You Can Trust



KAREN BRISCOE



BILL DETTY



TANIA HOSMER



GEORGE LODGE



KARI GOVAN



GLENN FEAGANS

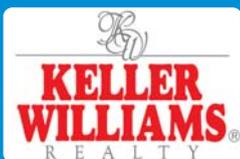


LIZZY CONROY

Performance Speaks for Itself
Contact us to Sell or Buy Your Home

703-734-0192

Homes@HBGroup.us • www.HuckabyBriscoe.com



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 aban-

donment of motivation.

"It's such as 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 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

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."



PHOTO CONTRIBUTED

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

Lessons From Out Of This World

Astronaut speaks at St. Luke's School.

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 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."

Sixth-grader Nicole Dukas said seeing the video made the presentation come to life.

"Seeing the live video of her in space was so cool, it showed us that being in space is a real thing," Dukas said. "And we also got her autograph."

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.

Seventh-grader Mary Dawson was away with her class on a field trip to the Verizon Center, but she got an earful from her schoolmates when she returned.

Sixth-grader Sarah Lawler said she enjoyed the presentation, but that "it looked creepy to be able to see the whole world like that."

Students said they found it fascinating watching how the astronauts did everyday things like eat and drink. Cosgrove said she was interested in seeing how they prepared their food, and her sister Cate, a sixth-grader, said she learned that light was faster than sound.

"One guy had to make a special cup for his tea, so it wouldn't fly everywhere," Lawler said.

McLean Man Sentenced for Robbing Pharmacies

Jonathan Ross Carlton, 23 of McLean, was sentenced to 60 months in prison, followed by three years of supervised release, for committing a string of robberies of area pharmacies. Carlton was also ordered to pay \$35,300 in restitution.

Neil H. MacBride, United States Attorney for the Eastern District of Virginia; Colonel David Rohrer, Fairfax County Chief of Police; Charlie T. Deane, Prince William County Chief of Police; and J. Thomas Manger, Montgomery County Chief of Police, made the announcement after sentencing by United States District Judge T. S. Ellis, III. On Nov. 22, 2010, Carlton pled guilty to robbing a CVS Pharmacy in Falls Church and possessing oxycodone with the intent to distribute.

According to court documents, Carlton robbed or attempted to rob five pharmacies located in Fairfax County, Prince William County, and Montgomery County, Md. At each pharmacy, Carlton presented a note claiming to have a gun and demanding 80 milligram Oxycontin pills. As a result of these robberies, Carlton obtained at least 2,200 Oxycontin pills, which he either sold or used. Carlton, who was arrested after attempting to rob a CVS pharmacy in Manassas, was identified through store surveillance video.

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.

MCC Hosts Outdoor Adventure and Fitness Expo

Outdoor adventure enthusiasts and novices alike can educate themselves on a wide variety of outdoor activities at the McLean Community Center's Be Fit McLean! Outdoor Adventure & Fitness Expo. The expo will be held from 10 a.m. to 4 p.m. on Saturday, Feb. 26. Admission is free. The Center is located at 1234 Ingleside Avenue.

Information and interactive displays related to a variety of outdoor activities that are suitable for individuals and families will be available at the expo.

Recreational equipment company REI is sponsoring the Dutch Oven Cook-Off, which will be held outside. Teams will cook over open flames to compete for prizes. Each team must cook a protein-based main dish, such as beef stew or chili. Cooking will begin at 10 a.m.; judging will take place at 1 p.m. In addition, a demonstration kitchen will provide novice outdoor cooks with tutorials on equipment, supplies and recipes throughout the day.

The event will have an adaptive sports component as well, designed to help those with disabilities participate in outdoor activities. Team River Runner, a non-profit organization that gives active-duty service members and veterans an opportunity to find new challenges through whitewater boating and other paddling sports, will participate in the event.

For more information, contact Ryan Brookes at 703-448-8336, ryan.brookes@fairfaxcounty.gov, or visit www.mcleancenter.org/special-events.

NEWS

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.

BULLETIN BOARD

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

THURSDAY/FEB. 10

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

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.

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.

MONDAY/FEB. 14

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

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

WEDNESDAY/FEB. 16

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.

THURSDAY/FEB. 17

VTRCC 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.

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

www.ConnectionNewspapers.com

Newspaper of
McLean

An independent, locally owned weekly
newspaper delivered
to homes and businesses.

1606 King Street
Alexandria, Virginia 22314

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:

mclean@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Alex McVeigh
Community Reporter
703-778-9441
amcveigh@connectionnewspapers.com

Nick Horrock
County & Projects
nhorrock@connectionnewspapers.com

Rich Sanders
Sports Editor ♦ 703-224-3031
rsanders@connectionnewspapers.com

ADVERTISING:
To place an advertisement, call the ad
department between 9 a.m. and
5 p.m., Monday - Friday.

Display ads 703-778-9410
Classified ads 703-778-9411
Employment ads 703-778-9413

Trisha Hamilton
Display Advertising
703-778-9419
trisha@connectionnewspapers.com

Andrea Smith
Classified Advertising
703-778-9411
classified@connectionnewspapers.com

Barbara Parkinson
Employment Advertising
703-778-9413
classified@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editors
Michael O'Connell, Kemal Kurspahic
Photography:
Louise Krafft,
Craig Sterbutzel
Art/Design:
Geovani Flores, Laurence Foong,
John Heinly, Wayne Shipp,
John Smith
Production Manager:
Jean Card

CIRCULATION: 703-778-9426
Circulation Manager:
Linda Pecquex
circulation@connectionnewspapers.com

**CONNECTION NEWSPAPERS,
L.L.C.**
Peter Labovitz
President/CEO

Mary Kimm
Publisher/Chief Operating Officer
703-778-9433
mkimm@connectionnewspapers.com

Jerry Vernon
Executive Vice President
jvernon@connectionnewspapers.com

Wesley DeBrosse
Controller

Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Jeanne Theismann
Special Assistant to the Publisher
703-778-9436
jtheismann@connectionnewspapers.com

NEWS

Stressful Experiences

FROM PAGE 3

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.'"

