

Sharks Swim for Cancer Awareness

NEWS, PAGE 11

Michelle Bowden of Burke dressed up as a pink ribbon to raise breast cancer awareness at the Shark Tank Racing Squad's breast cancer marathon on March 2.

Board Advertises Higher Tax Rate

NEWS, PAGE 7

Trying to Stay Strong Through the Grief

NEWS, PAGE 3

You know how when you find a company that does everything right and you leave saying to yourself...

NOW THAT'S HOW IT'S DONE

That was my vision when starting Advanced Hearing Technologies in 1992, out of an efficiency apartment in Indianapolis, Indiana, the bed pulled out of the wall. Legendary customer service, a quality product and offering the best prices were the business principles handed down from my grandfather, to my father, to me.

Legendary customer service combined with a 2 month risk free trial, means if for any reason you feel you are not ready for hearing aids, there is no charge. This business model has grown our company for more than 20 years, created more than 60,000 current satisfied customers and 14 locations nation wide.

For these reasons and many more I personally guarantee you cannot find a better hearing aid company anywhere.

~Robert Hutchcraft, Owner

MANUFACTURER SPONSORED HEARING AID SALE!
ACT NOW AND FOR ONE WEEK ONLY RECEIVE

20% + 20% = 40%

Negotiated
manufacturer's rebate

Price reduction off our
already competitive prices

ONE TIME Real Savings on
selected circuits!

20% manufacturer's rebate creates a price our competition has never nor could ever offer.
25% OFF ANY COMPETITORS CONTRACT!

Legendary Customer Service Package

Available to anyone that wears a hearing aid, regardless of where you purchased!

NO OBLIGATION 60 DAY RISK FREE TRIAL
FREE Financing and 0% interest for 1 year
(with approved credit)

FREE Hearing test/evaluation
FREE Ear canal exam (it may just be wax)
FREE Lifetime hearing aid programming
FREE Lifetime in office cleanings/adjustments
FREE Lifetime in office repairs/service
FREE Hearing aid cleanings
FREE Hearing aid diagnostics
FREE Behind the ear tube replacements
ALL OF THIS WITH A LOWEST PRICE GUARANTEE

WHAT DO YOU HAVE TO LOSE?

Arena

Our entry level workhorse
THIS PROMOTION ONLY

\$589 **\$17**
a month*

Targa Plus

Covers a Range of Losses
THIS PROMOTION ONLY

\$989 **\$28**
a month*

T12

RECHARGEABLE!
Never buy another battery!
THIS PROMOTION ONLY

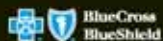
\$1,295 **\$36**
a month*

*Based on a 36 month agreement. Financing available with approved credit.

Federal BC/BS Members GET FREE HEARING AIDS

The Next Generation "Day 4" Circuit
NO MONEY OUT OF POCKET

- 2 separate noise reduction programs
- 4 prescription channels
- Anti feedback, Directional microphones
- Optional remote control



Your Insurance Goes Twice as Far at Advanced Hearing Technologies!

CALL NOW TO SCHEDULE AN APPOINTMENT

571-421-2908 • 1-888-528-8692

SPRINGFIELD

8136 Old Keene Mill Rd. A304

VIENNA

380 Maple Ave. West L-1A

RICHMOND

8703 W. Broad St.

Visit Us At - AdvancedHearingTechnologies.com

When things
aren't right,
that's when
we're
just right.

From primary care to intensive care, we provide nationally ranked pediatric medicine serving Maryland, Virginia, the District of Columbia, and beyond.
Call 888-884-BEAR or visit JustRightForChildren.com.



Children's National
Just Right Health System



NEWS

Woodson junior Giancarlo Pacheco and the Woodson Cavalry celebrate winning their second consecutive region championship on Saturday, March 1: following the deaths of the two Woodson students, the win was an emotional one for the Cavaliers.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Trying to Stay Strong Through the Grief

Woodson High community mourns two students.

BY BONNIE HOBBS
THE CONNECTION

Tears, sad faces, hugs, stunned silences, churning emotions and unanswered questions – all are part of the reaction of the Woodson High students in the wake of last week's tragedies: Two of their classmates have died.

Fairfax County police responded last Wednesday, Feb. 26, to Clara Barton Drive in Fairfax Station for a report of a pedestrian struck by a VRE train around 5:35 a.m. The victim, who died, was identified as Woodson sophomore Jack Chen, 15, of Fairfax Station. Police say the circumstances surrounding his death remain under investigation.

Two days later, Friday, Feb. 28, students learned another classmate – this one, a junior – had also died. No details about this death have been released. But one thing is certain: Both of these teenagers died too soon. And all those who knew and cared about them are deeply grieving their loss, including Woodson Principal Jeff Yost.

"These are great kids, with strong friendships," he said on Monday. "These kids made other kids smile and their teachers and coaches, as well. In short, they were very typical kids. That is the scary part."

"Those students left behind are taking care of each other, their teachers and, yes, even their principal. Teachers are eliminating and/or altering assignments. We have postponed sending any kind of interim grades out this week ... maybe next week."

Additionally, said Yost, "Counseling is available at school all of this week, and we have counselors, psychologists and social workers that work at every school already."

IN A FEB. 28 EMAIL to the Woodson community, Yost wrote, "I am saddened to report to you the unexpected death today of one of our 11th-grade students. Out of respect for the family's wishes, Woodson High School will not be providing any additional details related to this incident. Our thoughts and support are with the student's family and friends during this difficult time."

He said the school has a crisis team in place and support services for students, staff, and families are available. Yost also stressed the importance of ev-

eryone pulling together as a community "to identify risk factors and assist any child who may be in need of academic, social or emotional support."

"Social media is the place where students 'congregate' to share their thoughts about a tragedy," Yost told the parents. "Unfortunately, it is also a place where rumor, innuendo and speculation often prevail. Please make every effort to be aware of your child's activities on social media and encourage them to let adults know when they read something that concerns them."

A community meeting was set for Wednesday night, March 5, at the school to let parents know what Woodson's doing "to support their children during this time of grief, provide information and resources for parents to use as they help their children, and tell them about community efforts to build a network of support" for the students.

In addition, FCPS Superintendent Karen Garza and her administration are working on countywide initiatives that support student mental health and wellbeing. The School Board is concerned, as well.

"As the Braddock District School Board member and a parent of two Woodson students, I am deeply saddened by the loss of these two students and extend my heartfelt condolences to their families and loved ones," said Megan McLaughlin.

