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News



(From the right) Adrian Tatem, Nana Boateng, Frank Amoako and Saad Latif provide musical entertainment at the FACETS Opening Doors Benefit Breakfast on April 25 at the Waterford at Fair Oaks. The young musicians participate in the FACETS youth programs at Reagan Oaks in Fairfax.



U.S. Rep. Gerry Connelly (D-11) gave the opening remarks at the 2013 Opening Doors Benefit Breakfast in support of FACETS at the Waterford at Fair Oaks on April 25.

Opening Doors for Neighbors in Need

FACETS marks 25 years of community service.

> By Victoria Ross THE CONNECTION

few years ago my life underwent two major changes that shook my world... My husband and I separated and then I lost my job."

Lisa, a Fairfax mother, delivered that blunt statement during her speech to a crowd of more than 400 people during FACETS' "Opening Doors" Benefit Breakfast on April 25.

The breakfast was part of a yearlong celebration marking FACETS' 25 years of service in the community, providing support to individuals and families to break the cycle of poverty and homelessness.

"FACETS is a great example of engaged citizens coming together to make their community a better place to live, by helping those in need find housing and other services," said Supervisor John Cook (R-Braddock).

THE EVENT featured remarks from U.S. Congressman Gerry Connolly (D-11), an active supporter of the nonprofit, and FAC-ETS founder Linda Wimpey.

"Linda had the vision that FACETS would be the place where caring, committed people held the dreams and visions of people in need and worked with them until those dreams for a better life could be realized," said Amanda Andere, FACETS executive director since 2009.

In an emotionally charged speech, Lisa told the attendees she could not have survived without the help of FACETS.

She said her situation spiraled down quickly when her husband did not provide



Linda Wimpey, founder of FACETS, welcomed guests to the 2013 Opening Doors Benefit Breakfast in support of FACETS on Thursday morning.

financial support, and her next job did not pay enough for her to rent an apartment in

"Panic set in," she said. "With my recent cut in pay, finding something I could afford for my daughter and I seemed impossible."

After moving from one basement apartment to another, she and her daughter began living in a homeless shelter.

At the shelter, she connected with a FAC-ETS case manager who helped her apply for housing assistance through Fairfax County's Bridging Affordability Program. which provides rental subsidies and supportive services to low-income families. Bridging Affordability, a nonprofit collaborative led by Northern Virginia Family Services (NVFS), has assisted more than 100 families since it was launched in Septem-

Today, she and her daughter live in a twobedroom apartment, and she is pursuing a business degree at Northern Virginia Community College while working in cosmet-

"I never thought battling with poverty and



Frank Palmer of Springfield mingles with attendees of the 2013 Opening Doors Benefit Breakfast in support of FACETS on Thursday morning, April 25, at the Waterford at Fair Oaks. Palmer, a longtime FACETS supporter, began tutoring children in Robison Square and continues to devote time to the Fairfax nonprofit.

homelessness was something I would face the fact that FACETS is still needed in the ... FACETS helped me take steps towards economic stability and set me up for success," Lisa said.

While Lisa's story is inspirational, many more Fairfax County residents continue to struggle on the knife-edge of poverty and homelessness.

Nearly 60,000 people live in poverty in Fairfax County, and many say they are just one paycheck away from being homeless.

According to Fairfax County officials, hundreds of local individuals and families have lost housing vouchers because of sequester cuts to the housing choice voucher program, a Housing and Urban Development program that helps the working poor, elderly and disabled afford housing in high-rent markets afford housing.

FACETS clients and so many others are being impacted by sequestration. With the loss of housing choice vouchers our progress to end homelessness is beginning to stall," said Amanda Andere, FACETS executive director since 2009. "While the breakfast provided inspiration, it also brought home

community."

ANDERE NOTED some of FACETS recent successes by working with Fairfax County government, faith partners and other

- ❖ In the last three years FACETS helped 43 people who once were living on the streets find a place to call home.
- ❖ In the past two years, FACETS helped prevent and end homelessness for more than 400 families.
- ❖ In the last year, 11 out of the 13 graduating high school seniors in FACETS Education and Community Development program went on to pursue higher education.

But Andere said she wakes up every day with dreams of working herself out of a

"I want to fundamentally change the situations people in need face so I can stand here-not 25 years from now but in two years-and say we are on track to end homelessness and break the cycle of poverty," she said.



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News



The teams that participated from the first through the sixth grade.

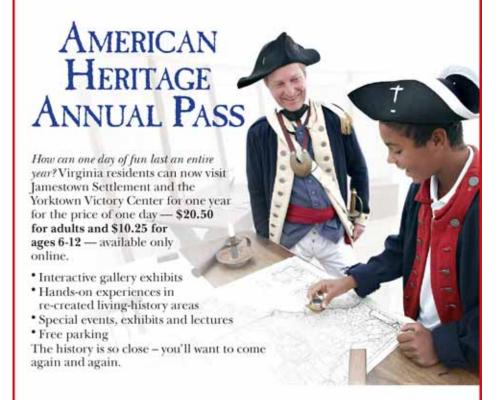
Innovation Fair At Keene Mill

eene Mill students participated in an Innovation Fair on April 22. The 28 student teams brainstormed problems with current products they use on a regular basis and then researched and created solutions to those problems. The students then presented their research and innovations to judges from the Patent Office, the Navy and an architectural firm.



Two third graders created a broom/dustpan combo that one person can handle.





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THE COUNTY LINE

Fairfax County Union Officials Say Board's Budget Fails Staff, Residents

Supervisors maintain cuts necessary to eliminate projected \$169 million shortfall.

By Victoria Ross The Connection

n the day the Fairfax County Board of Supervisors adopted the FY2014 budget, the leaders of Fairfax County's four public employee unions issued a joint statement saying the budget "failed" staff and county residents.

"By passing a budget that fails to attract the best and the brightest, the Fairfax County Board of Supervisors has put the services our residents depend on at risk. Meanwhile, Fairfax County employees continue to fall behind their peers across Northern Virginia, Washington D.C. and Maryland," according to a statement by the SAFE Coalition (Standing Altogether for Fairfax County Employees), which represents the unions.

The statement was signed by John R. Niemiec, president of Fairfax County Professional Firefighters & Paramedics, IAFF Local 2068; Chris Cochrane, president of Fairfax Coalition of Police, IUPA Local 5000; Kevin Pittman, president of the Fairfax Deputy Sheriff's Coalition, IUPA Local 5016; and Paula Woodrum, president of the Fairfax County Government Employees Union, SEIU VA 512.

