

# Great Falls CONNECTION

Willard Griffing of Greenspring, a retirement community in Springfield, exercises using a stationary bike. The American College of Preventative Medicine reports that only 7 percent of those over 75 exercise regularly.

SCC to  
Host Dating  
Violence Forum  
NEWS, PAGE 3

Politics of  
Notification  
NEWS, PAGE 3

# Cybercycling For Better Health

WELLBEING, PAGE 10

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## Politics of Notification

Father takes his plight for increased parental notification to Richmond.

BY MICHAEL LEE POPE  
THE CONNECTION

Steve Stuban can't help but wonder if things could have turned out differently. Back in 2010, his son Nick was considered a model student at Woodson High School in Fairfax County. That is, until school officials caught the teenager with synthetic marijuana. Administrators didn't contact the parents until a decision had already been made to suspend the boy with a recommendation for expulsion.

"Nick had been questioned multiple times over multiple days and had been asked to execute multiple written statements," said Stuban. "They had already decided what their punishment was going to be. It was only then that they thought to perhaps contact my wife and I."

Nick Stuban committed suicide in January 2011. And ever since that day Steve Stuban has been fighting to increase parental notification. Last year, he waged an unsuccessful campaign for the Fairfax County School Board. Now, he's taking the fight to Richmond, working with a handful of legislators to create a legal requirement for school administrators to notify parents before they start questioning students in serious cases that might lead to suspension or notification of law enforcement.

**"You want schools and parents and students to work together as a team ... But right now the process is adversarial in nature."**

— Steve Stuban

"I find it troubling that school administrators have questioned students for hours at a time without parental knowledge regarding issues that could lead to the student's expulsion or incarceration," said Del. Tim Hugo (R-40).

**WORKING WITH STUBAN** and newly elected Fairfax County School Board member Elizabeth Schultz, Hugo has introduced House Bill 1080. The bill requires school principals to notify parents before questioning students in the case of a "serious violation." The bill defines a serious violation as a violation of School Board policy or a violation that could lead to a student's suspension. The legislation would also force parental notification before school administrators file a court petition.



Steve Stuban



Nick Stuban

"I would be concerned that schools might not have the flexibility they need to take swift action in a way that would preserve the security of a school," said Arlington School Board member Libby Garvey. "Sometimes bad cases make bad law."

Last year, a similar effort introduced by Del. Kaye Kory (R-38) passed the House of Delegates but didn't make it out of committee in the state Senate. An array of groups lined up against the proposal, including the Fairfax County Public Schools, Virginia Education Association and the Virginia Association of Secondary School Principals. Supporters say things have changed over the course of the last year, as more and more parents have come to realize that parental notification is not required under the law.

"Once you finally get through to parents about how the law works, they are incredulous about this," said Schultz, who testified in Richmond as a parent last year and is now advocating for the bill as a School Board member. "We're having to compel people to do what they should already be doing anyway."

**STUBAN SAYS** he's fully aware that school administrators may try to push back on the legislation as they did last year. But he also pointed out that the bill has a great deal of support, including teachers unions and members of the Fairfax County School Board. And because the issue has received so much attention over the course of the last year, he feels momentum is on the side of the bill. More importantly, he said, the case for the bill is strong.

"You want schools and parents and students to work together as a team," he said. "But right now the process is adversarial in nature."

This week, Stuban appeared with Schultz in Richmond along with several Northern Virginia legislators to begin a public-relations campaign on the issue. Members included Hugo and Kory along with state Sen. David Marsden (D-37) and state Sen. Chap Petersen (D-34). The coalition is hoping that Stuban's personal story and the growing chorus of support for the legislation will be enough to overcome opposition by school administrators. Opponents say the effort may cause more harm than good.

"This legislation sounds overly prescriptive to me," said Garvey. "You never want to impose something on school divisions that restricts how they can respond to situations involving safety."



**Safe Community Coalition Executive Director Nyka Feldman.**



**School Board Chairman Janie Strauss (Dranesville).**

PHOTOS BY ALEX MCVEIGH/THE CONNECTION

## SCC to Host Dating Violence Forum

Event will examine teen dating violence from multiple angles.

BY ALEX MCVEIGH  
THE CONNECTION

The McLean-based Safe Community Coalition, which primarily serves the students in the Langley and McLean High School pyramids, will host a forum which will examine the issue of teen dating violence from a number of angles. The event, titled "What's Love Got to do With it?: Healthy Relationships and Dating," will take place at McLean High School Feb. 9.

"The term 'dating abuse' often brings to mind terrible stories about the victims, but often times the early warning signs go unseen," said Nyka Feldman, executive director of the coalition. "Dating violence is a reality for many people, and it's an issue that requires heightened awareness. Approximately one in three teens in the United States will be a victim of physical, emotional or sexual abuse from a dating partner."

SCC board member David Crystal pointed to another statistic that he found disturbing.

"What's equally disturbing is that of those teens that are in an abusive relationship, only one third ever talk about it, report it," he said. "That means two-thirds of the abuse that you and your friends suffer never gets reported."

The program is being hosted in conjunction with the McLean, Langley and Thomas

## Support Teen Dating Violence Prevention Awareness Month

McLean businesses are joining the Healthy Relationships awareness raising campaign.

On Friday, Feb. 3, from 3 to 8 p.m. and Saturday, Feb. 4 from noon to 4 p.m., a portion of sales made at the McLean Books-A-Million days will go toward the SCC's Healthy Relationships Programs. Books-A-Million is located at 1451 Chain Bridge Road.

On Saturday, Feb. 4, from noon to 8 p.m. a portion of sales at Chicken Out in McLean will support SCC's Healthy Relationships Programs. Chicken Out is located at 1443 Chain Bridge Road.

Jefferson High School for Science and Technology PTAs, as well as The Madeira School. It will include a performance from Deana's Educational Theater about the issues, attitudes and beliefs surrounding dating and a forum featuring medical and psychological professionals. Lynne Russell, founder of Dating Abuse Stops Here and mother of a victim of dating abuse, will also speak.