"I support FCPS' dedicated efforts to work with the community in examining what has happened and in determining how best to prevent future loss of life," she continued. "As a social worker and Board member, I will continue to advocate for community interventions that reduce student stress and improve their ability to cope with adversity."

LAST FRIDAY, FEB. 28, Woodson's basketball team beat Herndon in a regional semifinals game. And following the deaths of the two Woodson students, the win was an emotional one for the Cavaliers. "We're doing this for the community," said Woodson senior Michael Szabo. "We feel like this can bring it together in a positive manner in a negative time."

Woodson head coach Doug Craig praised the Cavaliers for responding well to tough times. "It's been a really difficult week in the community and I thought our kids really showed their character," he said. "To fight through and play that well on a big stage against a great team ... and for our kids to fight through all the adversity and find a way at the end to pull out the game [was big]."

Connection Sports Editor Jon Roetman contributed to this story.

Preventing Teen Suicides

Recent deaths shine light on FCPS suicide prevention programs.

BY VICTORIA ROSS
THE CONNECTION

Every 15 seconds, a teen in the United States tries to commit suicide.

Every 90 minutes, one succeeds.

The Centers for Disease Control and Prevention (CDC) also reports that the number of attempted suicides among teenagers increased from 6.3 percent in 2009 to 7.8 percent in 2011.

In Fairfax County, between four and seven students take their own lives every year, according to the authors of a 60-page report compiled last September by a team of community mental health agencies and Fairfax County Public School specialists.

"The youth rate, despite also being below state and national rates, remains unacceptable. The impact of suicide on families, friends, and communities is immeasurable," the report states.

In a span of 30 days, Fairfax County residents have felt the impact and pain of teen suicide on four separate occasions. In early February, two Langley High School students committed suicide a day apart. Last week, two more students from Woodson High School took their own lives.

"It's very clear there's an increased frequency of suicidal behavior and thinking in Fairfax County this winter," said Dr. Peter Robbins, M.D., medical director of The Child & Family Counseling Group in Fairfax. "If you compare this number to last winter, there's been a higher frequency of this behavior."

While Robbins acknowledges there are "no great answers" to the rash of teen suicides, he has been working with Fairfax County Public Schools to conduct seminars that clue parents in to the warning signs of depression and suicide.

"Numerous studies have shown that identifying at-risk students early is the best chance of prevention," Robbins said.

FAIRFAX COUNTY PUBLIC SCHOOLS is doing that, through an array of programs and services aimed at spotting students at-risk for depression and suicide. Programs range

from 24/7 crisis response services to police training to mental health screenings to primary prevention programs.

Being a teenager has never been easy.

But today's teens are feeling new pressures from many different fronts. According to a new poll, conducted by NPR along with the Robert Wood Johnson Foundation and the Harvard School of Public Health, nearly 40 percent of parents said their high school students are experiencing added stress from school.

The curriculum is more demanding, homework sessions are longer and gaining admission to college is more competitive, which means the stakes are high for testing.

Add social media to the mix, where students can compare their existence to other teens 24 hours a day on Facebook, Snapchat, Twitter and other social networks, and the resulting stress can lead to depression and suicidal thoughts.

How can parents, students, friends, teachers help a student through the roller-coaster years of adolescence?

SEE SUICIDE, PAGE 15

Additional Resources

THE PREVENTION TOOLKIT:

a collection of data and resources regarding youth behaviors and risk factors, including depression and suicide, in Fairfax County. The toolkit supports organizations, communities, and individuals in developing data-informed strategies to address identified needs. It includes links to and resources about developing programs, implementing policies, and accessing services. <http://www.fairfaxcounty.gov/ncs/prevention/toolkit.htm>

THE FAIRFAX COUNTY YOUTH SURVEY:

A joint initiative of Fairfax County Government and Fairfax County Public Schools (FCPS), the annual survey provides data on student behaviors and risk and protective factors. The 2011-12 school year survey taken by eighth, tenth, and twelfth graders included questions about mental health and suicide. Full results can be found at www.fairfaxcounty.gov/ncs/youthsurvey.

FAIRFAX COUNTY'S PREVENTION SYSTEM:
www.fairfaxcounty.gov/ncs/prevention



PHOTOS BY JANELLE GERMANOS/THE CONNECTION

Sharon Bulova, chairman of the Fairfax County Board of Supervisors, listens as Jordan Felcorn, a senior at Woodson High School, speaks after being recognized at the Student Peace Awards of Fairfax County on March 2.

Hannah Piester, a junior at Oakton High School, guest speaker Barbara Wien, and Melissa Schwartz, a senior at Lee High School, speak at the Student Peace Awards of Fairfax County on March 2.

Honored for Promoting Peace

The Student Peace Awards of Fairfax County honors 22 students.

BY JANELLE GERMANOS
THE CONNECTION

The Student Peace Awards of Fairfax County, presented by the Herndon Friends Meeting, honored a group of 22 juniors and seniors who were nominated for their dedication to peace and conflict resolution on March 2.

The students, involved in activities such as Amnesty International, Best Buddies, Gay Straight Alliance, Girl Scouts, Student Government, Islamic Presence Club, mission trips, and much more, were recognized for promoting peace and working to remove the effects of war in the community.

Barbara Wien, a peace educator and human rights activist, was the guest speaker. Wien spoke about her experiences as an advocate for peace, including her role in protecting civilians in Colombia from a death squad, and reminded students that war is not an inevitable part of human nature and can be eradicated.

"Many children are also raised to believe that war is inevitable. They're raised to believe that the human race is inherently violent and will always live with war. Well, I'm here to challenge that notion," Wien said.

STUDENTS WERE AWARDED \$150 and were also able to donate \$100 to an organization of their choice. They also received

a copy of the book "Sweet Fruit from a Bitter Tree," by Mark Andreas.

Margaret Fischer, the reception coordinator, read each student's accomplishments and contributions to the community as they received their award from Sharon Bulova, chairman of the Fairfax County Board of Supervisors, and Providence District School Board member Patty Reed.

"Our last presentation demonstrates the bittersweet nature of working for peace," said Fischer of the award to Woodson High School senior Jordan Felcorn, who was recognized for his restoration of Woodson's Students Against Destructive Decisions Club.

Felcorn said he began his involvement with the club after observing bullying at his school, as well as volunteering with Fairfax County Medical Services and responding to calls including on drugs and drunk driving.

"The club works towards trying to prevent teens from making decisions such as drinking and driving, bullying, distracted driving, drug use and abuse, and suicide," Felcorn said. "Unfortunately, this past week at my high school, W.T. Woodson, we experienced the tragic loss of life of two students."