Combined, SAFE represents about 4,000 active and retired members out of the county's 12,000 active employees.

"Fairfax County employees provide vital public services to the county's residents, ensuring Fairfax is a great place to live and work. But the FY 2014 budget fails to recognize these two principles: quality public services and a quality workforce. Instead, the budget cuts vital services to county residents and fails to honor the county's obligations to its employees," according to Tuesday's statement.

Union representatives said they have been working with supervisors for months to find a solution that keeps taxes low, service quality high and employees fairly compensated.

They thought they had a deal on the table last week, but the board—in a 9-1 vote—approved a budget that does not increase employee compensation. Supervisor Pat Herrity (R-Springfield) was the dissenting member of the board.

Supervisors said maintaining county compensation at the current FY2013 was necessary to help eliminate a projected shortfall of \$169 million. Other measures in the FY2014 budget that address the shortfall include a one-penny increase on the property tax rate, \$21 million in county agency reductions, and the net elimination of 41 positions. The budget also creates an \$8.1 million reserve to address the impact of sequestration and federal cuts.

The budget reflects the fiscal challenges the county has faced as a result of the prolonged and sluggish recovery from the recession, according to Board of Supervisors Chairman Sharon Bulova (D-at-large). She said the negative impact of the sequester on the commercial tax base and federal employees added to the board's budget decisions.

"A great amount of effort and compromise went into this year's budget," Bulova said Tuesday. "During difficult economic times, our board has agreed to invest in important county priorities such as education, public safety, community services and critical transportation improvements while keeping taxes



Paula Woodrum, president of the Fairfax County Government Employees Union



John R. Niemiec, president of Fairfax County Professional Firefighters & Paramedics



Kevin Pittman, president of the Fairfax Deputy Sheriff's Coalition



Chris Cochrane, president of Fairfax Coalition of Police

affordable for our residents."

Virginia law denies public employees collective bargaining rights, and—as a "right-to-work" state—employees are not required to become members of a union. Proponents maintain this helps counties like Fairfax resist wage and benefit demands. In 2008, when county officials froze all salaries for county government and school employees, there was little outcry.

But union officials said they will continue to push for solutions that include "fair compensation" for employees.

"Even in the face of pay freezes and furloughs over the past several years, county workers prided themselves on providing highest quality public services to the residents of Fairfax County," Woodrum said during an April 11 public hearing. "And you, the Board of Supervisors, will expect no different from my membership in the face of the unknown factors around sequestration and other economic issues that may affect our FY 2014 budget."

Woodrum pointed out that in recent years, county workers have experienced double-digit increases in health insurance premiums and out-of-pocket expenses for prescriptions and medical services, expiration of payroll tax breaks, and experienced a decrease in their household discretionary spending.

"We will continue to appeal to board members to remedy these shortfalls as best we can," she said.

Supervisors React To Budget Concerns



Chairman Sharon Bulova

(D-at-large)

"The board appreciates that employees have continued to provide quality services to our residents with professionalism and dedication, even in the face of pay freezes and tough economic times. The creation of a fair and sustainable compensation package for implementation in FY 2015 is a critical element in the long-term stability of the county workforce. The board is committed to working with employee groups to develop and refine an overall pay structure that invests in our workforce and helps in recruiting and retaining high quality employees."

Jeffrey C. McKay (D-Lee)

"I understand why our employees are upset and I can't blame them. However, we've got to play the economic hand we're dealt and this year is tough for everyone, employees and residents alike."



John C. Cook (R-Braddock)

"I agree we need to revamp our employee compensation system. We don't have great governmental services by accident. We have them because we attract and retain great employees. To keep them we need a competitive compensation plan. Our old plan was not workable and we have been going year by year for the last four years, knowing that we needed a new permanent plan. We will be working with our employee groups during the spring and summer months to develop such a plan. This was a tough budget year and we had to balance a number of factors. We made the difficult

decision to freeze county pay as part of that difficult balance. We will have a new system in place next year. We understand the frustration of our employees and appreciate all their hard work on behalf of the people of Fairfax County."

Pat Herrity (R-Springfield)

"Our employees are our biggest asset, and to ensure our services remain top notch we must continue to attract and retain the best and the brightest. I was a vocal advocate for incentive compensation for our employees this budget year based on cost savings achieved at carryover. This concept was very successfully implemented at the state level under Governor McDonnell. The county has a spending problem, not a revenue problem, and money saved from the common sense solutions I have proposed, in addition to ones identified and implemented by our employees, could have gone a long

employees, could have gone a long way to help our employees and residents."



—Victoria Ross

OPINION

$Springing\ for\ Jobs\ {\rm Low\mbox{-}income\ neighbors\ face} \\ {\rm another\ barrier:\ sequestration.}$

By Amanda Andere EXECUTIVE DIRECTOR/FACETS

ith colorful flowers blooming and the days getting longer and warmer, spring always signals renewal and hope. For those affected by poverty, we may need an extended spring this year in order to fully reap its benefits.

I know we've seen slow and measured progress with the healing of the economy. But for low-income residents in our community, they are often the first and last to feel the effects of a recession. Now they face another barrier: sequestration. Now counties-including Fairfax—are losing federal funding for housing vouchers, threatening to put vulnerable families out in the streets.

This is especially unfortunate since ending homelessness is a top priority in Fairfax and we have made progress in our efforts, with the number of people who are homeless in Fairfax County down 12 percent, according to the annual point-in-time survey. Despite the recessions, we've had real success at helping people stabilize their lives. This latest barrier may be more than we can overcome.

Vouchers are important tools to close the gap between earnings and the high cost of living in our region. The issues facing the most vulnerable are compounded by the lack of afford-



DavidMadisonPhotography.com

difficulty in finding employment that will cover the costs of living here.

Local nonprofits work mostly with individuals who are low-skilled, have less than a 10th

grade education (and in many cases less than sixth grade), and have limited English proficiency and low literacy levels. We are able, with significant effort, to find employment for many of these individuals. This employment, however, often offers low wages, little or no benefits, and may not last long term. We are all challenged in finding long-term employment with sufficient wages and benefits for the people with whom they work.

In our business, we call this underemployment. Nearly 40 percent of the homeless in our county are employed, but their earnings or their hours aren't enough to pay for housing and the basics. Nationwide, 7.6 million Americans are underemployed, due to the scarcity of full-time employment. Factoring in the 7.6 percent unemployment rate, the outlook does not seem as rosy for our struggling neighbors.

At FACETS, these realities have challenged us to put more emphasis on job placement and career development to help our clients obtain positions that will lead to better incomes and

able housing and the careers. In tandem with this focus, we are also providing more life skills training to prepare them to manage their finances, set priorities, and be responsible tenants.