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>.

WHILE WE CAN'T PREVENT THE FLU,
together **WE CAN SLOW IT DOWN.**

Cleaning for health for over 15 years.



Save yourself from cleaning the toilet.

**ACT NOW TO RECEIVE \$50
OFF REGULAR MAID SERVICE.***

* Save \$30 on your first clean and \$20 on your fourth clean.
New customers only. Not valid with other offers. Not valid
with move-in/move-out cleans. Promo code: CON2011.

Call now to receive a free,
no-obligation estimate

703-691-7999

www.MAIDS.com



Referred for a reason.

framefest
Semi-Annual Sales Event

97 years of experience

**Sterling
OPTICAL**

See More. Save More.

\$100 Off 1st Pair,
Get 2nd
Pair Free

Min. purchase of \$150 after discount

OR

\$99 Off 2 Complete
Pairs of
Eyeglasses

Single Vision Lenses • Frame from select group

Now accepting more insurance plans than ever!

Including Eyemed and Spectera

Tyson's Corner Center 703-734-0977 (Upper level, near Nordstrom)

Repair or replace your frame with our NO-Fault Warranty. We welcome outside prescriptions!

Call 1-800-EYES-789 or visit STERLINGOPTICAL.COM for a no-obligation appointment. Offers expire 2/28/11.

Use Your
FLEX DOLLARS
Before They Expire

VALENTINE'S STORIES

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



PHOTO BY ALEX McVEIGH/
THE CONNECTION

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.

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."

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."

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

Bringing the Showroom to YOU!!



Free Estimates
703-969-1179



www.twopoorteachers.com

Fully Insured & Class A Licensed
EST. 1999

Select your remodeling products from our mobile kitchen and bathroom showroom and design center!!

Tax Season Special!
\$6850

(5x7) Tub Bathroom Remodel:

- Granite countertop
- Porcelain or Ceramic
- Moen Brushed Nickel
- Upgraded Vanity

(Offer Expires 2/15/11)

Maplewood Grill

Serving Our Neighbors and Friends for Over 26 Years



Valentine's Day Menu

3 Course Gourmet Dinner
Complimentary Glass of Champagne
\$65 per person
Reserve Now!

Open
Saturdays
for Lunch

Live Entertainment
Wed. thru Sat.

703-281-0070

Parties
Welcome

132 Branch Road, S.E. • Vienna, VA

Visit www.maplewoodgrill.com for Specials

8590 LEESBURG PIKE (CORNER OF TYCO RD) TYSONS CORNER, VA 22182
703-748-1267 • Bill@arlingtonmotorcar.com

ARLINGTONMOTORCAR.COM
OFFERING UNIQUE SERVICE NOW OPEN AT OUR NEARBY LOCATION

ARB

LAND-ROVER

EXPERT CERTIFIED TECHNICIANS SINCE 1984
ALL MAKE & MODEL VEHICLES
ALSO SPECIALISING IN EARLY
AND LATE MODEL
LAND ROVERS

ADVANCE BOOKING FOR REPAIR VIA EMAIL
ESTIMATES & YOUR AMS INVOICE SENT BY EMAIL
MID-ATLANTIC DISTRIBUTORS
OF ALL A.R.B PRODUCTS ONLINE
FITTING AVAILABLE

WHY PAY
DEALER PRICES?
COME SEE US AT

ARLINGTON MOTORCAR SERVICE

**FREE OIL CHANGE & 10% DISCOUNT ON
ANY REPAIR WITH THIS AD**

WE'LL HELP YOU TO NOT GET STUCK ON THE ROAD TO NOWHERE

See Our Art Gallery Also

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 callopes 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 10

ENTERTAINMENT

Send announcements to mclean@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@dmu.edu.

SATURDAY/FEB. 12

'Fuddy Meers' by David Lindsay-Abaire. 2 p.m. and 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.

SATURDAY/FEB. 12

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



"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 Gallops 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.

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.

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.

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.

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. 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.

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**.

MCLEAN ORCHESTRA

Great Music...Right at Home

Please come to our FREE pre-concert conversation at 7:15pm
"Classical Insights with Kelly" with Dr. Kelly Ker Hackleman

Oakcrest School: 850 Balls Hill Road, McLean Virginia 22101
Tickets: Adults: \$30.00; Seniors: \$25; Youth: \$15

703-893-8646
info@mclean-orchestra.org

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: mclean@connectionnewspapers.com or mail to: Calendar, Connection Newspapers 1606 King Street Alexandria, VA 22314.

For more information, call 703-778-9410.

THE CONNECTION
to your community
www.connectionnewspapers.com

Robert Beatson II

Attorney/Accountant,
Former IRS Attorney
Admitted to DC, MD, VA & NY Bars

All Types of Federal, State, Local & Foreign Taxes

Individual • Business
Trusts • Estates • Wills
Amended & Late Returns
Back Taxes • IRS Audits
• Civil Litigation
Business Law • Contracts

703-798-3590 or
301-340-2951
www.beatsonlaw.com

THE CONNECTION
NEWSPAPERS

If you do not get The McLean Connection delivered to your home...