Felcorn asked the audience to observe a moment of silence in remembrance of two Woodson students who died the week before.

West Potomac High School senior Pamela Molnar was among the students honored for promoting peace in the community. Molnar helped to start and grow the West Potomac chapter of Best Buddies, an organization that advocates for people with disabilities.

"My mom is a special education teacher, which has inspired me," Molnar said. "I think the group has had a big impact on the school."

FOR THE FIRST TIME since the Student Peace Awards began, a school nominated a group of students for the award. The Moun-

2014 RECIPIENTS OF THE STUDENT PEACE AWARDS

- Malaz Namir**
Junior, Chantilly High School
- Emma Celeste Munis**
Senior, Thomas A. Edison High School
- Andrew Jhu**
Junior, Fairfax High School
- Hamima Nasrin**
Hayfield Secondary School
- John Strangfeld**
Senior, Herndon High School
- Adam Abutaa**
Senior, The Islamic Saudi Academy
- Huong 'Helen' Tran**
Langley High School
- Melissa Schwartz**
Senior, Robert E. Lee High School
- Kaylee McGuffin**
Senior, James Madison High School
- Kareem El-Ghazawi**
Senior, George C. Marshall High School
- Brooke Inglese**
Senior, McLean High School
- Nora Elshiekh**
Senior, Mount Vernon High School
- Mount View Brave Girls Club**
Mount View High School
- Hannah Piester**
Junior, Oakton High School
- Mary Krolicki**
Senior, Paul VI Catholic High School
- Daniel Bermudez**
Senior, Quander Road School
- Beau Sloane**
Senior, South County High School
- Seema Sethi**
Senior, South Lakes High School
- Anwar Omeish**
Senior, Thomas Jefferson High School for Science and Technology
- Pamela Molnar**
Senior, West Potomac High School
- Elizabeth Maria Hiatt**
Senior, Westfield High School
- Jordan Felcorn**
Senior, W.T. Woodson High School



Chairman Sharon Bulova on a Snow Tour

Fairfax County Board of Supervisors Chairman Sharon Bulova takes a tour with public works staff during the snowstorm on Monday, March 3. They are showing her snow removal activities from critical county facilities like fire and police stations.

BULLETIN BOARD

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

SATURDAY/MARCH 8

Dog Adoption. 12-3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax.

TUESDAY/MARCH 11

Alzheimer's Association workshop "Living with Alzheimer's: For Middle-Stage Caregivers." 6:30 - 8:30 p.m. Alzheimer's Association National Capital Area Chapter, 3701 Pender Drive, Suite 400, Fairfax.

THURSDAY/MARCH 13

Corporate Gary Job Fair. 9 a.m. - 12:30 p.m. The Waterford in Springfield, 6715 Commerce Street, Springfield. The company's career events attract a wide variety of employers that want to hire military veterans and spouses, including large organizations like Coca-Cola, Lockheed Martin, Hewlett-Packard, Engility, State Farm, the National Security Agency, and the Virginia Department of Transportation.

Spring 2014 Burke Centre Used Book Sale. 1 - 9 p.m. T. Burke Centre Library, 5935 Freds Oak Road, Burke. This sale is one of the three large annual sales with all genres represented in the roughly 8,000 books for sale PLUS media like DVDs, CDs, audiobooks, and more.

WEDNESDAY/MARCH 19

Foot Screening. 5-7:30 p.m. Sentara Lorton Marketplace, 9455 Lorton Market Street, Lorton. Foot pain can affect a person's ability to enjoy the most basic activities of daily life. A qualified podiatrist will provide a complimentary screening for any foot problem you may be experiencing. These free consultations will last approximately 10-15 minutes. Appointments are required. Call 1-800-SENTARA (736-8272). Space is limited.

ONGOING

Singers Wanted for the Celebration Singers. The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email gparsons3@cox.net.

FAITH NOTES

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.

The Cancer Treatment Centers of America, sponsored by the Cancer Support Team, Ministry of Greater Little Baptist Church, Fairfax, will present "Restore: The Journey Toward Self Forgiveness & Physical Health" on Saturday, April 5, 9 a.m. to 1 p.m. at the Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax. This is a free event. To RSVP, call the church at 703-764-9111 or email Cancer Support Team Ministry at cstm@glzbc.org. The speaker will be Rev. Dr. Michael Barry author of the Forgiveness Project and Director of Pastoral Care at Cancer Treatment Centers of America in Philadelphia, Pa.



Celebrate St. Patrick's with Us

Great Irish Food During March

Your Neighborhood Place for
Homemade Burgers,
Pizza, Pasta, Soups, Salads,
Steaks, Friendly Service
& Cold Drinks

Sunday Brunch Menu
10 AM-3 PM

50% OFF Lunch

Buy one and get 50% Off
2nd item of equal or lesser value.
Offer expires 3/31/14.
Not valid with any other offers.

10% OFF

Entire Check

Offer expires 3/31/14.
Not valid with any other offers.

5765-C Burke Centre Pkwy ▪ Burke ▪ 703-239-9324

FREE REMODELING & DESIGN SEMINARS!

Sat., March 8th — 10am-2pm

Where: 5795B Burke Centre Pkwy.,
Burke, VA 22015
(behind the Kohl's shopping center)

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

Saturday's Seminars:

- From Concept to Completion
- 10 Tips for a Stress-Free Remodel
- Universal Design

Seminars run from 10am-Noon.
Lunch to follow.

Please arrive at 9:45am for check-in.

Seating is limited!

RSVP: info@sundesigninc.com or
call Sabrina at 703.425.5588

SUN DESIGN

design/build | additions | kitchens | baths | basements | outdoor spaces
703.425.5588 SunDesignInc.com info@SunDesignInc.com

Looking for a New
Place of Worship?
Visit Antioch Baptist Church!



All Are Welcome!

Sunday Worship 8:00, 9:30 & 11:30 a.m.
Sunday School for Children & Adults 9:30 a.m.
Married Couples Sunday School 11:30 a.m.

Rev. Dr. Marshal L. Ausberry, Sr., Senior Pastor

Antioch Baptist Church

6531 Little Ox Road

Fairfax Station, VA 22039

703-425-0710 • www.antioch-church.org

COMMUNITIES OF WORSHIP



5690 Oak Leather Drive
Burke, VA 22015
703-764-0456
www.BurkePresChurch.org

Sunday Worship:
8:30 & 11:00 am
9:45 am Sunday School

Saturday Worship:
5:30 pm CoffeeHouse
casual, guest musicians

First Monday of the month: Labyrinth Prayer Walk
Great offerings for children, youth and adults throughout the week.
Wonderful opportunities in music and mission.