"This event will hopefully speak to the victims, the abuser and the bystander, who is often the most important person," said Mimi Wiseberg, a social worker who will speak on the panel. "We want to have a community conversation that will help us come up with some organic ideas about abuse."



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—Johann Wolfgang von Goethe



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To have community events listed in the Connection, send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

### THURSDAY/FEB. 2

**Auditions for the Musical "Annie Jr."** 4-6 p.m. UUCF Church, 2609 Hunter Mill Road, Vienna. Produced by Stage Presence. All 4th-6th graders welcome. No prior experience necessary and all children will be placed. Final performances will be June at GMU's Harris Theatre. [stagepresencenow.com](http://stagepresencenow.com) or 571-214-6080.

### FRIDAY/FEB. 3

**Armand Cabrera: Learn to Paint Anything.** 10 a.m.-5 p.m. Great Falls School Of Art, 1144 Walker Road, Suite D, Great Falls. Three day workshop with artist, illustrator and teacher Armand Cabrera. Register at [www.greatfallsfoundationforarts.org](http://www.greatfallsfoundationforarts.org).

### TUESDAY/FEB. 7

**Vienna Tysons Regional Chamber of Commerce TIPS Luncheon.** 12:15 p.m. Shula's Steakhouse, 8028 Leesburg Pike, in the Tysons Corner Marriott. Every Tuesday. 703-862-4895.

**Woman's Club of McLean Monthly Meeting.** 1 p.m. Trinity United Methodist Church, 1205 Dolley Madison Blvd., McLean. Discussion and book signing with former White House Press Corps correspondent Helen Thomas. Free and open to the public. Reserve at 703-356-0089.

### WEDNESDAY/FEB. 8

**Virginia Chronic Pain Support Group Meeting.** 1:30 p.m. at Kaplan Center for Integrative Medicine, 6829 Elm St., Suite 300, McLean. Group leader, Jodi Brayton, LCSW. 703-532-4892.

**Multiple Sclerosis Support Group.** 7 p.m. Vienna Presbyterian Church, 124 Park St., NE, Vienna, VA. A group for anyone with multiple sclerosis, their family and friends. Sponsored by the National Capital Chapter of the MS Society. The group meets the second Wednesday of every month. Free. 703-768-4841.

### THURSDAY/FEB. 9

**McLean Historical Society.** 7:30 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Carole Herrick, local author and Dranesville representative on the Fairfax County History Commission, will lecture on the Battle of Lewinsville. Refreshments provided. 703-980-0885 or [paulkohl@msn.com](mailto:paulkohl@msn.com).

**The Great Falls Optimist Club monthly meeting.** 6:30 p.m. at the Great Falls Library with the presentation from the DECCA students of the Dominion High School. At the regular meeting for March 8, presenters are the Langley High School robotics students. Visitors welcome.

**What's Love Got To Do With It? Healthy Relationships and Dating.** 7 p.m. McLean High School, 1633 Davidson Drive, McLean. In recognition of Teen Dating Violence Awareness & Prevention Month, Safe Community Coalition presents an educational program for parents and high school students. A live presentation of "Remote Control" from Deana's Educational Theater will explore issues, attitudes and beliefs about relationships; Lynne Russell of Dating Abuse Stops Here will speak about her daughter's murder by her ex-boyfriend, and a clinical social worker and a trauma physician will explore healthy relationships. 703-795-6943 or [www.safecommunitycoalition.net](http://www.safecommunitycoalition.net).