FIRST CLASS
MAILED
SUBSCRIPTIONS

are now available for the first time with timely postal carrier delivery: \$30 for six months. Help us meet the costs of providing first-rate community journalism on newsprint to your household.

Call 703-778-9426 (or -9427) or e-mail circulation@connectionnewspapers.com

Sunday Afternoon Soiree Series

3-5 p.m.

Sunday, Feb. 13

My Funny Valentine

Sunday, March 13

In the Groove

\$5 at the door

This is the perfect way to spend a Sunday afternoon. Refreshments will be served.

Come dance or just listen to the music of **The Wayne Tympanick Trio.**

www.waynetympanicktrio.com

The McLean Community Center
1234 Ingleside Ave., McLean VA 22101
703-790-0123/TTY: 711
www.mcleancenter.org/special-events

BUSARA

"EXQUISITE THAI CUISINE"

★★★ Conde Nast Traveler
"50 Best" Washington Post
".. Would be equally hip in Paris, Bangkok or Soho."
The New York Times March, 1998

www.busara.com

Photo by Kenneth M. Wyner

Join Us For Valentine's Day

Monday, February 14, 2011

Open Till 11:00 PM

Open Daily: Mon - Sun
11964 Market Street (Reston Towncenter) Reston • 703-435-4188
8142 Watson St. (Tysons) McLean • 703-356-2288

FREE Delivery Available
Please call for details for each location.

Let Your Light Shine!

Discover Spiritual Solutions at the
Christian Science Reading Room

6825 Tennyson Drive
McLean, VA 22101
Mon-Sat 10am-2pm _ 703-356-1391
All are warmly welcomed

To learn more about Christian Science visit:
spirituality.com, ChristianScience.com
christianscienceDC.org

Also, you can visit www.wmal.com Sundays & Mondays to hear how others found spiritual answers to life's challenges on *Sentinel Radio*

MUSIC MASTERS

Where You'll Love To Play

Specializing in music instruction • Instrument Rentals
Monthly student performances • Popular and classical music
Music supplies and more! • Special orders welcome
Special teacher discounts • Instrument Repair

INSTRUMENT RENTAL

8455-H Tyco Rd. • Vienna, VA 22812

703-848-9403

E-mail: masters2@aol.com • Web Site: www.music-masters.org

Pasha Cafe

Come Try Our Original
Mediterranean Specialties

Thursday Nights

All Wine bottles
50% Off

Sunday Brunch-Lunch

11:30 – 2:00

Come and See Our Historic Arlington Photos

\$5 OFF Lunch with the purchase of two entrées

\$8 OFF Dinner with the purchase of two entrées

Not valid with other offers. Valid one per table.

Plus New Menu Items:

- Jalapeño Hummus
- Pasha's Chicken Spring Rolls
- Cornmeal Crusted Oysters
- Manicotti
- Linguine w/Shrimp and Clams
- Beef & Lamb Moussaka
- Moroccan (Red) Chicken w/Moullkia Sauce
- Chicken Curry

3911 Lee Highway
Arlington, VA 22207
703-528-1111
www.pashacafe.com

REVIEW

Surprise and Laughter at 1st Stage

FROM PAGE 8

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 overlay 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.

Visit These Houses of Worship

Join A Club, Make New Friends, or Expand Your Horizons...

<p>Assemblies of God Arlington Assembly of God...703-524-1667 Calvary Gospel Church...703-525-6636</p> <p>Baptist Bon Air Baptist Church...703-525-8079 McLean Baptist Church...703-356-8080 Memorial Baptist Church...703-538-7000</p> <p>Buddhism The Vajrayogini Buddhist Center 202-331-2122</p> <p>Churches-Catholic St. Agnes Catholic Church...703-525-1166 Cathedral of St. Thomas More...703-525-1300 Holy Transfiguration Melkite Greek Catholic Church...703-734-9566 Our Lady of Lourdes...703-684-9261 Our Lady Queen of Peace Catholic 703-979-5580 St. Ann Catholic Church...703-528-6276 St. Charles Catholic Church...703-527-5500</p> <p>Vatican II Catholic Community NOVA Catholic Community...703-852-7907</p>	<p>Church of Christ Arlington Church of Christ...703-528-0535</p> <p>Church of God-Anderson, Indiana Church of God...703-671-6726</p> <p>Churches-Episcopal St. Andrew Episcopal Church...703-522-1600 St. George Episcopal Church...703-525-8286 St. Johns Episcopal Church...703-671-6834 St. Mary Episcopal Church...703-527-6800</p> <p>St. Michael S Episcopal Church 703-241-2474</p> <p>St. Paul Episcopal Church...703-820-2625 St. Peter's Episcopal Church...703-536-6606 St. Thomas Episcopal Church...703-442-0330 Trinity Episcopal Church...703-920-7077</p> <p>Churches Lutheran(ELCA) Advent Lutheran Church...703-521-7010 Faith Lutheran Church...703-525-9283 German Lutheran Church...703-276-8952 Lutheran Church of The Redeemer 703-356-3346</p>	<p>Resurrection Lutheran Church 703-532-5991</p> <p>Churches Lutheran(Missouri, Synod) Our Savior Lutheran Church...703-892-4846</p> <p>Churches-Nazarene Arlington First Church of the Nazarene...703-525-2516</p> <p>Church-Brethren Church of The Brethren...703-524-4100</p> <p>Churches-Baptist Arlington Baptist Church...703-979-7344 Cherrydale Baptist Church...703-525-8210 First Baptist of Ballston...703-525-7824 Mt. Zion Baptist Church...703-979-7411</p> <p>Churches -Baptist-Free Will Bloss Memorial Free Will Baptist Church...703-527-7040</p> <p>Churches -Christian Science McLean-First Church of Christ, Scientist... 703-356-1391</p>	<p>of Arlington 703-892-2565</p> <p>Churches-United Methodist Trinity United Methodist Church of McLean...703-356-3312 Charles Wesley United Methodist ...703-356-6336 Calvary United Methodist...703-892-5185 Cherrydale United Methodist...703-527-2621 Chesterbrook United Methodist ...703-356-7100 Clarendon United Methodist...703-527-8574 Community United Methodist...703-527-1085 Mt. Olivet United Methodist...703-527-3934 Walker Chapel United Methodist ...703-538-5200</p> <p>Churches- United Church of Christ Bethel United Church of Christ ...703-528-0937 Rock Spring Congregational United Church of Christ...703-538-4886</p> <p>Non-Denominational New Life Christian Church - McLean Campus ...571-294-8306</p> <p>Metaphysical Arlington Metaphysical Chapel ...703-276-8738</p> <p>Presbyterian Church in America Churches Christ Church of Arlington 703-527-0420</p> <p>Synagogues - Conservative Congregation Etz Hayim...703-979-4466</p> <p>Synagogues - Orthodox Fort Myer Minyan...703-863-4520 Chabad Luvavitch of Alexandria-Arlington ...703-370-2774</p> <p>Synagogue - Reconstructionist Kol Ami, the North Virginia Reconstructionist Community ... 571-271-8387</p>
----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------