> But it's still not enough. That's why we are recommending the county create a Workforce Innovation Fund to support a pilot workforce program, designed in conjunction with the county's nonprofit partners to achieve:

- * Better coordination among all entities providing workforce development services in the
- ❖ An improved system for connecting people to available jobs, particularly in growth indus-
- ❖ An improved system to ensure more people complete community college and certification programs and obtain employment when they are done; and
- A plan for moving people from low-pay, low-skill entry level jobs along a career path to jobs with better pay.

Our individual programs along with this fund will be life changing for residents that are extremely low-income, enhancing their ability to move into jobs with sufficient salary. A renewed community commitment to helping get people sustainable employment will make this a season to remember.

FACETS, a nonprofit serving those suffering from the effects of poverty in Fairfax County/ City. www.FacetsCares.org.

Five Myths About Public Libraries

BY SARAH TALLEY Souther

he Digital Age is well past its dawn and budgets are tight, leaving many people to question why we continue to fund libraries. After all, don't

books in print and everything you need is online ... right? Here's a few common myths about librar-

1. Google and other search engines meet everyone's information needs.

Search engines can find amazing things, but only if you have access to the Internet. For many, the Fairfax County Public Library is their only means of access. Even in a wealthy area like Northern you unless you're yelling on your Virginia, almost 20 percent of families make less than \$50,000 per year, and depend on libraries for access to the Internet.

Not everything's online, or if it is, it's not free or it might be inaccurate. There's another hurdle: Not everyone uses search engines well enough to get to what they literacy happen at the library. More

staff teach people how to find and evaluate information sources all while protecting their privacy.

2. Books are becoming obsolete

Just as television and

they just house a bunch of old DVDs haven't killed movies, ebooks haven't killed print. Over 13 million items were checked out from Fairfax libraries last year and most of them were books. Despite the uptick in demand for e-books, there are plenty of popular titles that aren't available because many publishers refuse to sell e-books to libraries.

3. The library is a quiet warehouse for books.

Odds are, no one will "shush!" cellphone in speaker mode. The library is a vibrant place that provides people with more than information. Early literacy story times, homework support, classes, book discussions, tax preparation assistance, tutoring, and other activities that support information

need. Fairfax library than 172,000 people took advantage of these events last year in Fairfax.

> The Internet can bring people together, but libraries reinforce real-world communities because they are "bridging spaces" where people from many walks of life meet. Walk into a Fairfax library today, and you'll find a variety of new programs that bring people together, ranging from genealogy workshops to creative writing classes to one-on-one social media

4. This could all be done by volunteers.

While volunteers donated nearly 145,000 hours to the library last year, there is a limit to what volunteers can do. Staff members review collections for completeness and accuracy, present early literacy storytimes, make sure public computers run properly, and read extensively so they can provide book suggestions to all kinds of readers (including staunchly reluctant

Library workers follow ethical codes that state they must try to make available accurate and complete information without bias and

protect your privacy. Much is asked of library workers, and information service expertise is necessary to provide customers with the services that they demand.

5. Public libraries are a drain on public coffers.

Libraries provide services to job seekers, businesses, consumers, and investors. Studies in Pennsylvania and Florida show that for every \$1 a community invests in its public libraries, it sees a return of about \$4.

When Thomas Jefferson said "Information is the currency of democracy," he did not envision the increasing gap between the technology "haves" and "havenots." Access to the Internet is essential if you want to do homework, search for jobs, and interact with the government. For many in Fairfax, the library is their only means of access.

We invest resources in libraries and schools because they provide a public good in the form of educated, informed citizens during all stages of their lives. The fact that Fairfax County sees a monetary return on this investment is a wonderful bonus.

Burke

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

burke@connectionnewspapers.com

Kemal Kurspahic

Editor * 703-778-9414 kemal@connectionnewspapers.com

Chelsea Bryan

Editorial Assistant 703-778-9410 ext.427 cbryan@connectionnewspapers.com

Victoria Ross

Community Reporter 301-502-6027 rosspinning@yahoo.com

Jon Roetman

Sports Editor 703-778-9410

jroetman@connectionnewspapers.com@jonroetman

ADVERTISING:

For advertising information e-mail: sales@connectionnewspapers.com

Steve Hogan

Display Advertising, 703-778-9418 shogan@connectionnewspapers.com

Andrea Smith

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Debbie Funk

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

Editor & Publisher

Mary Kimm 703-778-9433 mkimm@connectionnewspapers.com @MaryKimm

Executive Vice President

Jerry Vernon jvernon@connectionnewspapers.com

> **Editor in Chief** Steven Mauren **Managing Editor** Kemal Kurspahic Photography: Deb Cobb, Louise Krafft, Craig Sterbutzel Art/Design: Laurence Foong, John Heinly **Production Manager:** Jean Card Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann 703-778-9436 jtheismann@connectionnewspapers.com

CIRCULATION: 703-778-9427 Circulation Manager: Ann Oliver

circulation@connectionnewspapers.com

LETTERS

TJ: Competition, Not Quotas

To the Editor:

Your editorial, "Value-added Evaluation," [The Connection, April 18-24, 2013] seems to appear regularly—in slightly different forms and, it remains misguided. Thomas Jefferson is a magnet school which admits students on a competitive basis, not on quotas. The writer seems unaware that students who receive more parental support and ad-

vancement opportunities do better in school. You cite anomalies in the representation of blacks, Latinos and poor but you do not discuss why whites are underrepresented and Asians are overrepresented. Also, you seem to disregard students from Middle Eastern countries as well as families newly arrived from European and African countries. Years of social engineering and "programs" like "Head Start," have not changed anything. It takes support from parents. You should read Ben Carson's book, "America, the Beautiful," describing how his single, African-American mother raised him to be a prominent surgeon without "programs" and "valueadded quotas." The writer and the readers should volunteer to help in the classroom, volunteer for programs like big sisters/ brothers and find other ways to help. We have had no success from the money wasted on quotas, "value added," "diversity," Head Start, et al.

> Tom Fields Springfield

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"While the majority of our members are educators and students, because we live in a region saturated with government employment, we recognize that a great many of their families may be affected," says Apple FCU President/CEO Larry Kelly.

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The TJ Hackathon took place in the TJHSST gymnasium April 26-27. Teams of students came together for a 24-hour marathon of computer coding and programming to create products which they would reveal in demos to the other participants and mentors from companies such as Facebook and Palantir.