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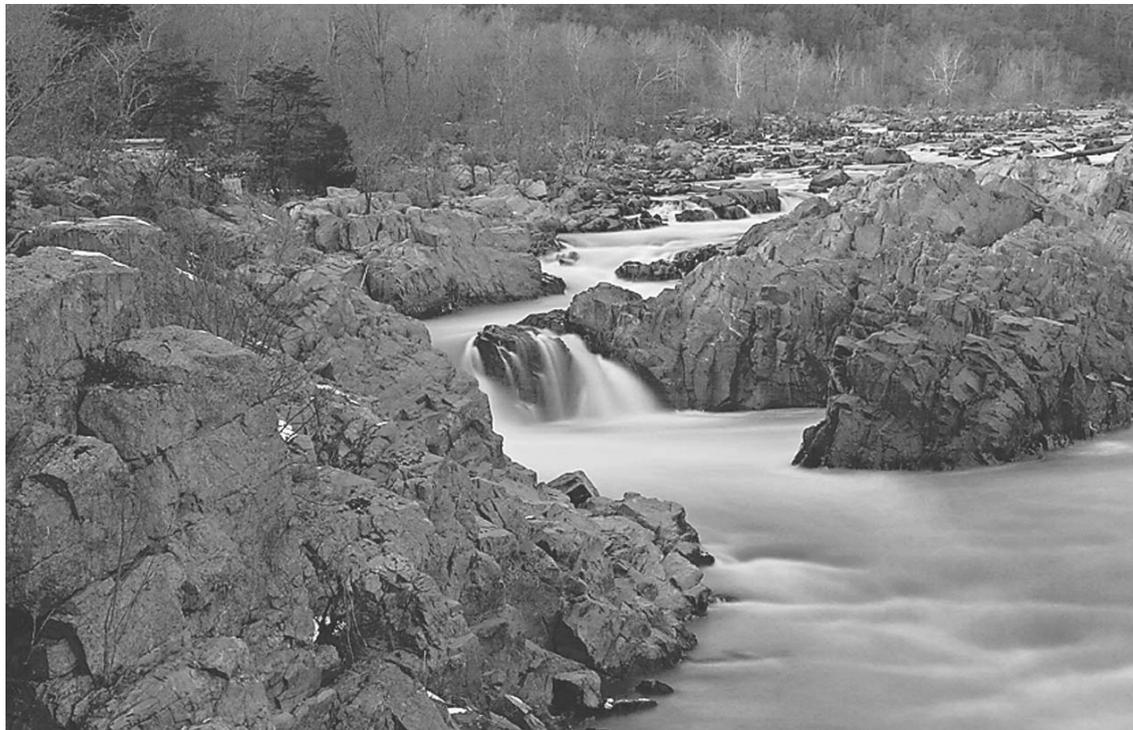
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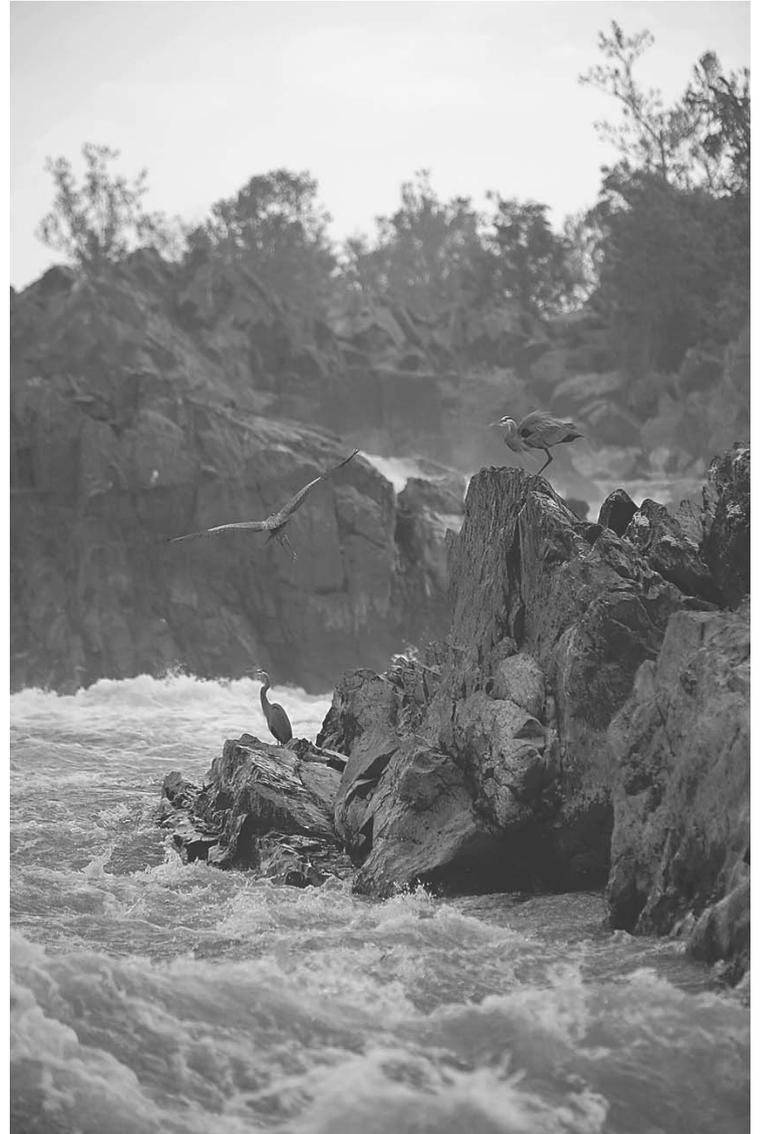
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**Falls in Snow:** This shot was taken around midday after an evening snow. I especially like the shades of gray in the cloud-filled sky and the contrast between the stark white snow and the black rock formations.



PHOTOS BY WALT LAWRENCE



**Great Blue Herons:** This image was taken at the water level below the overlooks in the very early morning. The Great Blue Herons flock to the base of the falls in the spring when the fish are running as they compete for the best fishing spots. In this image I was able to capture three birds including one in flight, one preparing to launch and one very focused on fishing.

**In the Moonlight:** Taken on a cold December evening with the moon rising in the east this image was taken using a 30 second exposure. The depth of field is especially sharp as evidenced by the fine detail in the rocks and in the light-colored Sycamore trees along the Virginia shoreline. The long shutter speed of 30 seconds also provides a very smooth texture to the water.

## New Photographic Exhibit At Katie's by Walt Lawrence

**O**n Monday, Jan. 30, a new exhibit of my photography of Great Falls went on display at Katie's Coffee House. The exhibit entitled Great Falls: A Black and White Perspective, features 12 black and white images of the falls area taken in different seasons of the year, at different times of the day and night and from different vantage points. This is really a very different type of work for me and one that I plan to explore further. While almost all of my work to date has been in color, I find that black and white provides a whole new range of challenges and I am certainly enjoying the results. One of the images of the Virginia shoreline entitled "In the Moonlight" is my

personal favorite of the group. The next time you are in Katie's take a look and see which image is your favorite. Katie's is open 6 a.m. to 3 p.m. Monday through Friday and 7 a.m. to 2 p.m. Saturday and Sunday

I share studio space at The Artists' Atelier located at 1144 Walker Road, Suite G in Great Falls where I maintain a large and growing inventory of images of the Great Falls area and I invite the public to visit. The Atelier is open to the public on Saturday afternoons from 12 to 4 p.m. Please call me at 703-757-6762 to schedule an appointment at anytime.