Saint Ann Catholic Church

SUNDAY LITURGY SCHEDULE:
Saturday Vigil: 5:30 PM
Sunday: 8:00, 9:30, 11:00 AM
1:30 PM Spanish Liturgy
5312 North 10th Street
Arlington Virginia 22205
Parish Office: (703) 528-6276

DAILY EUCHARIST:
Weekdays
Monday-Friday, 6:30 AM & 8:30 AM
Saturday, 8:30 AM

All Are Welcome!

PARISH WEBSITE:
www.rc.net/arlington/stann



To highlight your Faith Community call Karen at 703-778-9422

Academics Fine Arts Science Sports Technology

THE LANGLEY SCHOOL
**summer
studi**

CLASSES

Nearly 50 offerings that inspire children's creativity and self-exploration

AGES

Enrolling students in preschool to grade 8

DATES

Five weekly sessions
June 20 – July 29, 2011

EXTENDED CARE

Extended care available until 3:30 p.m. for 4-year-olds and until 5:00 p.m. for grades K-8

LOCATION

Held on The Langley School's state-of-the-art campus in McLean

1411 Balls Hill Road, McLean, VA www.langleyschool.org

NEWS

Studying the Heart at Churchill Road

As part of the school's recent Jump Rope and Hoop for Heart campaign (to benefit the American Heart Association), Churchill Road Elementary students learned the lifelong benefits of good eating and fitness habits. During their physical education classes, they examined a model of the human heart and saw that that the heart is a muscle that needs exercise just like the other muscles of the body. Churchill Road PE teachers Jordan Craig-Kuhn and Jason Mastaler taught students from kindergarten through 6th grade the basketball, jump-roping and other fitness skills necessary to promote good heart health throughout their lives.

Churchill Road kindergarteners Mia Mayer, Rawan Qadour, Amy Yang, Cate Murray, Cynthia Wu and Moe Ohara learn that playing basketball is a good way to stay fit and exercise their hearts.



PHOTOS BY JORDAN CRAIG-KUHN



Churchill Road fifth graders Claire Goldhush, Anya McKee, Linda Diaz, and Sneha Kripanandan examine a model of the human heart, as part of the school's Jump Rope and Hoops for Heart campaign.



Money To Burn?

If not, make Fashion Exchange your first Stop!
Today's styles at yesterday's prices!

FASHION EXCHANGE CONSIGNMENT
6663-B Old Dominion Dr. • McLean, VA
(703) 760-0808

Call For Directions

Tues.-Sat. 10-5
Closed Sun.-Mon.

60-75% OFF POTS Area's Largest Selection

50% OFF Japanese Maples

Over 100 Varieties (6"-12')
Evergreen Magnolias, Hollies,
Arborvitae & Leyland Cypress
Rhododendrons,
Crape Myrtle, Redbuds

Off-Season Pricing

Free Landscape
& Hardscape Estimates
Patios, Walls,
Walkways, Paver
Driveways & So
Much More
Ends Feb. 28th

Spring is in the Greenhouse
Citrus, Cyclamen
& Amaryllis

9023 Arlington Blvd.,
Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)
703-573-5025
www.cravensnursery.com
9:00-5:00 7 Days a Week