Jubilee Christian Center

"Experience the Difference"
Realtime Worship - Sunday 8:45 & 11 AM
Sunday School 10:10 AM
Sunday Evening - Realtime Worship & Youth 6 PM
Family Night - Wednesday 7:15 PM
Call for our Home Life Group schedule visit our website: www.jccag.org
4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-383-1170

8800 Old Keene Mill Rd.
703-455-7041
Sunday School
9:15 AM
Worship Service
10:30 AM

www.calvaryfamily.com
"Continuing the ministry of Christ on earth"



To Advertise Your Community of
Worship, Call 703-778-9418

OPINION

Take the Money

No downside to gaining health care for 200,000 or more; 30,000 jobs and millions of dollars for hospitals from expansion of Medicaid.

Gov. Terry McAuliffe is right to make expansion of health coverage part of the budget process.

Any measure that would create 30,000 jobs, that could save \$1 billion in the state budget over 12 years, that could provide health insurance for 35,000 people who don't have it in Fairfax County alone, that is supported overwhelmingly by the business community and hospitals, actually deserves to be a part of the budget. As many as 400,000 people in Virginia currently without health insurance could be covered.

Under the Affordable Care Act, if states opt in to the expansion of Medicaid, Federal dol-

lars would pay the costs for five years to cover people with incomes up to 138 percent of poverty, \$15,856 for an individual or \$26,951 for a family of three in 2013. After five years, federal dollars would still cover 90 percent.

Under the Affordable Care Act, people with incomes 100 - 400 percent of poverty qualify for subsidies on their health insurance premiums when they purchase coverage through a Marketplace. The amount of the subsidy, provided via tax credit, is based on income and the cost of insurance, and are only available to people who are not eligible for other coverage, such as Medicaid/CHIP, Medicare, or employer coverage, and who are citizens or law-

fully-present immigrants. Because the Affordable Care Act envisioned low-income people receiving coverage through Medicaid, people below poverty are not eligible for Marketplace subsidies. At least 190,000, and as many as 400,000 adults in Virginia fall into the coverage gap because they don't qualify for Medicaid under Virginia's rules, among the most stringent in the nation, but earn less than the poverty rate, so not enough to qualify for subsidies. [Source: Kaiser Family Foundation]

Elections have consequences. McAuliffe made expansion of Medicaid a key element of his campaign, and Virginia voters chose McAuliffe. The Virginia Senate approved a plan to expand health coverage using Medicaid dollars to purchase private health insurance.

There must be a way forward that doesn't involve stifling economic growth and the health of poor Virginians.

Message To Teenagers: Things Do Get Better

BY CATIE WARREN

SPECIAL TO THE CONNECTION
Catie Warren is a 2009 Woodson High grad and her brother is a freshman there. Now a writer, after last week's tragedies she wrote the following about high-school life in general on TotalSororityMove.com:

Yesterday, a student from my former high school died tragically. He was 15. Just a baby in the grand scheme of things; a young boy with his whole life ahead of him. A life filled with graduations and relationships and jobs and little ones. A life filled with happiness and joy and precious moments, laughter that makes your belly roar, silliness that makes your cheeks hurt, and love that makes your heart skip beats.

He had his whole life waiting for him. Instead, he chose to end it. His death marked the fifth suicide at this school in four years. And. It. Has. Got. To. Stop.

High school is a trying time. Anyone who tells you otherwise is either a liar or someone who peaked the moment they crossed that graduation stage. The hormones, pimples, breakups, gossip, homework, sports teams, locker bays, mean girls who won't talk to you, group projects you'll do yourself, jocks who don't know your name, teachers who don't get you, and the honor courses you wish you'd never taken - it's exhausting.

Someone took your seat at lunch, your best friend ignored you during homeroom, and you're pretty sure you failed your Spanish test. There's so much pressure on you.

Your boyfriend wants to take it to the next level, your coach wants you to run faster, play harder, your teachers want you to push yourself, overextend yourself. You finish school at 3, get home from practice at 7, and are expected to eat dinner, shower, and maintain some level of social existence, all while completing the five hours of homework you have due tomorrow.

You have your PSATs, ACTs, SATs, APs, IBs, and GPA, and yet somehow, somehow, throughout [it] all, you're supposed to maintain your sanity. You're under pressure. You're under a microscope. You're under scrutiny. But you can't break. You can't succumb. You can't give in. Failing now means failing forever. Weakness means defeat. If you're not first, you're last; and if you're not the best, then what's the point?

There are prep courses, college fairs, tours, visits, winter breaks spent doing science projects, spring breaks spent looking over flashcards and Words of the Day, and summer breaks spent reading Homer and Tolstoy and Machiavelli. Push yourself. Be better. Do better. Try harder. You're better than that. Everything depends on this, on these four years. One slight misstep and your future is ruined. Tread lightly, kid. Don't screw it up.

We force them. We ride them. We harp on their tiny failures and overlook their monumental successes. We expect greatness. We demand perfection. We push and we push and we push until we

can't push anymore. Until they can't take it anymore.

We create stressed out children, harried teenagers, premature grownups. And they can't accept it. They can't handle the pressure of perfection, the expectation of full rides, the belief that if they fail now, they will lose this game of life that they've barely started.

Teenagers today have it harder than any generation before them. They've been coddled, fed from the silver spoon, nurtured to a fault. They received trophies for simply showing up. They've been called lazy, out of touch with reality, overzealous, rude, irresponsible, immature and too mature for their own good. We're training them for jobs that don't exist, preparing them to buy into systems that are soon collapsing and expecting them to solve world hunger, cancer and bankrupted economies.

So it's no wonder they crack. How could they not? Between the school, family and societal pressures and normal teenage angst, what did we expect? They're growing up too soon, too fast and too publicly. Success is measured in grades and test scores, Facebook friends and Instagram photos. They're dealing with not only helicopter parents, but also standardized-test-crazed teachers and horrible, anonymous, online bullies. Images are Photoshopped, actresses don't eat and athletes use steroids.

And while we've been debating between immunizations and cord blood, grass-fed and organic, and

yoga and pills until you can no longer feel, these kids have been suffering. We expect the unthinkable, demand the unattainable, preach the impossible.

At some point along the way, we stopped letting kids be kids. We stopped letting humans be humans. We've lost sight of what's important, let go of what matters. We've forgotten the humanity. We need to slow down. We've got to slow down before it's too late. We're making our children grow up too soon - and we're losing them because of it.