Programming Marathon at TJ

Area high schoolers impress instructors at the 24-hour computer programming marathon.

By Anagha Srikanth The Connection

hen a voice over the loudspeaker announced, "free swag outside," a stampede of teenagers cleared out the Thomas Jefferson High School (TJHSST) gymnasium in less than a minute. Even after almost 20 hours of coding and programming, the students were at no loss for enthusiasm, especially for free paraphernalia decorated with the TJ Hackathon logo.

Kim Holton, a volunteer whose son was participating in the hackathon, said, "They all seem really tired and they're dragging, but they're excited."

THE EXCITEMENT in the atmosphere was what made possible the 24-hour marathon of computer programming on April 26-27, at the end of which students would demo the products they had created with a team of peers.

Freshmen Shubham and Shrey Gupta, of Ashburn, demonstrated a program which merged a website with an application in a database. Events could be scheduled on the website and the data would then be sent to the application, which would be accessed on a phone or other mobile device. Shubham said the program could be useful for doctors or businesses to make appointments with their patients and customers.

To provide technical assistance to the students, TJHSST's Future Business Leaders of America (FBLA) and Invent Team clubs had contacted sponsors such as Palantir and Facebook who sent employees to the event as mentors.

Ben Strahs, who works for Facebook, said he often attended college hackathons on behalf of the company, but this was his first time at a high school hackathon.

"We were a little worried that the students had basic CS skills but not a lot of experience, but people have picked up skills a lot faster than even college students do," Strahs said. "No one's left yet and they're all very close to getting done and we're super impressed with everything that is being built and getting done."

Many of the students said their favorite part of the



Juniors (from left) Sonia Thakur, of Herndon, and Katie Hough, of Fairfax Station, work with other members of their team to put together a demo presentation for their program during the Hackathon in the TJHSST gymnasium April 26-27.

whole experience was having the time to work on a programming project without being interrupted by their other obligations as high school students. While some students had brought sleeping bags to take naps, others hadn't slept at all since the event kicked off the previous evening. Running on caffeine and snacks, students were energized by their genuine interest in the projects they were working on.

Sophomore Shantanu Gore, of Fairfax, said, "I like the way we can just change stuff on the fly and not be tied down by guidelines."

WITH TWO HOURS TO GO, students were putting the finishing touches on their programs and planning presentations for the demos that would follow.

"When you're putting code together quickly, you can't always put together this beautiful thing. Sometimes you just have to go with the ugly one which works the best," junior Katie Hough, of Fairfax Station, said.

Co-organizer Mayank Jain, a TJHSST alumni and current freshman at the University of Illinois, said he had initially been worried about how many teams would actually finish, but as the event went on he was reassured by the progress students were making.

Jain said, "The students all learned something about how real programming differs from classrooms and how to build something from scratch. It's just been so incredible so far."

BULLETIN BOARD

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/MAY 2

Relay for Life Committee Meeting.

7:30 p.m., at the WSHS Library, 6100 Rolling Road, Springfield. A planning session for the May 17 Relay of Springfield-Burke event; email with springfieldburkerelay@gmail.com.

FRIDAY/MAY 3

7th Annual Home and Garden

Show. 10 a.m.-9:30 p.m., at the Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. The mall is organizing its annual home and garden show; see the latest in home improvements ideas from several local manufacturers and service providers. 703-359-8300 or ShopFairOaksMall.com.

SATURDAY/MAY 4

7th Annual Home and Garden

Show. 10 a.m.-9:30 p.m., at the Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. The mall is organizing its annual home and garden show; see the latest in home improvements ideas from several local manufacturers and service providers. 703-359-8300 or ShopFairOaksMall.com.

SUNDAY/MAY 5

7th Annual Home and Garden

Show. 11 a.m.- 6 p.m., at the Fair Oaks Mall, 11750 Fair Oaks Mall, Fairfax. The mall is organizing its annual home and garden show; see the latest in home improvements

ideas from several local manufacturers and service providers. 703-359-8300 or ShopFairOaksMall.com.

Speaking With Love: Communication Skills

Workshop. 2-4 p.m., at Accotink Unitarian Universalist Church, 10215 Lakehaven Court, Burke. A free workshop focusing on the impact of communication and conflict styles on relationships. 703-503-4579 or www.accotinkuuc.org.

THURSDAY/MAY 9

Used Book Sale. 1-9 p.m., at the Burke Centre Library, 5935 Fred Oaks Road, Burke. Friends of Burke Centre Library organizes a used book sale. bcfriendsbooks@yahoo.com. Relay for Life Team Captain

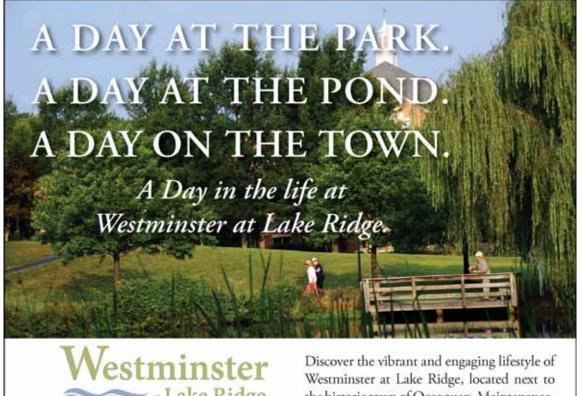
Meeting. 7:30 p.m., at the WSHS Library, 6100 Rolling Road, Springfield. A planning session for the May 17 Relay of Springfield-Burke event; email with questions. springfieldburkerelay@gmail.com.

FRIDAY/MAY 10

Used Book Sale. 10 a.m.- 6 p.m., at the Burke Centre Library, 5935 Fred Oaks Road, Burke. Friends of Burke Centre Library organizes a used book sale. bcfriendsbooks@yahoo.com.

SATURDAY/MAY 11

Used Book Sale. 10 a.m.-5 p.m., at the Burke Centre Library, 5935 Fred Oaks Road, Burke. Friends of Burke Centre Library organizes a used book sale. bcfriendsbooks@yahoo.com.





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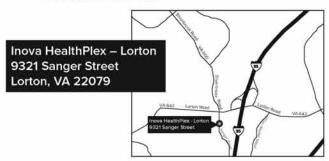
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CALENDAR

To have community events listed, send $to\ south@connectionnewspapers.com\ or$ call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior

FRIDAY/MAY 3

Pyramid Art Show. 6-7 p.m., at Edison High School, 5801 Franconia Road, Alexandria. Students of Edison HS, Twain MS, Bush Hill ES, Cameron ES Clermont ES, Franconia ES, Mt Eagle FS and Rose Hill ES will have their artwork on display. www.fcps.edu/

The classic musical "Hello Dolly!" 7:30 p.m., at Fairfax High School, 3501 Rebel Run, Fairfax. This light hearted musical features a meddlesome matchmaker, Dolly Levi who brings couples together while making sure she herself gets to marry a wealthy half-millionaire, \$10; \$15 at door. 703-219-2200 or www.fxplayers.org.