— WALT LAWRENCE

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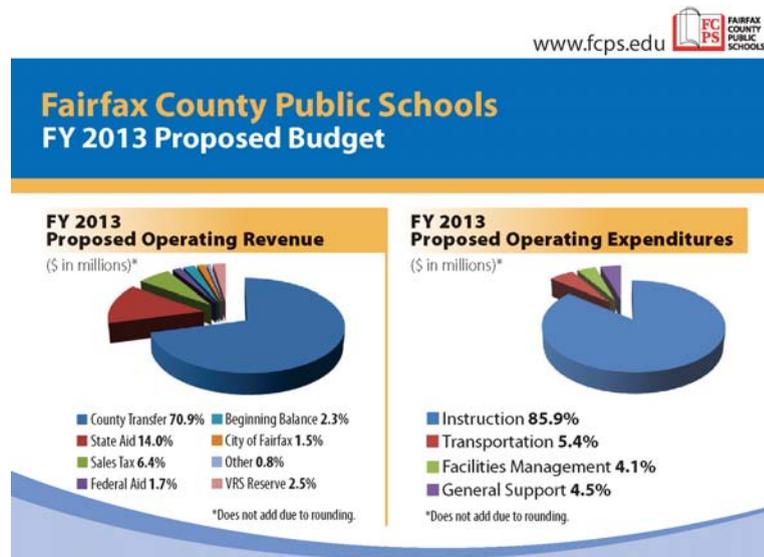
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# OPINION

## About Halfway

**Always entertaining, the high-stakes session of the Virginia General Assembly reaches new heights this month.**

**T**he user-friendly website for the Virginia General Assembly plus live-streaming of the legislative sessions might make you believe that most of the important decisions in Richmond are being made out in the sunshine.

But as Mount Vernon's Del. Scott Surovell points out, some of the most important work of the legislature takes place in committees and subcommittees, but unless you are present in the room, you have no way of knowing who killed what or why.

**EDITORIAL** When a subcommittee votes, there is no requirement to record who voted or how each legislator voted. But this is where most legislation meets its fate.

According to the National Council of State Legislatures, there are only 14 legislatures in the United States that do not have audio or video live streaming or digital archiving of committee and subcommittee proceedings.

### LETTERS TO THE EDITOR

## Losing by Rules

To the Editor:

Anne Damon's letter ["Playing by Rules," Connection, Jan. 18-24] while doing a good job of addressing the GOP Primary Issue from the candidate's perspective, missed the far more important issue of Disenfranchisement of the Voters in Virginia.

In the most recent Virginia polling, Romney and Paul, the only people who will be on the Virginia ballot, polled a combined 33 percent, meaning that 67 percent of GOP voters, including me, prefer someone else. The GOP regulation, joined with the Virginia law will effectively disenfranchise me and everyone else in that 67 percent.

Come with me back to N.J. in 2002, when Democrat Senator Torricelli, facing indictment, withdrew from his bid to win re-election, unfortunately with fewer than 50 days until the election. Unfortunately, because N.J. law very clearly prohibited any party from replacing a candidate on the ballot, if the replacement were to take place with fewer than 50 days until the election. That law did not dissuade the Democrats from replacing Torricelli with Lautenberg.

Here are a few current issues that might make you want to tune in.

State Sen. Chap Petersen of Fairfax is championing legislation on parental notification; it's a shame to see this as needed since the Fairfax County School Board could have rendered it unnecessary. SB 167 would require school administrators to notify parents once they begin an investigation that could lead to criminal charges or expulsion.

"The intent of this bill is not restrict principals from the everyday supervision required in a building with 2,000 young people," Petersen said. "It's to separate those investigations which can change the lives of young people, e.g. a decision to expel, and make sure that parents are notified immediately that this is happening."

Petersen also sought some consequences for some older students, SB 626, because of complaints from residents that students from "a nearby college" were engaging in poor behavior in residents' front yards in late evening.

Petersen will likely be successful in repealing the ban on hunting on Sundays.

State Sen. Adam Ebbin of Alexandria proposed legislation that would have prohibited discrimination in state hiring on the basis of sexual orientation; that died in committee.

Earlier this week, state Sen. Janet Howell from Reston offered some very specific commentary on a bill that will likely require women

### Live Streaming, More

You can watch legislative sessions of the Virginia House of Delegates and Senate via live streaming video at the General Assembly website: <http://legis.state.va.us/>

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seeking an abortion to first view an ultrasound of the baby. If women will be forced to have an unnecessary medical procedure, an ultrasound, then men should have a rectal exam and a cardiac stress test before receiving a prescription for erectile dysfunction medication, Howell proposed in an amendment.

It's a bit of comic relief in a year when the more conservative Virginia General Assembly will pass many new laws at odds with the views of most Northern Virginians.

Although many press reports describe the Democratic-controlled Senate of the past as a barrier to anti-abortion legislation, in fact one of the most significant anti-abortion laws escaped that body last year. The requirement that most facilities that provide abortions meet the physical standards of a hospital will likely close many if not most of these facilities.

These anecdotes represent just a few grains of sand of what is actually transpiring right now in Richmond.

— MARY KIMM

ishment GOP, which supports Romney, is thrilled with the situation. Does anyone but me wonder why AG Cuccinelli, in just 24 hours, went from leading an emergency effort to change the law to saying there was nothing that can be done?

Can I be the only voter in Virginia angry about being disenfranchised in the GOP primary?

**Bob Segal**  
Burke

## Unjust Position on Voting Rights

To the Editor:

Mr. Romney, during a recent debate with Republican presidential candidates, called attention to voting rights for those who have been disenfranchised because of a criminal conviction. He took a hard line, and an editorial in the Washington Post described Romney's position on the issue as parsimonious—an accurate description in my opinion. However, supporting positions lacking in generosity, as in the case of Romney regarding voting rights for ex-offenders, has not been considered a vice by Romney or others in pur-

suit of short-term political gain, so who is surprised by such rhetoric?

Then Chuck Colson, who served time in federal prison for his misdeeds during his service to President Richard Nixon, noted in a Jan. 19 column that Romney "may reap a short-term political gain, but the politicians who do so also make it harder for offenders to get back on their feet. And that definitely does not serve the common good." Colson cut to the heart of the matter by invoking the principle of the "common good"—a just ordering of society so all may do well, including those who have paid their debt to society after committing a crime.

The membership of Social Action Linking Together (SALT) supports legislation that brings an end to the disenfranchisement of offenders who have completed their prison sentences, made restitution, and are now trying to live as responsible citizens in our various communities. To continue to deny these folks the right to vote is revenge, not justice. We can do better than that.