High school is not the best four years of your life and doesn't decide your fate. It doesn't tell you the age at which you'll come to peace with your nose or learn to embrace your quirky laugh. It doesn't forgive you of past sins, it doesn't prevent you from making future mistakes, and it is not the happiest you will ever be.

High school is high school, and, oftentimes, it's [really tough]. Being a teenager is hard. But when you get through it, when you learn from the screw-ups and you realize you really can smile through the tears, it's worth it.

The time has come for us to embrace the imperfections, stop the pressure and learn to live with adversity and mistakes. To stop sweating the small stuff, let our kids be kids [and] realize we're only human. We're all just doing our best. We're all just trying to get by. Smile at a stranger, laugh 'til your belly aches and know in your heart that it really does get better.

Burke
CONNECTION

www.ConnectionNewspapers.com

@BurkeConnection

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to
connectionnewspapers.com/subscribe

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

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Victoria Ross
County Reporter
301-502-6027
vross@connectionnewspapers.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
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

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:
Geovani Flores

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

CIRCULATION: 703-778-9426
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com

2012
AWARD
WINNING
NEWSPAPER
Virginia
PRESS
Association

NEWS

Board Advertises Higher Tax Rate

Rate gives board flexibility, options in determining final budget.

The Fairfax County Board of Supervisors voted 8-2 Tuesday to advertise a higher real estate tax rate that could add about \$100 to annual tax bills, which will be on top of the \$332 county homeowners will see this year as a result of higher real estate assessments.

Setting the advertised tax rate formally begins the two-month public process to adopt the Fiscal Year 2015 budget, and the rate represents the maximum potential tax rate for FY2015.

"Advertising a higher rate sets an upper threshold as budget decisions are considered," said Board Chairman Sharon Bulova (D-at-large).

"Our action today does not mean that the advertised rate is necessarily what will be adopted in April when the board 'marks up' and formally adopts the Fiscal Year 2015 Budget," Bulova said, adding that the higher rate gives the board some flexibility "so that debate and discussion is not cut off at the very beginning of the budget process."

According to the County Executive's proposed budget, one penny of the tax rate is equal to roughly \$21.9 million in general fund revenue and \$50 for the average Fairfax County residential tax bill.

"This year, the board must take into account that property owners are seeing an average increase of \$330 in property tax assessments due to a recovery

in the housing market," Bulova said.

"When we adopt the budget, the Board of Supervisors will be challenged with funding essential services such as our top-tier school system and keeping taxes affordable for residents."

A public hearing on the effective tax rate will be held on Tuesday, April 8 at 3 p.m. in the Fairfax County Government Center Board Auditorium.

In addition, public hearings on the proposed FY 2015 Budget, the advertised capital improvement plan (CIP) and the proposed tax rate are Tuesday, April 8, at 6 p.m.; Wednesday, April 9, at 3 p.m.; and Thursday, April 10, at 3 p.m.

Those wishing to speak at a public hearing can sign up online to place their name on the speakers list, or contact the Office of the Clerk to the Board at 703-324-3151, TTY 703-324-3903.

The public hearings will be held in the Board Auditorium, Fairfax County Government Center, and will be televised live on Fairfax County Government Channel 16.

Town hall meetings are being held throughout the county to give residents the opportunity to ask questions and provide input. The Board of Supervisors will hold public hearings April 8, 9, and 10, and will formally adopt a budget on April 29.

For information on public hearings, town halls, and opportunities to participate in the budget process, visit www.fairfaxcounty.gov/dmb. Residents may also provide feedback and comments on the proposed budget through mid-April at dmbinfo@fairfaxcounty.gov.

— VICTORIA ROSS



Jewel Box Gardens by Suzanne

**Townhouse garden design
and installation**

*Make your garden
dreams come true!*

FREE CONSULTATION

www.jewelboxgardensbysuzanne.com
jewelboxgardensbysuzanne@gmail.com



60-75% Off Pottery
Oriental Fishbowls, Orchid
and Bonsai Pots now
40% Off

*Lowest Prices
Since 2008!*

**Landscaping/
Hardscape Sale**
Off-Season Pricing
Best Prices of the Year!
Patio, Walkways,
Retaining Walls,
Landscaping
FREE ESTIMATES!

**It's Spring in Our
Greenhouse!**
Primroses, Citrus,
Succulents
and More!

**Pansies
are Here!**
On Sale 97¢
Reg. price \$1.89

25%-75% OFF
Trees, Shrubs & Perennials

**Cravens
Nursery &
Pottery**

9023 Arlington Blvd.,
Fairfax, Virginia
2 miles west of I-495 on Rt. 50.
1 mile from I-66 (Vienna Metro)
703-573-5025
Open 7 days a week
Visit our new Web site: www.cravensnursery.com

Now on display...

WABASH COLLECTION

Hanging Lantern
#1332MB

Post Light
#1331MB

Wall Lantern
#1136MB



HINKLEY
LIGHTING

Available Finishes:
Museum Black & Mocha Bronze

DULLES ELECTRIC
Since 1985

Mon-Fri 9-6, Sat 9-5
22570 Shaw Rd, Sterling, VA
703.450.5700
Shop.DullesElectric.com

SHOWROOM
OF THE YEAR 2014 | FINALIST

Like us on
Facebook
facebook.com/dulleselectric

The FISHBURNE EXPERIENCE

Summer Session

- ACADEMICS
- ATHLETICS
- LEADERSHIP TRAINING

**Apply NOW to ensure a spot.
Limited enrollment available!**

Classes begin June 28th

Contact us to schedule a visit

LIVE ♦ LEARN ♦ LEAD
WWW.FISHBURNE.ORG

Fishburne Military School, a U.S. Army JROTC Honor Unit with Distinction,
is one of only four programs in the nation
authorized by Cadet Command to offer Summer JROTC.

FISHBURNE
MILITARY SCHOOL

1.800.946.7773
WAYNESBORO, VA




WELLBEING

Creating a Harmonious Family Life

Local experts offer tips for keeping your family happy.

BY MARILYN CAMPBELL
THE CONNECTION

As Elizabeth Rees drove her daughter and two of her daughter's friends to a library reading group recently, the Alexandria mother of three admits that she felt like a chauffeur at first. But she had a change of heart after hearing sounds of laughter.

"They were giggling and so sweet in the back," said Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria. "Suddenly that moment of grace turned it all around and I felt privileged to be there. I think that sort of thing happens all the time if only we are paying attention."