Rashomon. 8 p.m., at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke, Lake Braddock Theatre presents the play based on Akira Kurosawa's award-winning Japanese period drama in which a samurai has been murdered and four witnesses each tell a completely different version of the incident. \$11. 703-426-1000 or www.ibtheatre.com.

SATURDAY/MAY 4

Rashomon. 2:30 p.m., 7:30 p.m., at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. Lake Braddock Theatre presents the play based on Akira Kurosawa's awardwinning Japanese period drama in which a samurai has been murdered and four witnesses each tell a completely different version of the incident. \$11. 703-426-1000 or

Singles Dinner and Movie Night. 5 p.m., at the PF Chang's, 4250 Fairfax Corner Avenue, Fairfax. New Beginnings, a support group for nvite for a fixed price dinner, followed by movie at Rave Fairfax Corner 14. \$30. Includes dinner, soda, tip and a movie ticket. RSVP required. 301-924-4101 or www.newbeginningsusa.org.

"Hello Dolly!" 7:30 p.m., at Fairfax High School, 3501 Rebel Run, Fairfax. This light-hearted musical features a meddlesome matchmaker, Dolly Levi who brings couples together while making sure she herself gets to marry a wealthy half-millionaire. \$10; \$15 at door. 703-219-2200 or

"The Trocks." 8 p.m., at George Mason Iniversity Center for the Arts, 4400



A girl enjoys herself at The Israel Street Festival, which has drawn more than 3,000 participants since 2007. The event brings together Jewish agencies and synagogues from the Washington, D.C., area to collaborate on a program that celebrates Israel's culture and history. The festival will be Sunday, May 19, at Fairfax Corner.

Trockadero de Monte Carlo, or "The Trocks," feature large men stuffed into tutus balancing on pointe. The talented male dancers play both male and female roles to give the classical art an entertaining edge. \$24-\$48. 888-945-2468 or cfa.gmu.edu.

SUNDAY/MAY 5

Vibrant and Strong Opening. 1-3 p.m., at Vibrant and Strong, 9485 Silver King Court, Fairfax. Grand opening for her health consulting business with information about services; healthy refreshments included. 571-233-3977 or http:// vibrantandstrong.com.

"Hello Dolly!" 2 p.m., at Fairfax High School, 3501 Rebel Run, Fairfax. This light-hearted musical features a meddlesome matchmaker, Dolly Levi who brings couples together while making sure she herself gets to marry a wealthy half-millionaire. Jerry Herman and Michael Stewart's musical adaptation of Thornton Wilder's "The Matchmaker" is a family-friendly musical full of funny characters and whimsical music. \$10; \$15 at door. 703-219-2200 or www.fxplayers.org.

Young Masters Concert. 7 p.m., at the George Mason University's Centre for the Arts Concert Hall, 373 Mason Pond Dr, Fairfax. The Annual Music Scholarship Benefit Event, showcasing six student winners of the 2013 Concerto Competition; proceeds from the concert will support the scholarships for the students in the School of Music. \$20 for adults, 15

See the show at GMU Saturday, May 4, at 8 p.m.

Les Ballets Trockadero de Monte Carlo, or "The Trocks," is

female roles to give the classical art an entertaining edge.

a ballet where talented male dancers play both male and

FRIDAY/MAY 10

music.gmu.edu

"Hello Dolly!" 7:30 p.m., at Fairfax High School, 3501 Rebel Run, Fairfax. The classic musical "Hello Dolly!" with ASL interpretation; this lighthearted musical features Dolly Levi who brings couples together while making sure she herself gets to marry a wealthy half-millionaire. \$10; \$15 at door. 703-219-2200 or www.fxplayers.org.

SATURDAY/MAY 11

"Hello Dolly!" 7:30 p.m., at Fairfax High School, 3501 Rebel Run, Fairfax. A light-hearted musical features a meddlesome matchmaker, Dolly Levi, who brings couples together while making sure she herself gets to marry a wealthy half-millionaire. \$10; \$15 at door. 703-219-2200 or www.fxplayers.org.

Fairfax Symphony Orchestra: Masterworks VI. 8 p.m. George 4400 University Drive, Fairfax.

Mason University Center for the Arts Conductor Christopher Zimmerman, tenor Brennen Guillory and soprano Joni Henson perform Wagner and Verdi. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

SUNDAY/MAY 12

"Hello Dolly!" 2 p.m., at Fairfax High School, 3501 Rebel Run, Fairfax. A light-hearted musical features a meddlesome matchmaker, Dolly Levi who brings couples together while making sure she herself gets to marry a wealthy half-millionaire. \$10; \$15 at door. 703-219-2200 or

www.fxplayers.org. 5th Annual International Language and Cultural Festival. 4 p.m., at W.T Woodson High School, 9525 Main Street, Fairfax. Join the festival for poems, songs and folk dances, and embrace the people of diverse communities around language culture and heritage. 703-267-5751

FRIDAY/MAY 17

Relay for Life of Springfield-Burke. 7 p.m.-7 a.m., at West Springfield High School, 6100 Rolling Road, Springfield. The fourth annual family friendly event romoting an attitude of hope and honoring survivors benefits the American Cancer Society; a cancer survivors reception is at 5 p.m. \$10 www.springfieldburkerelay.org or springfieldburkerelay@gmail.com.

or www.atfa.us.

SUNDAY/MAY 19

2013 Israel Street Festival. Noon-5 p.m., at Fairfax Corner, 4100 nument Drive, Fairfax. Headline international music group The Shuk performs along with R&B artist Hadar Binyamin; performances, exhibits and activities including Krav Maga Israel Defense Force self defense (marketplace) and food. 703-323-0880 or www.iccnv.org

7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a Bible Study Fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and Children's Church also provided. 6401 Missionary Lane, Fairfax Station, www.fbtministries.org

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:15, 9:45 and 11:15 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 703-323-9500 www.Lordoflifeva.org.

FAITH NOTES

Send notes to the Connection at

call 703-778-9416. Deadline is Friday.

Dated announcements should be sub-

mitted at least two weeks prior to the

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service. 7300 Gary Street, Springfield. 703-451-1500 www.fbcspringfield.org.