Rescuing Cleo

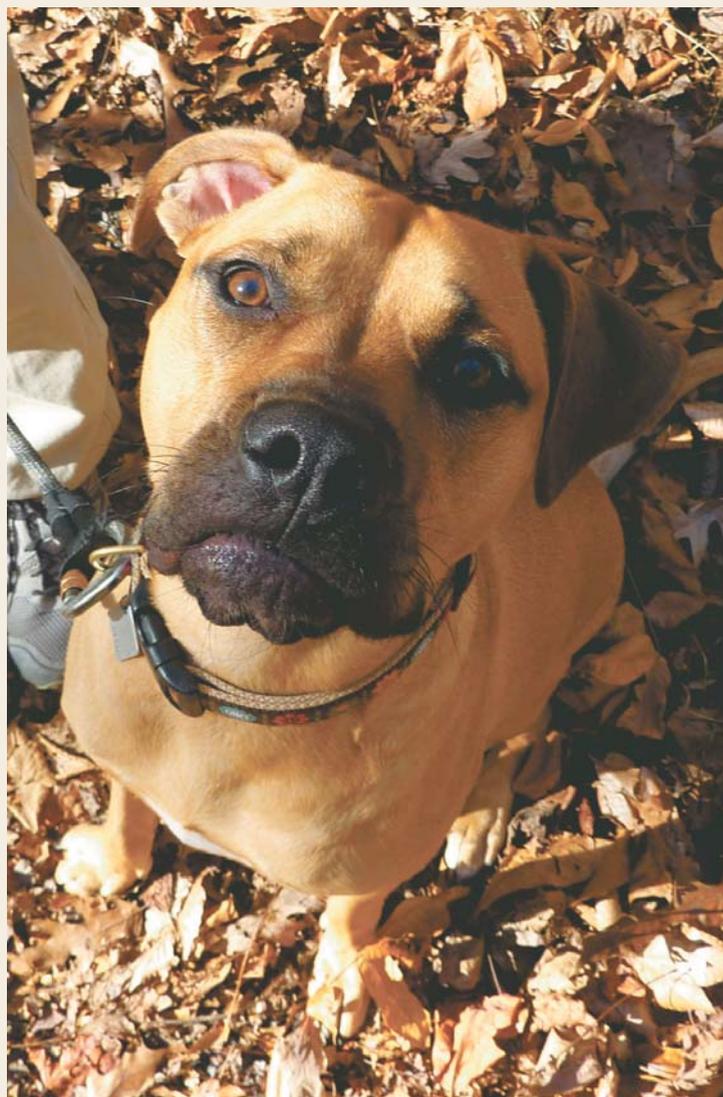
Cleo, of McLean, is a rescue dog and didn't have an easy start in life. She was found at 9 weeks old - malnourished, abandoned, and left in a sealed box sitting in the middle of the road. She was rescued, brought back to health, and still trusts and loves unconditionally every human she meets. Cleo is a pit bull mix, and a true ambassador for her breed. She is a good canine citizen; great with other dogs, gentle with children, respectful, smart, and a joy to have as part of our family. Pit Bulls are the least likely breed to be adopted, but some of the most loyal and loving dogs you will ever find.

Cleo is a great example of all the wonderful rescue dogs that need and deserve good homes. She is a testament to the fact that you can find a great pet by rescuing, and do something good at the same time.

—SUZANNE LAWTER

Cleo is a pit bull mix, and a true ambassador for her breed.

PEOPLE & PETS



VIRGINIA WINE SHOWCASE

Get ready to *Swirl, Sip & Sizzle!*
FEBRUARY 12-13
Westfields Marriott

DC's Culinary Event of The Year
Your Ultimate Valentine Wine Getaway
Make it a weekend - Use group code **vws vwsa** for an incredible discount on hotel accommodations at Westfields for Valentine's weekend.

BECOME AN AFICIONADO IN SEMINARS LED BY

Greenbrier Resort
Wegmans
Mamma Agati's
Cooking School
Frenchman's Cellar
CakeLove & Love Cafe
Spice Rack Chocolates
Vino Selections
Briar Patch B&B
Virginia VS The World™
Farm Wineries Council

All seminars are included
FREE in ticket price.



SAVE \$10
off the door price online with coupon code **CNT234**

Coupon Expires 2/11/11

Tickets and Hotel Accommodations are available online at
www.VAwineshowcase.org

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
Social Action Linking
Together (SALT)
Vienna

ZONE G: • ARLINGTON • GREAT FALLS
• McLEAN • VIENNA/OAKTON

EMPLOYMENT

703-917-6464

ZONE G Ad DEADLINE:
TUESDAY 11 A.M.

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

Executive Director

At Home in Alexandria (AHA!), a start up non-profit organization is looking for an Executive Director. AHA! will enable Alexandrians to live independently in their own homes. See www.athomeinalexandria.org for details. Preference will be given to Alexandria residents.

Send an email to ExecDir.AHA@gmail.com using **ED Application** in the subject line. Completed applications must be received by close of business (COB) Friday, 4 March 2011.

EDUCATION TRAINING

GET HIRED!

Dental, Medical & Pharmacy Staff
Trainees

Needed now!!

No Experience Necessary.

Medical, Dental Facilities & Pharmacies
NOW HIRING.

Local Job Placement & Training
Available

1-(800)-381-1734
CTO SCHEV

HOW TO SUBMIT ADS TO

THE CONNECTION

Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon

E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 5, 6.....Tues @ 11:00
Zones 1, 3.....Tues @ 4:00
Zone 2.....Wed @ 11:00
Zone 4.....Wed @ 1:00

E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Barbara @ 703-778-9413

ZONES

- Zone 1:** The Reston Connection
The Oak Hill/Herndon Connection
- Zone 2:** The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
- Zone 3:** The Alexandria Gazette Packet
The Mount Vernon Gazette
- Zone 4:** Centre View North
Centre View South
- Zone 5:** The Potomac Almanac
- Zone 6:** The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

Business for Sale!
Woman owned Pick up and Delivery Dry Cleaning business.
Arlington, Falls Church, & McLean.
Established 3 year franchise offering consistent growth. Includes van and excellent dry cleaning source. For info call: **703-243-8229**

LOVE TO DECORATE?