What are the keys to paying attention and creating a happier family life? Experts say it's important to stop trying to do everything 100 percent and make other things a priority. They offer their top tips for creating balance.

"With three young kids, a two-career marriage and way too many activities, I find this

balance as hard as everyone else and am absolutely preaching to myself," said Rees.

EXPERTS SAY living in a competitive area like the Washington, D.C., region can make creating balance even more challenging. "I see children who are stressed to always be the best," said Dr. Bruce Pfeffer, a Potomac, Md.-based child psychiatrist.

Parents play a critical role in helping children create a healthy balance of work and play, he added, explaining that "parents must serve as rudders to guide their children [toward the] peace of mind that comes with a supportive home environment, emphasis on gaining joy in life, along with appropriate goals and achieving."

Michael Moynihan, head of the Upper School at The Heights School in Potomac, Md., agrees. "The most significant obstacles to harmonious family life today are over scheduling and over connectedness ... resulting in families that are pulled in many different directions for activities, and when they have those brief moments together, are often plugged into various electronic devices," he said.

Make finding uninterrupted family time a priority. "The solution is to schedule family time such as meals together — without electronic devices — and to protect this time

from other activities," said Moynihan.

Rees suggests being present and engaged. "So much of life is spent in work and preparation and accomplishments that it's hard sometimes to live in the moment," she said. "Maybe some days the only time you have together is in the car ... Try to remember to make the most of even those moments."

Bethany Letiecq, Ph.D., an associate professor of human development and family science at George Mason University, said "It's also important to find joy in the mundane and to give one's self and others a break ... to be patient, empathic and compassionate with yourself and with your coparent. ... But that doesn't mean not holding everyone accountable to the family system, which is also critical."

"Parents might consider the importance of quality time versus quantity of time spent together and prioritize what they value most," said Colleen Vesely, Ph.D., an assistant professor of early childhood education and human development and family science at George Mason University. "Be purposeful. Children will likely remember quality time spent with a parent who was fully present than whether the house was perfect or the laundry folded."

Rees encourages stressed parents to give themselves time alone as well. "I am part of

a prayer and listening group on Tuesday nights. We come together and have a time of silence and share where we are in our lives. For me, that's my chance for renewal, refreshment, and it makes me return home with a completely different attitude. ... For others, it might be a walk in the woods or coffee with a good friend, or an hour at the gym. It's hard to make space for yourself, but it can make a big difference in how you treat the people around you."

When it comes to building a harmonious family life, which elements matter most? "Love, obviously, is essential," said Rees. "But that's a big and amorphous word and really has to be much more about how we live than what we feel when it comes to daily relationships. When we are stressed or worried or tired, our closest relationships are the ones that take the biggest hit. It is in those all-too-frequent moments that we have to work the hardest at things like kindness, respect, thinking of how the other person feels."

The willingness to forgive oneself and one's family members is also vital to family harmony. "We all do and say things without thinking all the time with our families," said Rees. "They bear the brunt of all the weight we carry. Try to remember that in the heat of the moment and put aside petty grudges."



PHOTO COURTESY OF ELIZABETH REES

Elizabeth Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria, says laughter, forgiveness and gratitude are among the factors that create a harmonious family life. Here she is pictured on a family vacation with her daughter Maya, 3; her husband Holden Hoofnagle; her son Dylan, 7; and daughter Sophia, 10.

Sometimes, says Rees, it's small, often overlooked actions that can have a major impact. "Little things matter so much in family life," she said. "Replacing the soap in the soap dish, or asking someone about their day and really caring about the answer, or giving a hand when you see someone struggling. When my husband hears my car in the driveway when I return from the grocery store and comes out to help carry the bags ... I notice and I feel cared for."

Letiecq said, "With myriad external stressors and pressures on family systems, it is really important that families ... work together to model positive coping strategies and moderate conflict and anxiety levels. Parents can model healthy conflict resolution practices and support their children's positive coping and adaptation. This often takes a lot of work, learning skills that we may not have picked up from our own family systems [such as] practice, cooperation

"The most significant obstacles to harmonious family life today are over scheduling and over connectedness. ... The solution is to schedule family time such as meals together — without electronic devices to interrupt being present to each other — and to protect this time from other activities."

— Michael Moynihan, head of Upper School, The Heights School

and patience."

"Learn and implement effective communication skills," said Rees. "Share what you are feeling with those all-important 'I statements' that we know about but find so hard to use in the heat of the moment. Stop what we are doing when there is something we really need to listen to, and then really listen with empathy and love. ... Not just thinking it, but saying 'I love you,' 'I'm sorry,' 'I forgive you,' 'thank you.'"

Manage expectations. "Reasonable expectations seem like a big piece of this, for ourselves, for our kids, for our partners," said Rees. "Remember to step back and think about what really matters and try to place less importance on the rest."

Parents are a child's best role models for dealing with setbacks. "Parents must help their children be resilient when goals are not met," said Pfeffer. "Sometimes the best growth can be gained by resilience after a disappointment."

LAUGHTER HELPS A LOT, too. "Try not to take things so seriously and to see the humor even in the mistakes and the impos-

sible moments," said Rees.

Practice gratitude. "Lately, I keep reading about the link between practicing gratitude and feeling happiness. I find it true in my own life," said Rees. "When I consciously look for things to be grateful for, I am much more aware of the moments of love and beauty in my life. So practice gratitude for each member of our families, for the good that we see in them, for the moments that we have with them. When, after a long day, I get to sit down and read a book with my arms around my kids, I try to remember to thank God for that moment."

"There really is not one 'right' way to parent a child or engage in family life," said Letiecq. "Every parent-child relationship, every family system is unique in terms of what each person brings to the relationship: temperaments, interests, skill-sets, personality traits, personal histories, past familial experience, health issues, etc. ... There is a range of parenting styles, but what seems most important is to do what works best with your child's temperament and what is going to be most supportive and least stressful for the entire family."

A healthy body starts with a healthy mouth!

At Peter K. Cocolis, Jr. and Associates, we believe optimum oral health is key to total body health and well-being. These days, going to the dentist is not just about taking good care of your teeth; it is about taking good care of your health. Problems in your mouth can be signs of trouble elsewhere in your body. Your oral exam reveals important early warning signs for many total-body conditions including diabetes, oral cancer and high blood pressure.

Whether your family seeks general preventive maintenance, cosmetic, or advanced restorative and implant dentistry to transform your smile's function and appearance, Drs. Cocolis and DaSilva are renowned by peers and patients alike for exceptional personalized care in a friendly, safe and state-of-the-art environment.