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, LaurieA@jccnv.org.

Memorial Day through Labor Day

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RESORT -

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Clifton, conducts Sunday masses at

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road. Springfield, offers casual worship ser vices on Saturday evenings at 5:30 p.m. featuring contemporary music More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is at 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

Kirkwood Presbyterian Church, 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and chil dren are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register at 703-451-5320.

JCCNV Mother's Circle program, for women who are not ewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or





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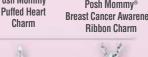


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Fairfax Student Wins Columbus Essay Contest

Claire Wang, a junior at Trinity Christian School (TCS) of Fairfax, won the state level Christopher Columbus Essay Contest sponsored by the Virginia Daughters of the American Revolution. Claire competed with 147 other essayists from across the state, writing on the topic "How Did the Faith and Courage of Christopher Columbus Give to Mankind a New World?"

She received her award from Virginia State DAR Youth Lun- Claire Wang.



the Virginia State Regent Patricia From left, Patricia Musick Musick Hatfield at the Annual Hatfield presents award to

March 16. TCS was represented at the luncheon by R. Cody Phillips, upper school history teacher and school essay contest coordinator. Claire's essay was sponsored by the Pentagon Chapter, NSDAR. The National Society DAR and National Italian American Foundation have jointly sponsored a nation-wide essay contest on Christopher Columbus each year since 1996. The contest is open to students in grades nine through 12 in public, private or parochial schools, or those who are home-schooled.

cheon held in Richmond on

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10 Surke Connection May 2-8, 2013 www.ConnectionNewspapers.com Burke Connection * May 2-8, 2013 * 11

News

South County Soccer Club Bonds in Bermuda

While other Elite Clubs National League soccer teams took a well-deserved break over the Easter holiday, one team went on the trip of a lifetime. FC Virginia U14s traveled to Bermuda, taking the opportunity to experience island life while also playing against the full Bermuda women's national team, and a high school team from Florida

"It was a great trip and a great

experience on and off the field," head coach Christian Cziommer said. "We actually were a football team for four days instead of a soccer team, I think that says a lot about what the status of soccer is on the island. Everyone was talking about football, recent scores, very different to the US and great for the players to see."

The experience provided a much different routine for FC Virginia's

players-instead of facing off against peers, the team had to learn to deal with bigger, stronger and faster opponents of the Bermuda national team.

Not to mention the facilities that Bermuda had to offer.

"It was great to play against that high pressure because it forced us to move the ball even quicker," Cziommer said. "The fields were high quality Bermuda grass fields and for the players a great experience to play on the National Training Center facility. And of course, like on every European field, a clubhouse with locker rooms and meeting area to hang out a team.

After opening the trip with a 3-2 win against Bermuda—thanks to Gabriella Gordon's game-winning penalty kick—FC Virginia drew 1-1 against its high school opponents, and finished the trip with a 1-0 loss against Bermuda.

"Before the first game [our players] were very nervous, and looking at the size of the players on the national team it's understandable," Cziommer said. "We told the players our expectations are to enjoy the game and the environment and play our possession style



FCV 98 at the Bermuda Annual National Kite Festival. Left to right, back row: Gabriella Gordon of Fairfax, Allison Maliska of Loudoun, Quinn Rogers of Centreville, Katie Le of Centreville (local TV announcer), Casey Peterson of Clifton, Isabella Gordon of Fairfax, Randi Palacios of Vienna; third row: Kathleen Brumagim of Haymarket, Rebecca Crouch of Annandale, Kelsey Hamer of Centreville, Kaitlyn Small of South Riding; second row: **Grace Mondloch of Clifton, Rachel Fischer of Clifton; first** row: Abigal Rynex of Chantilly, Catherine Kwitnieski of Loudoun.

game, everything else will come by itself. We put a lot of emphasis of taking everything in as an overall experience, not to look at the games or scores only but also what we are doing as team off the field."

The island backdrop allowed for plenty of activities off the field:

trips to the beach, live music and something quite different to the hectic setting of Northern Virginia. It was also a platform for a strong team bonding experience, and for many players, the first time leaving the country.

5-K Walk to benefit children in foster care

When: Saturday, May 18, 2013, 8:30 a.m. – I p.m. (Registration from 8 to 8:30 a.m.)

Where: Lake Accotink Park (rear entrance) 5660 Heming Avenue, Springfield, VA.

Cost: \$30 registration fee • Picnic lunch provided

Steps to Walk – or Support the 5-K Walk

I. Log on to: www.fairfaxyouth.org/events.xml to register

2. Create your own team or join our Fairfax Families4Kids team. nondiscrimination on the basis For more information, visit the Web site at www.fairfaxcounty.gov/ncs/fairfaxfamilies4kids.htm or contact

Beverly J. Howard, Fairfax Families4Kids Coordinator, 703-324-7518, TTY 711. Beverly. Howard@fairfaxcounty.gov



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OPEN HOUSES SATURDAY/SUNDAY, MAY 4 & 5

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To add your Realtor-represented Open House to these weekly listings, please call Steve Hogan at 703-778-9418 or e-mail the info to shogan@connectionnewspapers.com All listings due by Tuesday at 3 P.M.

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Burke

\$739,950 Open Sunday 5/5 1-4 Sunny open floor plan w/5,200+ SQ FT on cul-

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Magnificent golf course lot w/2 patios, spectacular hi-end kit remodel w/cherry cabts, enormous island, granite cntrs, Thermador refrigerator & 2 sinks, fin walkout bsmt, 3BR, 2.55BA, LVRM w/11 ft coffered clng, Brazilain walnut flrs, quality Pella windows, custom plantation shutters, replaced roof, HVAC & more.



Fairfax Sta/South Run 5,000 Square Feet

Huge Newport model $\mbox{w}/\mbox{ 5BR}, 4.5\mbox{BA}, 2 \mbox{ frplcs}, \mbox{ fin}$ walkout bsmt w/ wet bar, 2 recreation rms + a den, SUNROOM, 1/2+ acres, loaded w/ hrdwd flrs & moldings, eat-in kit w/ granite cntrs, SS appliances & tile splash, MBA w/ jetted tub & sep shower w/ new tile, dual zone HVAC, fresh paint, replaced roof, siding garage drs & more.



Fairfax Sta/South Run \$849,950 **Backs to Parkland**

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News

The core dance team of the Kidz Musiq Club dance in the "Junk Food Blues" music video. The children worked from 8 a.m. to noon on Sunday, April 14, remaining enthusiastic and professional while making the music video for Fairfax County's Fairfax Public Access Channel 10.