Decorating Den Interiors has targeted Fairfax County for expansion. Turn your passion into a business. Home-based, extensive training, wholesale accounts, low overhead. Call or email to learn more at 703-239-8112 or decorden@earthlink.net. www.decoratingden.com



Nysmith School hiring for

• Extended Care
Counselors •

Min. hs diploma plus 6 months childcare exp.
\$8-\$15/hr. based on exp. Hours: 3pm-6:30pm
Send resumes to: resumes@nysmith.com
Fax: 703-713-3336

George Washington's
MOUNT VERNON
ESTATE & GARDENS

Great

Job Opportunity!

Work at Historic Mount Vernon
Part-Time Tour Guide positions
Call or email: Gail Cassidy 703-799-8610
gassidy@mountvernon.org

Home Instead Senior Care

Home Instead Senior Care is the world's most trusted source of non-medical home care. We are currently hiring for:

Immediate Live-in for VA State Licensed CNA in the Springfield/FFX/Alex area

Must drive and have own insured vehicle. Salary, medical benefits, 401k and vacation bonus. If you do not drive but are a VA State Licensed CNA available for Live-in please call Amy Reynolds at 703-750-6644.

Part Time Admin

Vienna VA financial planning firm seeks Part time admin asst/office manager. Detail oriented, able to multi task, good org & comm skills. Exp in banking/securities/financial planning a plus. Must be proficient in MS Office, Duties incl answering phones, setting appointments, account opening and transfers, opening mail, scanning, receptionist. Prior exp preferred. Pls send resume to rprice@brucevaughn.com or fax to **703-356-0097.**

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.

CLEANING

A CLEANING SERVICE
Since 1985/Ins & Bonded

Quality Service at a Fair Price
Satisfaction Guaranteed
Comm/Res. MD VA DC

acleaningserviceinc.com
703-892-8648

GUTTER

PINNACLE SERVICES
•GUTTER CLEANING
•SMALL REPAIRS
•SCREENING
•POWER WASHING

703-802-0483
GROUP RATES
AVAILABLE
FREE EST.

LANDSCAPING

ANGEL'S LAWN MOWING
•Trimming •Leaf & Snow Removal •Yard Cleaning
•Hauling •Tree Work

703-863-1086
703-582-3709

12 Commercial Lease

GREAT FALLS RENTAL
Retail shop 750 sq ft, \$40/ft.
540-303-3059

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

102 Instruction

Experienced Tutoring Available in the Northern Virginia Area
Dean's List College Graduate with Years of Experience
Accounting/Finance Degree
All Ages and Grades Considered
Math, Spanish, English from \$35/hour
Call Hal @ (703)864-6616

26 Antiques

Beautiful European wood frame antique mirror. 8 x 41/2 ft. Heavy frame. Must see. Call 703-836-2286

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks.
Schefer Antiques @ 703-241-0790.
Email:theschefer@cox.net

ELECTRICAL

K&D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabeling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

HAULING

ANGEL'S TRASH REMOVAL
•Junk & Rubbish •Furn., Yard, Construction Debris •Tree Leaf & Snow Removal

703-863-1086
703-582-3709

ROOFING

Roofing & Siding
(All Types)
Soffit & Fascia Wrapping
New Gutters
Chimney Crowns
Leaks Repaired
No job too small

703-975-2375

110 Elderly Care

CAREGIVER FOR SENIORS
Great Falls, Vienna, McLean, Reston. 20 yrs exp, excel refs
Licensed, 540-522-9250

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 Xenohristos, Member

25 Sales & Auctions

25 Sales & Auctions

GUTTER

PINNACLE SERVICES, INC. LAWN SERVICE

MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES
Group Rates Avail.!

703-802-0483

AL'S HAULING
Junk & Rubbish
Concrete, furn., office, yard, construction debris

Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

TREE SERVICE

ANGEL'S TREE REMOVAL
Brush & Yard Debris
Leaf & Snow Removal
Gutters & Hauling

Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

ABC LICENSE
Saman Maleki trading as Cafe Nemooneh, 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.

Need an Estate Sale?
Get the highest price for your estate and everything sold in 1 day.
CALL "THE ESTATE SPECIALIST"

Bolton Auctioneers
Frank E/Donna Bolton
Licensed/Bonded
703-494-5062
Sell the best way.....the auction way!
www.boltonauctioneers.com

HANDYMAN

HOME IMPROVEMENT
Repairs & Remodeling:
Plumbing, Electrical, & Painting!

703-455-3858
www.ZenouZHomeImprovement.com
No Job too Small

PAINTING

PATRIOT PAINTING
www.PatriotPainting.net
Wallpaper Removal, Carpentry, Power Washing, Int/Ext Painting

Free Est. • Satisfaction Guar. Lic./Ins. Int./Ext.

703-502-7840
Cell 571-283-4883

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.
-Werner Heisenberg

Employers:
Are your recruiting ads not working in other papers?
Try a better way to fill your employment openings

4 RE for Sale

4 RE for Sale

4 RE for Sale

Retire to waterfront living, keep city benefits, without hassles and congestion of urban living

- * Deep water property in year round community
- * Convenient to RDU International Airport (Raleigh/Durham/Chapel Hill, NC)
- * World class arts and theater, medical services at UNC, Duke University

For Sale By Owner at \$399,000
Owner Financing with 25% down and approved credit
This waterfront lake property is quite a retirement retreat. It includes 2.5 acres of land, a newly built boat house along pristine waterfront. Enjoy the benefits of waterfront living on the private, quiet and treed landscape including 3 bedrooms, 2 full baths, boat house (two boat slips) and dock, back porch, covered walk to lake, all on deep water. Search **Hyc0 Lake, NC** to learn more about this relaxing lake within an hour's drive to the urban-oriented Research Triangle Park area, convenient to RDU International Airport as well as the arts, education and cutting edge medical services found through the University of North Carolina at Chapel Hill and Duke University

Call 336.643.6022
Qualified buyers only please. Sales commission to licensed agent.