Consistently named "Top Dentist" in *Northern Virginia* magazine and among the "Best Dentists in the Metropolitan Area" in



Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including digital x-rays, injection-free laser procedures, CAD-cam same-day porcelain crowns, tooth whitening, Invisalign, and veneers. We offer a variety of sedation options including oral sedation and nitrous oxide (sleep dentistry) and are dedicated to easing all aspects of your dental experience.

Visit us on the Web or give us a call to discover what our patients are saying and to make your appointment.

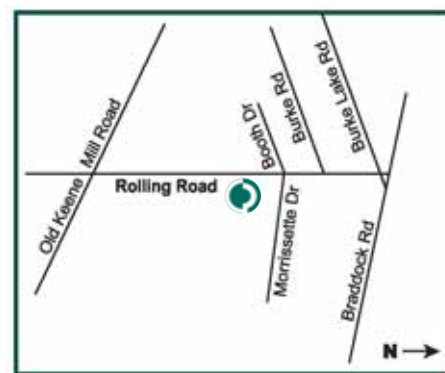
Our Services:

- Routine cleanings and check-ups
- Fillings and sealants
- Sedation "sleep" dentistry
- Nitrous oxide
- Crowns, bridges, inlays, onlays
- Extractions
- TMJ/TMD therapy
- Endodontic (root canal) therapy
- Periodontal (gum) therapy including scaling and root planing
- Custom partial and full dentures
- Custom occlusal and sport guards
- Implants
- Bonding and veneers
- In-office professional whitening
- Invisalign (clear braces without the wires)

Selected as one of the
"Best Dentists in America"

"Best Dentists in Metropolitan Area"
by *Washingtonian* Magazine

"Top Dentist"
by *Northern Virginia Magazine*



FREE IMPLANT CONSULTATION
X-rays not included. Not valid with insurance submission.

Peter K. Cocolis, Jr., DMD & Associates

Peter K. Cocolis, Jr., DMD, MAGD
Emily A. DaSilva, DDS, FAGD



5803 Rolling Road, Suite 211
Springfield, VA 22152
703-912-3800 • www.smiles4va.com



Monday–Thursday 8 A.M.–5 P.M.; Friday* 8 A.M.–1 P.M. *Once monthly for sedation appointments

Where Your Dental Needs Come First!



Family Dentistry

NEW PATIENT SPECIAL

\$89

(Regularly \$288)

Includes Exam, Cleaning (in absence of gum disease) and X-rays

• *Crowns, Bridges, Partials, Full Dentures and Implants*

• *Denture Relining, Dentures and Partials Repaired While You Wait*

• *Saturday and Evening Appointments Available*

• *Most Insurances Accepted*

• *Free Invisalign Consultation*

703-323-9394

yourdentalfirst.com




Raja Gupta, DDS
Dental First Associates, LLC

9570 A Burke Road, Burke, VA
in Burke Village II

"A Smile to last a Lifetime"

BILODEAU ■ HUDSON
ORTHODONTICS

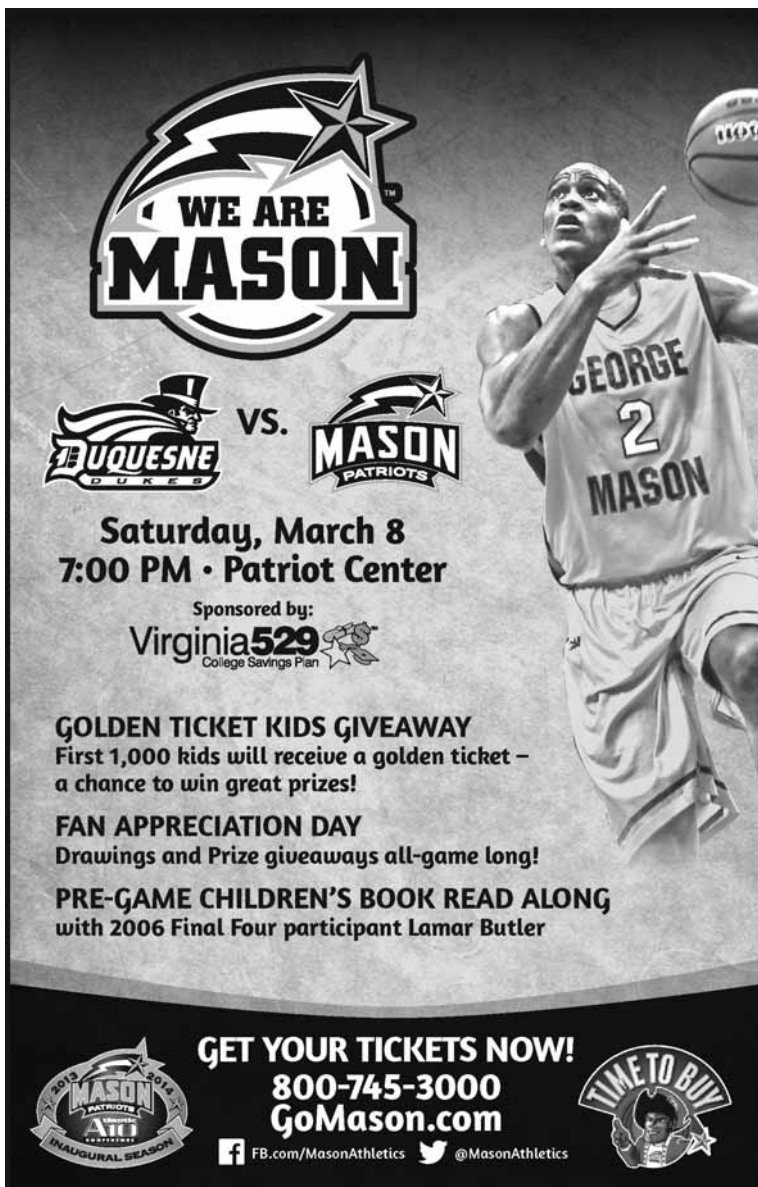


John Bilodeau, DDS, MS ■ Brad Hudson, DDS, MS

- Serving Northern Virginia Families for 42 years
- Diplomates, American Board of Orthodontics
- Invisalign Preferred Provider

Complimentary Exams available at Convenient Hours

703-451-4666
www.bhorthodontics.com



WE ARE MASON

DUQUESNE PATRIOTS VS. MASON PATRIOTS

**Saturday, March 8
7:00 PM • Patriot Center**

Sponsored by:
Virginia529
College Savings Plan

GOLDEN TICKET KIDS GIVEAWAY
First 1,000 kids will receive a golden ticket – a chance to win great prizes!