**John Horejsi**, Coordinator  
Social Action Linking Together  
(SALT)  
Vienna

Great Falls  
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# ENTERTAINMENT

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

## THURSDAY/FEB. 2

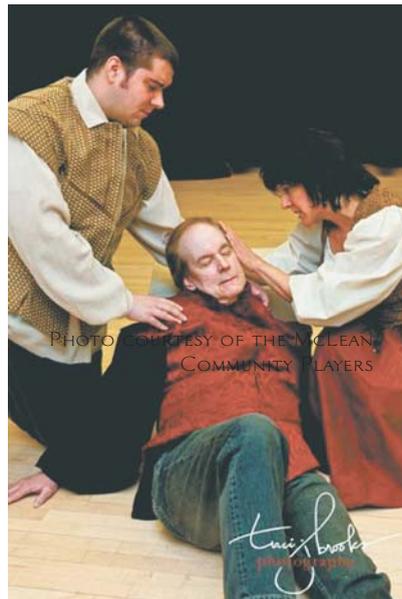
**Aaron Crawford & The Badcards, We Were Kings, DJ Drew and A Raven On The Rosary.** 8 p.m. Jammin' Java, 227 Maple Ave E Vienna. [www.jamminjava.com](http://www.jamminjava.com).  
**Solas.** 8 p.m. The Barns at Wolf Trap, 1551 Trap Road, Vienna. Irish folk music. \$22. [www.wolftrap.org](http://www.wolftrap.org).  
**"Good-bye to the Clown."** 7:30 p.m. Falls Church High School, 7521 Jaguar Trail, Falls Church. A nine-year-old girl deals with her father's death by creating an imaginary friend. Dessert reception to follow. \$5. [fchs-drama.org](http://fchs-drama.org).

## FRIDAY/FEB. 3

**"Man of La Mancha."** 8 p.m. McLean Community Center Alden Theatre, 1234 Ingleside Ave., McLean. Inspired by Don Quixote, suitable for age 16 and older. Tickets \$18-\$20. 703-790-9223 or [www.mcleanplayers.org](http://www.mcleanplayers.org).  
**"Circle Mirror Transformation."** 8 p.m. Vienna Community Center, 120 Cherry St., Vienna. Comedy-drama about four New Englanders in a six-week drama class. \$11-\$13. 703-255-6360 or [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org).  
**Family Skate Night.** 6:30-8 p.m. Vienna Community Center, 120 Cherry St., Vienna. Admission \$1. Bring your own roller skates or inline skates (no scooters) and safety equipment. Parents required to stay with their children. 703-255-6360 or [www.viennava.com](http://www.viennava.com).  
**Atrium, Panic Manor and Us & Them** at 6 p.m.; **Bloodlines and Overdrive Superthruster** at 10 p.m. Jammin' Java, 227 Maple Ave E Vienna. [www.jamminjava.com](http://www.jamminjava.com).  
**The Discovery Series: East Coast Chamber Orchestra.** 8 p.m. The Barns at Wolf Trap, 1551 Trap Road, Vienna. Works by Tchaikovsky, Shostakovich and Geminiani. \$35. [www.wolftrap.org](http://www.wolftrap.org).  
**"Good-bye to the Clown."** 7:30 p.m. Falls Church High School, 7521 Jaguar Trail, Falls Church. A nine-year-old girl deals with her father's death by creating an imaginary friend. Dessert reception to follow. \$5. [fchs-drama.org](http://fchs-drama.org).

## SATURDAY/FEB. 4

**McLean High School Historical Reenactment Society.** 1-4 p.m. Stabler-Leadbeater Apothecary Museum, 105-107 S. Fairfax St.,



From left, Nathan Tatro, Mike Baker Jr. and Janice Rivera in the McLean Community Players' production of the "Man of La Mancha" [See Friday, Saturday, Sunday].

Alexandria. Members of McLean High School's historical reenactment society will conduct scientific demonstrations about science in the 1700s. Explore the Apothecary and its large variety of objects, from poison bottles to dragon's blood. \$6, includes a tour of the museum. Reservations required at 703-746-3852.

**Tschaikowski St. Petersburg State Orchestra.** 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. With Roman Leontiev, conductor. Compositions by Vivaldi, Bach, and Handel, Stravinsky, Poulenc, Rachmaninoff, Shostakovich, Prokofiev and Tchaikovsky. \$25-\$50. [www.gmu.edu](http://www.gmu.edu).

**"Man of La Mancha."** 8 p.m. McLean Community Center Alden Theatre, 1234 Ingleside Ave., McLean. Inspired by Don Quixote, suitable for age 16 and older. Tickets \$18-\$20. 703-790-9223 or [www.mcleanplayers.org](http://www.mcleanplayers.org).

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**"Almost, Maine."** 2 p.m. and 8 p.m. 1st Stage, 1524 Spring Hill Road,

Tysons Corner. A series of whimsical love stories. Tickets \$25.

[www.1ststage-tysons.org](http://www.1ststage-tysons.org) or 703-854-1856.

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

**John Eaton's Made in America: A Salute to Our Great Immigrant Composers.** The Barns at Wolf Trap, 1551 Trap Road, Vienna. 7:30 p.m. Homage to the heroes of the Jazz Era \$25. [www.wolftrap.org](http://www.wolftrap.org).

**5th Annual McLean Jewelry Showcase.** 11 a.m.-5 p.m. McLean Community Center, 1234 Ingleside Ave., McLean. Admission \$3. [www.mcleancenter.org/special-events/jewelry.asp](http://www.mcleancenter.org/special-events/jewelry.asp). 703-790-0123.

**Northern Virginia Country Western Dance Association.** Luther Jackson Middle School, 3020 Gallows Rd., Falls Church. Line dance lesson at 7:30 p.m. Couples dance lesson at 8 p.m. Open dancing 8:30-11 p.m. Couples and singles welcome. Admission \$5-\$12. Refreshments available. [www.nvcwda.org](http://www.nvcwda.org) or 703-860-4941.  
**Friends of the Library Book Sale.** 10 a.m.-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. 703-790-8088, TTY 711.