Making The 'Junk Food Blues' Music Video

"Eating cotton candy makes my tummy ache.
Birthday party pizza all the slices I can take!
I got the junk food blues. I got the junk food blues.
Oh, I got the junk food blues and I don't know what to do."

To the tune of jazz, nine children from the Kidz MusiQ Club recorded a music video in Fairfax Sunday, April 14, to the song "Junk Food Blues." The music video is set for county-wide airing in July. The video is a collaboration between the Fairfax Public Access (FPA) show "Healthy Food Happy You" and Kidz MusiQ Club, and aims to educate children from Fairfax and surrounding areas about childhood obesity and the importance of healthy food through a light-hearted jazz song.

According to the Virginia Department of Health, 15 percent of Fairfax County children ages 2 to 18 are overweight, and are in risk of weight-related diseases such as diabetes and hypertension. Currently, roughly one in three children in the United States are obese.

Jorge Mera, of Fairfax, produces the Fairfax Public Access show, "Health Food Happy You," which shows

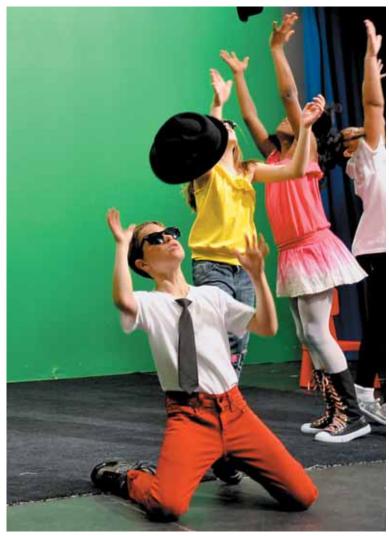
on Fairfax County-area local television with that same goal of promoting the benefits of healthy eating to county children. He said, "The Junk Food Blues' will be a great tool to motivate kids to eat healthier."

For the "Junk Food Blues" music video, Mera teamed up with Renee Collins Georges, creator/owner of Kidz MusiQ Club. Georges, who wrote "Junk Food Blues," is excited about her collaboration with FPA's TV show promoting healthy eating. "Teaming up with Mr. Mera and his show enables us to align and share our music, mission and programs with parents and kids in Fairfax and other coverage areas in Virginia. I hope that kids will find our music video to be entertaining, educational and fun," said Georges.

The music video is expected to be released in June on Fairfax Public Access Television.

For more information about the Fairfax Public Access show "Health Food Happy You," go to www.healthyfoodhappyyou.com and for information about KidZ MusiQ Club, go to www.kidzmusiqclub.com.

-Roshan Ghimire



Antonio Ferro, a member of the Kidz MusiQ Club, does a move during the Sunday, April 14, recording session in Fairfax. The music video Antonio and the Kidz MusiQ Club danced in will air on Fairfax County stations this July.

Communities of Worship



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Fairfax Water

FAIRFAX COUNTY WATER AUTHORITY Notice of Public Hearing

Resolution Authorizing Acquisition of Easements Necessary for Public Purposes by Eminent Domain or Other Means

May 23, 2013 at 7:00 p.m.

The Fairfax County Water Authority will hold a public hearing pursuant to Va. Code Ann. § 15.2-1903 on at 7:00 p.m. on Thursday, May 23, 2013, to receive public comments on a proposed Resolution authorizing the acquisition of easements necessary for the improvement and expansion of Fairfax Water's water system infrastructure adjacent to sections of the Richmond Highway (U.S. Route 1) in Fairfax County. The improvement and expansion is required to provide adequate capacity to serve existing and future customers. The necessary easements are to be located across several parcels of land adjacent to U.S. Route 1, more particularly described as Fairfax County Tax Map Parcels 083-3-01-0037, 083-3-01-0038, 083-3-01-0040, 083-3-01-0041, 083-3-08-B, 093-1-01-0019, 093-1-01-0025, 093-1-16-0013, 092-2-18-06-0001A, and 093-1-18A-0001. Following the public hearing, the Water Authority Board may vote on or after June 6, 2013, to adopt the proposed

The proposed Resolution and other related information can be viewed at Fairfax Water's Website at http://www.fairfaxwater.org.

The public hearing will be held in Fairfax Water's offices at 8570 Executive Park Avenue, Fairfax, VA. Those wishing to speak at this hearing or desiring a copy of the proposed resolution should call Eva Catlin at (703) 289-6017. Interested parties also may submit written comments to PublicHearingComments@fairfaxwater.org or mail written comments to:

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All written comments must be received by close of business on Wednesday, May 22, 2013 to be included in the record of the public hearing.

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28 Yard Sales

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21 Announcements 21 Announcements

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Also on May 16, 2013 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 available at auction will be a Charity Unit

21 Announcements 21 Announcements

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Fairfax senior Zack Burnett, right, scored four points for the Suburban All-Stars team during the 40th Annual Capital Classic on Sunday at T.C. Williams High School.



Woodson senior Tommy Stepka (22) competed for the Suburban All-Stars during the 40th Annual Capital Classic on Sunday at T.C. Williams High School.

Woodson's Stepka, Fairfax's Burnett Compete in Capital Classic

By Jon Roetman The Connection

eing selected to compete in the 40th Annual Capital Classic was a testament to Khory Moore's talent as a basketball player. Still, the Wakefield senior wanted to leave his mark. He wanted to stand out.

While all-star games can at times be marred by lackluster effort, Moore hustled around the court, looking to make a difference. He snatched rebounds. He leaped on defense to disrupt a pass. He even took a charge—an unusual sight during an exhibition game.

"I don't like to lose," Moore said. "When they were going on a run, I had to do something different than everybody else was. I had to stand out [in case] a college coach was here."

Sunday's Capital Classic consisted of two contests. The opener was an all-local matchup between the Suburban All-Stars and the District All-Stars. The main event matched some of the best players in the area (Capital All-Stars) against some of the top talent from around the country (United States All-Stars).

ONE OF FOUR ATHLETES from the Northern Region competing for the Suburban All-Stars, Moore made his presence known during Sunday's opening contest. Moore led all Northern Region players with 12 points, including a pair of 3-pointers, but the Suburban All-Stars came up short against the District All-Stars, 118-88. Moore said participating in the event was a "great" experience, but it also served as a wake-up call.

"It made me realize that I'm not as good as I thought I was," Moore said about competing against the talented District team. "I've got to keep working every day in the gym and stay humble. That just humbled me a lot."

Moore led Wakefield to the 2013 National District championship. The Warriors finished Northern Region runner-up and advanced to the state semifinals. Moore said he is leaning toward attending Virginia Wesleyan College.