IMPROVEMENTS

R&N Carpentry

♦BASEMENTS ♦BATHS ♦KITCHENS
Foreclosure specialist/Power washing
♦Exterior Wood Rot, Roofing & Siding
Deck & Fence repair, Screen Porches

No jobs too large or small
Free est. 37 yrs exp. Licensed, Insured
703-987-5096

IMPROVEMENTS

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL, PAINTING, CERAMIC TILE, CARPENTRY, POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.

Licensed Insured We Accept VISA/MC
703-441-8811



21 Announcements

21 Announcements

21 Announcements

BENT'S CONSTRUCTION INC.

- Framing • Carpentry
- Drywall • Painting
- Finish • Bathroom Renovation
- Plastering • Wall Papering

Licensed & Insured
FREE ESTIMATES
Office 703-841-4749 DC & VA Cell 703-585-2632

M. C. Lynch Home Improvement
Family Owned & Operated

Rotten Wood, Wind Damage, Trims, Windows, Doors, Deck, Stairs, Vanity, Basement Framing, Garbage Disposal, Painting, Power Wash, Siding Repairs.

Licensed, Bonded, Insured
703-266-1233

- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

YOUR LOVED ONES... YOUR ASSETS, YOUR VALUES... YOUR PLAN
YES, YOU DO NEED A WILL!

You spend your life working to take care of the people who are important to you. You know their needs and capabilities. There are things you want them to remember about your values. Your Will is your chance to provide for them and be sure your wishes for them are granted. Otherwise, the courts decide.

Nearly everyone needs a Will... YOU need a Will. The Salvation Army can help you get started. And the help is FREE!

Call 1-800-814-3150 or send this coupon today to request your free copy of our informative brochure "A Legacy of Love" and to learn the date and location of a free estate planning seminar in your area. Find out what a Will can do for you!

Name: _____
Address: _____
Phone: _____ Email: _____

Mail to: Planned Giving Dept., 2626 Pennsylvania Ave., NW, Washington, DC 20037

Please send me: _____ "A Legacy Of Love" brochure
_____ Information about a Free Seminar in my area

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic
Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail

PAINTING

MILLENNIUM, USA PAINTING LLC
Licensed & Insured • Interior o Exterior

Power Washing • Carpentry
Wall Paper Removal & Installation • Deck • Fences
Drywall Finishing • Tile Ceramic • Housekeeping
Services • Window Cleaning Interior & Exterior
Gutter Cleaning By \$100 Houses \$50 Townhouses

WE DO SNOW REMOVAL BEGIN 10SS
We clean, drive ways, walkways, decks, roofs and parking lots

Great References Great Prices Quality Service
40% Discount For New Customers
571-471-6512
millennium_usa@hotmail.com • www.millennium-usa-painting.com

THE CONNECTION
to your community

703-917-6464
classified@connectionnewspapers.com

Great Papers • Great Readers
Great Results!

Chris Hanburger Epitomized Redskins Football

BY RICH SANDERS
THE CONNECTION

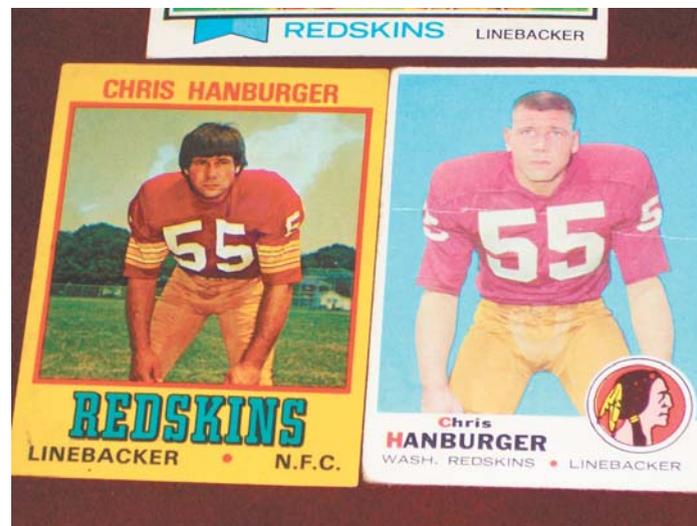
My favorite part of Super Bowl week had nothing to do with either of the two competing teams - the Green Bay Packers or Pittsburgh Steelers. But it did have something to do with my favorite team, the Washington Redskins.

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).

SCHOOLS

Send School Notes to mclean@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.

The Longfellow Middle Science Olympiad team earned second place in a recent competition in Ohio. Team members earned 23 medals and ribbons, placing in 16 of the 23 events. First place medals went to Tara Abrishami, Yunkyue Bae, Junyoung Hwang, Tai Kao-Sowa, Billie Malès, Winston Ou, Tajin Rogers, Alex Wendt, Tiger Zhang, Kevin Zhou, and Kyle Zhou. Events range from academic events such as anatomy and fossils to engineering events such as bottle rockets and catapults. Team members also include Hasan Ahmad,

Phil Carr, Allen Cheng, Maya Chung, Patrick Do, Henry Howe, Tyler Larkworthy, William Liu, Nick Mariam, Emily Moschella, Didi Park, Kate Salamido, Mira Sridharan, Joseph Suh, Peter Suzuki, Anna Venetianer, Gerry Wan, Derek Zhou, and Nick Zugris.