## SUNDAY/FEB. 5

**"Man of La Mancha."** 2 p.m. McLean Community Center Alden Theatre, 1234 Ingleside Ave., McLean. Inspired by Don Quixote, suitable for age 16 and older. Tickets \$18-\$20. 703-790-9223 or [www.mcleanplayers.org](http://www.mcleanplayers.org).

**Lost Dog & Cat Rescue Adoption Event.** 1-4 p.m. PetSmart, 8204 Leesburg Pike, Tysons Corner. Adoption events every Sunday. <http://lostdogrescue.org/> and click on Adoptions.

**"Circle Mirror Transformation."** 2 p.m. Vienna Community Center, 120 Cherry St., Vienna. Comedy-drama about four New Englanders in a six-week drama class. \$11-\$13. 703-255-6360 or [www.viennatheatrecompany.org](http://www.viennatheatrecompany.org).

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**Friends of the Library Book Sale.** 10 a.m.-4 p.m. Tysons-Pimmit Regional Library, 7584 Leesburg Pike, Falls Church. 703-790-8088.

## MONDAY/FEB. 6

**Jake Barkley, Nate Good, The Squid and Bumbles.** 7 p.m. Jammin' Java, 227 Maple Ave E Vienna. [www.jamminjava.com](http://www.jamminjava.com).



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 Mirjana Stanisavljev, Long & Foster, 703-437-3800

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 Mansoor Dar, Keller Williams, 703-774-5892

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**All listings are due by Monday at 3 P.M.**

## WELLBEING

Fitness expert Brad Hibbs of Greenspring, a retirement community in Springfield (shown here with Greenspring resident Julia Gerow), says motivating seniors can be challenging.



PHOTO CONTRIBUTED

# Cybercycling for Better Health

**Exergaming — exercise combined with video games — might offer a greater cognitive benefit than traditional exercise alone.**

BY MARILYN CAMPBELL  
 THE CONNECTION

**T**he same staccato beeps and flashing graphics that keep some youth glued to video games might also boost cognitive function in senior citizens.

A study published in the February issue of the American Journal of Preventative Medicine shows that exergaming — exercise combined with video games — might offer a greater cognitive benefit than traditional exercise alone.

“[A] cybercycle, a recumbent bike equipped with a computerized screen that allows interactive virtual-reality gaming, has been shown to improve executive function, which indicate abilities such as planning, organizing and problem-solving,” said Kathy Richards, Ph.D., a Herndon resident and assistant dean, Doctoral Programs and Research Development School of Nursing at George Mason University.

The Cybercycle Study, conducted by scientists at Union College in New York, tested 79 volunteers ranging in age from 58 to 99. Some of the volunteers completed three months of regular exercise on stationary bikes; others completed the same amount of exercise on cybercycles. Cybercyclists completed 3D tours and raced against a “ghost rider,” an avatar based on their last best ride.

Though the cyclists all exercised for the same

amount of time and at the same level of intensity, researchers found that the cybercycle riders had significantly better executive function than those who used a plain stationary bike. They also experienced a 23 percent reduction in progression to dementia compared with the control group.

“We found that for older adults

... cybercycling two to three times per week for three months yielded greater cognitive benefit, and perhaps added [greater] protection against mild cognitive impairment (MCI), than a similar dose of traditional exercise,” said lead investigator Cay Anderson-Hanley, Ph.D., from the Healthy Aging and Neuropsychology Lab and Department of Psychology at Union College. “Navigating a 3D landscape, anticipating turns and competing with others requires additional focus, expanded divided attention and enhanced decision-making. These activities depend in part on executive function, which was significantly affected.”

Dr. Jan Gable, an Alexandria resident and the medical center director at Greenspring, says that there are two types of memory changes that occur with age. “The normal age-related change in memory is not progressive and does not lead to disability. This is characterized by delay in recall such as ‘word searching,’” she said. “The other category is dementia, a relentlessly progressive deterioration in brain function that usually affects memory first and later judgment, initiative, personality and finally movement and swallowing.”

Research shows that exercise may prevent or delay dementia and improve cognitive functioning in

SEE NEUROFEEDBACK, PAGE 11

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# Neurofeedback Improves Executive Functioning

FROM PAGE 10

normal aging. “Although we may not completely understand the specific processes that contribute to dementia, current evidence certainly suggests that physical and cognitive activities improve functioning in older adults,” said Kristin Anderson, M.D., M.P.H., family and preventive medicine physician for Molina Healthcare and Community Health Care

Network in Reston. “An example of this would be ballroom dancing, which involves learning steps paired with exercise.”

The American College of Preventative Medicine reports that only 14 percent of adults aged 65-74 years old and only 7 percent of those over 75 report regular exercise.

“Motivating people at any age to exercise can be a real challenge,” said Brad Hibbs, a Burke resident and a wellness manager at

Greenspring retirement community in Springfield. “Certainly this generation is especially challenging due to the fact that for most this is not something they were accustomed to doing on a routine basis.”

Mary Lee Esty, Ph.D., L.C.S.W., president of the Brain Wellness and Biofeedback Center of Washington, says neurofeedback — essentially biofeedback for the brain during which clinicians attach sensors to a person’s scalp to rebalance brainwave activity —

might also improve cognitive functioning. “There is more and more evidence that neurofeedback actually improves executive functioning even in early dementia,” she said. “A personal experience was when my mother-in-law was in her early 90s, and it was increasingly obvious that she was having to search for words and was having trouble with fluency. But even after just one treatment, it made a huge difference in her word retrieval and ease of conversation.”