West Potomac point guard Brandon Pressley, Woodson forward Tommy Stepka and Fairfax guard Zack Burnett also played for the Suburban squad. The four Northern Region players came off the bench, entering the game together for the first time with 5:37 remaining in the first quarter.

Pressley finished with nine points.

"It was a really good experience," he said. "It opened my eyes up to the type of competition that I'm going to be seeing next year trying to play on the next level."

Pressley, who is listed at 5-foot-7, said practicing against Suburban teammates JJ Epps (5-7 Magruder guard) and Magic Harris (5-11 Oxon Hill guard) was unlike anything he faced in the Northern Region.

"Both of those guys are about my size, extremely quick, extremely athletic and I haven't seen anything like that in our region," Pressley said. "I'm always used to being the quickest guy. It really makes me see that I have to work more on my skill and not just depend on getting by guys [with] quickness."

Pressley said he is undecided on where he will play college basketball.

Stepka finished with four points. "It's great to play in an all-star game be-

cause it shows how much you worked throughout your high school career," Stepka said. "It's not really about the game. It's just more what you did to get to the game."

Stepka helped Woodson overcome a 19-point fourth-quarter deficit to beat Wakefield in overtime in the Northern Region championship game on Feb. 23. After capturing the school's first outright region title, the Cavaliers beat Battlefield in the state quarterfinals before losing to eventual state champion Henrico in the semifinals.

"Playing in the state semifinals, winning the region and playing in this all-star game," Stepka said, "I couldn't ask for a better senior year."

Stepka said he is undecided where he will attend college or if he will continue his basketball career.

Burnett finished with four points. He helped Fairfax advance to the 2013 Northern Region tournament.

IN THE MAIN EVENT, Herndon's Will Ferguson was the lone Northern Region representative to suit up for the Capital All-Stars, who lost to the United States All-Stars, 126-120. The Capital team was coached by Herndon head coach Gary Hall.

"It was good to play for him one last time," Ferguson said.

Ferguson, who said the opportunity to play in the game was a "blessing," finished with three points. He led Herndon to the 2013 Concorde District championship and will attend Massanutten Military Academy next season.

Bishop O'Connell's Junior Etou finished with 11 points for the Capital team. Etou helped O'Connell win the Washington Catholic Athletic Conference championship.

WELLBEING

Yoga Week Comes to the Area

Local effort offers budding yogis a chance to improve their minds, bodies and spirits with free or \$5 classes.

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BY MARILYN CAMPBELL The Connection

manda Shipe presses the palms of her hands into the back of one of her students. The student's body forms a triangle, her head dangling upside down, the balls of her feet squeezing against the coarseness of the yoga mat beneath her. Shipe's touch sends the student's sitting bones skyward.

"[This] is called 'downward facing dog.' We do a lot of hands on alignment in our yoga classes to make sure students are doing their asanas [postures] correctly," said Shipe, who runs Mind Your Body Oasis yoga studio in Arlington.

Shipe and other area yoga studio directors are welcoming new students into their doors this week as part of the eighth annual D.C. Yoga Week, an effort by the Washington-area community of yogis to raise awareness about the practice.

Participating yoga studios are offering free and \$5 classes along with discounts on

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merchandise and workshops. The weeklong event began April 29 and culminates with Yoga on the Mall, an outdoor yoga class of more than 1,000 yoga enthusiasts of all skill levels that will be held this Sunday, May 5, from 11 a.m. to 1 p.m.

"There are a lot of people who are afraid to take yoga. Some people have a misconstrued perception of what yoga is. This week they can take a class without making a large investment and become more familiar with yoga," said Dawn Curtis of East Meets West Yoga Center in Vienna.

Shipe believes rampant misinformation fuels the trepidation that keeps some people at bay. "There are so many fears about yoga and so much talk out there in social media," said Shipe. "This event will raise awareness about how great yoga is for your mind, body and spirit. It will bring new people into yoga classes and remind people that yoga is pretty mainstream and very available at many studios."

Jatin P. Ambegaonkar, Ph.D., an associate professor in George Mason University's



Amanda Shipe, of Mind Your Body Oasis yoga studio in Arlington, assists a student with a downward facing dog yoga pose. Mind Your Body Oasis is one of several area studios offering free and \$5 classes during D.C.

College of Education and Human Development in Fairfax, says the week-long focus on yoga is an opportunity to educate those who are unfamiliar with the practice.

"Scientific evidence has shown that the

clear benefits of yoga include a sense of relaxation, a sense of well-being, a sense of cardiovascular wellness and musculoskeletal wellness," Ambegaonkar, who lives in Centreville. "The problem with yoga is that in the last eight to 10 years, there

have been a lot of hybrids that have branched out from the original Indian art form of yoga, like power yoga and hot yoga, that are somewhat of a fad."

Ambegaonkar added that while such popular forms of yoga are not necessarily harmful, more research is needed. He also offered a caveat. "One of the basic tenets of yoga is the focus on the body and recognizing it as being a temple," he said. "People who practice yoga regularly know when they have reached their limit."

According to its co-founder, Annie Mahon of Circle Yoga in Washington, D.C., Yoga Week began as a way to expand the yoga

community and increase cohesiveness. "One goal is to make yoga accessible to a wider audience," she said. "We'd like to be able to do more community-based yoga, like therapeutic yoga and support yoga in different

areas of the [region]. We want to create

more community in the yoga world."

"Yoga week really encapsulates what yoga is about, which is community, togetherness and unity," said Sara VanderGoot of Mind the Mat in Alexandria and Ar-

lington. "The word yoga itself means unity. We're all part of the same whole and yoga week embodies that truth."

Freddy Margolis of Village Yoga in Potomac, Md., plans to join Yoga on the Mall. He also hopes D.C. Yoga week will unite local yogis.

"The D.C. area has one of the strongest yoga communities in the country," he said. "People get worried about their own studios, but it's nice for us all to come together and have a nice day out on the Mall.'

For more information about D.C. Yoga Week, Yoga on the Mall or to find a list of participating studios, visit http://dccy.org.

"This event will raise awareness about how great yoga is for your mind, body and spirit." - Amanda Shipe, Mind Your Body

Oasis, Arlington

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Yoga students in Arlington lie in a resting pose. Mind Your Body Oasis, one of the area studios participating in D.C. Yoga Week, offers a free outdoor class at 7 a.m. on Mondays.



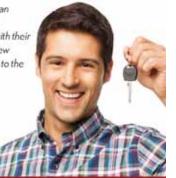
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