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



The Difference is

Vision



Gulick Group at **AUTUMN WOOD**

In Spring 2011, the fully-furnished model home at Autumn Wood will make its public debut. This exclusive community of eighteen homes represents one of the last opportunities to build new and experience community living in Great Falls. To join the Priority Waiting List and have an early opportunity at the premier homesites, or to arrange a private showing, contact Deborah Lembo at 703.795.1333 or email autumn_wood@gulickgroup.com.

More information is available at www.gulickgroup.com.

“In time, a seed of inspiration transforms into a fully-developed community of homes. And just like a blossom, each delicate detail has its own mystique. It is my personal passion to instill that magic in every detail of your new home. -Peter Gulick, President and CEO”

The Difference is

Gulick



Registered trademark of Gulick Group, Inc.

OPEN HOUSES

Saturday & Sunday, Feb. 12th & 13th



1453 Laburnum St, McLean • \$975,000 • Open Sunday 2-4pm
JD Callander, Weichert, 703-606-7901

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses visit www.ConnectionNewspapers.com, click the Real Estate links on the right side.



Call Specific Agents to Confirm Dates & Times.



McLean

1453 Laburnum St.....\$975,000...Sun 2-4....JD Callander.....Weichert.....703-606-7901

Vienna

9813 Bridleridge Ct.....\$770,000...Sun 1-4....Katrene Rinaldi.....Korte Realty.....703-927-3863
 601 Plum St.....\$847,000...Sun 1-4....Lauren Sobol.....Realty Investment.....703-615-5812

Oakton

3208 Cobb Hill Lane.....\$599,950...Sun 1-4....Judy Gruner.....Long & Foster.....703-517-2464

Great Falls

754 Ellsworth Ave.....\$1,699,999...Sun 1-4....Diane Van Volkenburg..Weichert.....703 980 4553
 1024 Challedon Road.....\$750,000...Sun 1-4....Lyons and McGuire.....Keller Williams.....703 406 9009
 10604 Springvale Ct.....\$750,000...Sun 1-4....Lyons and McGuire.....Keller Williams.....703 406 9009
 10808 Lockmeade Ct.....\$1,199,000...Sun 1-4....Glynis Canto.....Keller Williams.....703 395 2355
 7509 Royal Oak Drive.....\$1,495,000...Sun 1-4....Jan and Dan Laytham...Long and Foster.....703 759 7777

Reston

2523 Freetown Drive.....\$535,000...Sun 1-4....Suzanne Burch.....Century 21.....703-328-5606

Herndon

2495 Golden Harvest Ct.....\$389,950...Sun 1-4....Kathleen Quintarelli...Weichert.....703-862-8808

Sterling

46792 Backwater Dr.....\$550,000...Sun 1-4....Gina Tufano.....Keller Williams.....703-574-3478
 20676 Parkside Cir.....\$550,000...Sun 1-4....Kim Spear.....Keller Williams.....703-618-6892
 20389 Water Valley Court...\$669,000...Sun 1-4....Gina Tufano.....Keller Williams.....703-574-3478

Manassas

9502 Ninebark Court #C.....\$159,900...Sun 1-4....Diana LeFrancois.....Century 21.....703-930-6682

To add your FREE Realtor represented Open House to these weekly listings, please contact Trisha at 703-778-9419, or trisha@connectionnewspapers.com All listings are due by Monday at 3 p.m.

85 WONDERFUL HOMES SOLD IN 2010!



JD CALLANDER
Top 1% of Realtors Nationwide
Wall Street Journal Top 100 Agents
(703)606-7901
 JD@newNOVAhome.com
 www.newNOVAhome.com

Set up an appointment to find out how I can sell **YOUR** home!

1 AGENT - COMPANYWIDE

#1 Listing Agent #1 Selling Agent
 #1 Total Volume #1 Total Transactions
Weichert, Realtors (Dolley Madison Office)



1945 Macarthur Drive
 McLean \$1,999,155
STUNNING custom 2008 home features 6 br/7.5 baths with almost 10K finished sq. feet! No detail overlooked! Vacation at home!



1453 Laburnum Street
 McLean \$975,000
WONDERFUL 5 br/3 full bath spacious 2-level brick rambler with fully finished large walkout to patio and fully fenced rear yard! Lots of light/windows!



1343 Kirby Road
 McLean \$1,499,000
SPECTACULAR 5br/4.5 bath contemporary home with gorgeous custom kitchen, beautiful owner's suite with stunningly renovated MBA; numerous updates!



6184 Hardy Drive
 \$749,000



5155 38th Street, N.
 \$899,000



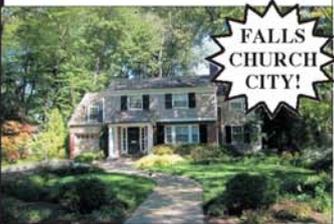
Kellogg Drive-Potomac Hills
 \$1,035,000



Briar Ridge Court
 \$1,079,000



Kirby Road
 McLean



Broadmont—Forest Drive
 \$1,177,250



Meadow Lane
 \$599,000



2208 Boxwood Drive
 \$749,000



7118 Merrimac Drive
 \$679,000



1553 Dominion Hill
 \$1,199,000

CALL ME TODAY TO SCHEDULE A PRIVATE SHOWING OR FOR A FREE ANALYSIS OF YOUR HOME'S VALUE! (703) 606-7901