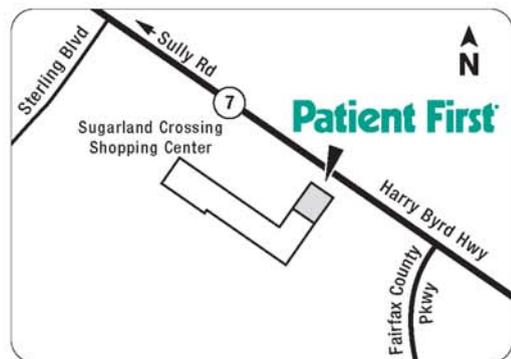
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# SPORTS



PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

**Northern Region high school wrestling teams will begin postseason competition this weekend with district championship action. The Liberty District Championships will take place Friday and Saturday at Langley High School.**

## District Wrestling Championships

**Langley, unbeaten during district regular season, will be aiming for a postseason banner.**

BY RICH SANDERS  
THE CONNECTION

**T**he Langley High wrestling team is set to begin the postseason portion of its schedule this Friday and Saturday, Feb. 3-4, when it hosts the Liberty District Championships meet. The two-day event will begin Friday evening at 5. On Saturday, action will start up again at noontime and run throughout the day.

Langley, under head coach Jeff Mye, captured the regular season district title with a perfect 7-0 record in dual meets. The Saxons' district dual meet wins were as follows: 54-21 over visiting Madison on Jan. 9; 39-30 at Marshall

on Jan. 11; 58-17 over Stone Bridge on Jan. 11; 51-21 over visiting Jefferson on Jan. 14; 63-18 over visiting Fairfax on Jan. 14; 70-6 over visiting South Lakes on Jan. 14; and 57-21 at McLean on Jan. 25.

Non-district dual wins over fellow Northern Region opponents came over Lake Braddock (Patriot District), 42-36, on Dec. 22; and guest Washington-Lee (National District), 39-36, on Jan. 14.

Langley's line-up is filled with wrestlers who put together terrific regular seasons. The following is a look at the Saxons' line-up set to compete at districts:

Freshman Anthony Panetta, 2-1 record at 106 weight class; senior Christian Campbell, 17-18 overall record, 6-1 district record at 113 weight class; sophomore Jacob Adams, 25-4, 3-0 district at 120; senior Leland Jenkins, 31-9, 7-0 at 126; senior Austin Miller, 19-6, 6-0 at 132; senior Jay Ives, 24-6, 6-



**South Lakes wrestler Ryan Forrest (right) is hoping to make a run at Liberty District and Northern Region crowns over the next two weeks.**

0 at 138; senior Matthew Sahm, 33-12, 7-0 at 145; senior Mark Wilson, 18-15, 4-3 at 152; sophomore Alex Pratte, 23-16, 7-0 at 160; sophomore Gabriel O'Neal, 10-5, 6-1 at 170; junior Chris Hyatt, 7-13, 3-4 at 182; senior AJ Holtberg, 2-6, 2-3 at 195; junior Tate Dulany, 33-5, 7-0 at 220; senior Austin Anthony, 7-17, 3-4 at heavyweight.

Following this weekend's district championships will be the Northern Region Championships, set to take place Friday and Saturday, Feb. 10-11 at Hayfield High School in Alexandria. The Virginia State AAA Championships are scheduled for Feb. 17-18 at Robinson Secondary.

Last year, Langley finished ninth overall at the 30-team region championships meet held at Fairfax High. Robinson Secondary captured the region title for the first time since 1991. Langley's Ives earned a fourth place region finish at the 135 weight class.

### SPORTS ROUNDUP

**McLean High School** has announced the hiring of its new head football coach, Dennis Worek. Coach Worek has successful past experience as a head coach in the Northern Region, having been at the helm of both the Langley and Madison High programs in past years.

Worek led the Madison Warhawks to a region championship and state runner-up finish in the fall of 1996. He has been honored as District Coach of the Year three different times, as well as Northern Region Coach of the Year in 1996.

Coach Worek has spent the last two years as the defensive coordinator at Thomas Jefferson High School. In 1998, he left coaching to serve as an assistant principal at Chantilly High School, a role that he served for 10 years.

In recent years, the McLean High football team has been under the direction of Jim Patrick, who led the Highlanders to the Div. 5 region playoffs in each of the past two years. Patrick currently serves as the McLean High Director of Student Activities.

**Herndon High** announced last week that Mary Miller will serve as the athletic program's new girls' field hockey coach. Miller is a 1983 graduate of Falls Church High School where she was a multi-sport athlete. She is a 1987 graduate of the University of Virginia.

Miller previously taught history and coached field hockey and soccer at McLean High School. While with the Highlanders, she worked with two stellar field hockey coaches - Marsha Ehram (currently at Madison High) and Demby Banbury (currently at Centreville) - while serving as a top varsity assistant and the head JV coach (1993-2001). She also led the varsity soccer program as McLean's head coach for eight seasons (1995-2002).

Miller said she welcomes the opportunity and challenge of coaching fall season field hockey at Herndon and looks to bring a combination of experience and excitement to the program.

Miller was scheduled to meet with her new players and team parents earlier this week on Wednesday, Feb 1.

**McLean Youth Volleyball registration** is open through March 9 for girls in grades five

through eight. The season starts the week of March 19 and will run through early June. Instructional skills clinics will precede a match play season. Online registration and complete information are available at [www.mcleanvolleyball.org](http://www.mcleanvolleyball.org).

**Great Falls Soccer Club** (GFSC) spring 2012 registration continues on the GFSC website at [www.greatfallsoccer.com](http://www.greatfallsoccer.com) for returning players and new families in the area. Great Falls Soccer offers a variety of programs for children ages three through 18, including Little Kickers (ages 3-4); Recreational teams for players five to 16; travel teams playing in multiple local leagues; and an adult league. The season begins the week of March 26 and ends in mid-June. For more information, please contact the Club Administrator at [administrator@greatfallsoccer.com](mailto:administrator@greatfallsoccer.com).

**Fairfax Adult Softball** (FAS) is currently accepting applications for the upcoming spring and summer seasons. Leagues are available in the following divisions: Men's, Women's, Coed, Corporate Coed, Senior's (age 50-plus), and Master's (age 35-plus). Applications are accessible via the FAS home page at [www.playsoftballnow.com](http://www.playsoftballnow.com). Contact FAS to register your team before March 1. For those looking for a team to play on, FAS will place you on a team. Visit the FAS website and register as an individual free agent. For further information, please call 703-815-9007 or email [office@fairfaxadultsoftball.com](mailto:office@fairfaxadultsoftball.com).

**Registration is open** for the Spring 2012 season of Herndon-Reston Youth Lacrosse. Registration is open through February to youth in the Herndon and Reston areas for girls and boys, ages 6 to 15. No experience is needed. Separate teams are available for boys and girls in grades kindergarten through nine, with various levels of play based on experience and skill level. The teams compete in the Northern Virginia Youth Lacrosse League ([www.nvyll.org](http://www.nvyll.org)). Equipment rental and financial assistance is available. The season begins in March and runs through the second week of June. For more information on the league and to register, visit [www.HRYL.org](http://www.HRYL.org).

## FAITH NOTES

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

**St. Francis Episcopal Church**, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. Worship Service without music; 9 a.m. Worship Service, Children's Chapel and Children's Choirs; 10 a.m. Sunday School and Adult Forum; and 11 a.m. Worship Service with Adult Choir. 703-759-2082.

**Trinity United Methodist Church**, 1205 Dolley Madison Blvd., McLean, Sunday worship services are at 8:30 and 10:30 a.m. Sunday School for adults is at 9:30 a.m. and for children during the 10:30 a.m. worship service. Youth Group for grades 7-12 meets Sundays at 6 p.m. A 20-minute service of Holy Communion is held each Wednesday at 12 p.m. 703-356-3312 or [umtrinity.org](http://umtrinity.org).

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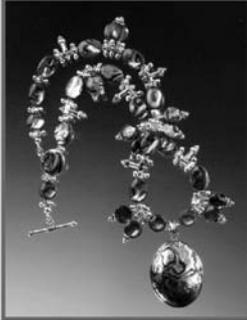
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The Secretary of Defense, as authorized by Congress, will transfer approximately 42 acres currently occupied by the Navy Annex/FOB2, the Navy Exchange Service Station, and associated parking lots, to the Secretary of the Army for Arlington National Cemetery use. Arlington County and the DoD may exchange equivalent acreage within the land transfer area, which will allow for the removal of Southgate Road from Columbia Pike to Gate 3 of Joint Base Myers-Henderson Hall, provide a site for a museum that honors the history of the freedmen's village and county heritage, and also provide for the building of a new access road from Gate 3 to Columbia Pike, along the western edge of the Navy Annex/FOB2 complex. After considering a wide range of regulatory, environmental and socio-economic factors, the EA analysis found the implementation of the land transfer plan has no significant direct, indirect, or cumulative effects on the quality of the natural or human environment that would result from the implementation of the preferred alternative.

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## "Progression"



By KENNETH B. LOURIE

There's a word – in a medical context, anyway, that you don't hear every day. And if you're a stage IV lung cancer survivor – like me, 35 months post-diagnosis, it's hardly the word you ever want to hear – or see – describing the most recent CT Scan of your lungs (Mediastinum) where your malignant tumors have been in "partial stable remission" going on two-plus years now. "Progression" means growth. Growth means the relative calm under which you've existed for the last few years is officially over.

However, as Groundhog Day repeats itself every year, it seems only fitting that this week, due to this "progression", I am writing to say that I too am repeating myself, sort of; I have re-started chemotherapy, so yes, here I go again. Because the previous chemotherapy cocktail worked so well (I'm still here, aren't I? That's a 'yes' by the way; this column has not been prerecorded), my oncologist has advised – and there were two other options discussed at my most recent appointment; Team Lourie chose the known of the three evils. Our collective thinking being that since I had success originally (the tumors shrunk) and equally important, my body tolerated the treatment reasonably well, repeating the six-time infusion (the second line, as they say) is a prudent blend of proactive presumption: Why wait? Why worry? Why not? And so we have. (It's not exactly caution to the wind, but nor is it hot air.)

In anticipation of daze gone by (chemotherapy round one), I've already gone to the salon and got my "chemo cut," short but not exactly down to the bone, but closely cropped for a smoother transition to the inevitable baldness too soon to follow. I have also stopped buying – or rather stopped planning to buy – certain personal hygiene products (shampoo, conditioner, shaving cream, razors) because there will be no hair to wash and condition and no stubble to shave – for the next six months or so, anyway. In a peculiar sort of way, daily maintenance becomes somewhat easier for a chemotherapy patient. And since I've been there and done that, (though I didn't necessarily want to do it again), I feel "very fortunate" as my oncologist described my circumstances; to be present and accounted for (still alive after three years) while preparing for the worst (yet again) and hoping for the best.

Having survived the treatment once provides a sort of comfort and familiarity that does not breed contempt – for me. I am ready, willing and in my opinion, quite able after three years of building up my immune system with more-proper eating, combined with a regular regimen of cancer-fighting additives: baking soda, apple cider vinegar, probiotics, green tea extract, pureed asparagus, alkaline water and diet, miscellaneous spices, pills, supplements and vitamins together with less stress due to work accommodations and disability benefits, to win the day (and hopefully the night, too); and though I don't anticipate this "second line" around will be any easier than the first, physically; mentally my feeling is, I've handled it once and I will handle it again.

And all things considered, as I typically consider things, I am fortunate to still have this choice/opportunity. Scared of course, to be honest, but experience is a wonderful teacher and since I have mostly been paying attention these past three years, I am going where this man has gone before (and not to a Star Trek Convention). I will be walking in footsteps already taken, the impressions of which are clearly mapped out in my head. As the man says in the 5-Hour Energy commercial: "Let's do this!"

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

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