FAN APPRECIATION DAY
Drawings and Prize giveaways all-game long!

PRE-GAME CHILDREN'S BOOK READ ALONG
with 2006 Final Four participant Lamar Butler

GET YOUR TICKETS NOW!
800-745-3000
GoMason.com

FB.com/MasonAthletics @MasonAthletics

TIME TO BUY

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know – get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions?
E-mail: goinggreen@connectionnewspapers.com



THE CONNECTION
NEWSPAPERS

CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

FRIDAY/MARCH 7

The Joffrey Ballet. 8 p.m. George Mason Center for the Arts, 4400 University Drive, Fairfax. An evening of contemporary ballet. Tickets are \$50, \$42 and \$25 for each performance. Youth Discount: tickets are half price for youth through grade 12. Visit the box office (open Tuesday through Saturday, 10 a.m. to 6 p.m.) or charge by phone at 888-945-2468 or visit cfa.gmu.edu.

SATURDAY/MARCH 8

Spring Fling. 11 a.m. – 2 p.m. Country Club of Fairfax, 5110 Ox Road, Fairfax. Springfield-Annandale American Association of University Women holds its annual Spring Fling, featuring a silent auction, luncheon, and speaker Susan L. Burke on the topic of sexual assault in the military. RSVP by March 5: springfling@rclark.net

HooShir A Cappella. 8 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Indiana University's premier co-ed a cappella group with Jewish roots, and Potomac Fever, a 13-voice a cappella close harmony pop ensemble from the Gay Men's Chorus of Washington, DC (GMCW). Tickets: \$29, \$24 JCCNV members and seniors (65+), \$19 students and groups of 10 or more. JCCNV Box Office: 703-537-3000, email: boxoffice@jccnv.org; website: www.jccnvarts.org

Annual Consignment Sale. 8 a.m. – 2 p.m. Burke United Methodist Preschool, 6200 Burke Centre Parkway, Burke. Purchase or sell children's clothing, baby gear, toys, CD/DVD, other kid's items and help BUMP raise funds for their preschool program, too. From 1-2 p.m., there is a half-price sale where specially marked items are 50 percent off original price. bumpreschool.org.

St. Mary of Sorrows Church. 5222 Sideburn Rd, Fairfax, will begin a "Landings" program for returning Catholics and people considering returning to the practice of their Faith. Program starts March 4th for 8 weeks. Meetings are Tuesdays, 7:30 PM. Pre-registration required. Call 703-818-8618 or email annleggio@yahoo.com.

Girl Scout Cookie Booths. 3-5 p.m. WalMart, 13059 Fair Lakes Shopping Center, Fairfax. Troop 3604 will be collecting cookie donations for the benefit of staff and patients at DC Children's Hospital.

2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community.

Body & Soul. 8 p.m. George Mason Center for the Arts, 4400 University Drive, Fairfax. An evening of contemporary ballet. For tickets, visit the box office (open Tuesday through Saturday, 10 a.m. to 6 p.m.) or charge by phone at 888-945-2468 or visit cfa.gmu.edu.

FRIDAY/MARCH 14

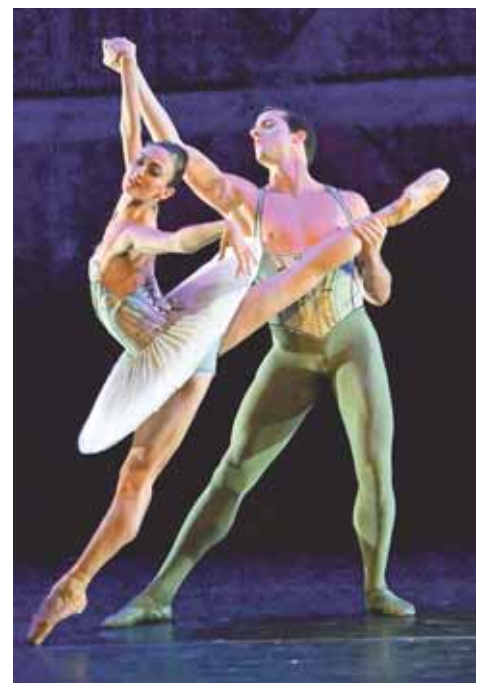
Friday Night Film Series Presents: Half Nelson. 7 p.m. Accotink Unitarian Universalist Church, 10215 Lakehaven Court Burke, Virginia. 703-503-4579. HYPERLINK "http://www.accotinkuuc.org" www.accotinkuuc.org. This is a non-religious event open to the public.

Spring 2014 Burke Centre Used Book Sale. 10 a.m. – 6 p.m. T. Burke Centre Library, 5935 Freds Oak Road, Burke. This sale is one of the 3 large annual sales with all genres represented in the roughly 8,000 books for sale PLUS media like DVDs, CDs, audiobooks, and more.

SATURDAY/MARCH 15

Fairfax City Regional Library Children's Book Sale. 10 a.m. - 3 p.m. 10360 North Street, Fairfax. Thousands of gently-read books and nonbook media organized into categories including picture books, early readers, nonfiction, holiday, chapter books and more. \$.25-.2.00. Some specials \$3 and \$4.

Fairfax County Mothers of Multiples Semi-Annual Consignment Sale. 9 a.m. - 1 p.m.



Spend an evening in awe while watching contemporary ballet performances by the Joffrey Ballet company on March 7 at GMU's Center for the Arts.

The nZone, 14550 Lee Road, Chantilly. 200+ families will be selling gently used clothing, shoes, toys, books for the whole family. Find good deals on infant, toddler, school age, 'tween, teen, and adult apparel. HYPERLINK "http://www.fcmom.org/" http://www.fcmom.org/

Spring 2014 Burke Centre Used Book Sale. 10 a.m. – 5 p.m. T. Burke Centre Library, 5935 Freds Oak Road, Burke. This sale is one of the 3 large annual sales with all genres represented in the roughly 8,000 books for sale PLUS media like DVDs, CDs, audiobooks, and more.

SUNDAY/MARCH 16

N Gauge Trains. 1-4 p.m. 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will have a display and N gauge trains running. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. www.fairfax-station.org phone 703-425-9225.

TUESDAY/MARCH 18- THURSDAY/MARCH 20

Annie Jr.! The Musical. 7 p.m. Kings Glen Elementary, 5401 Danbury Forest Drive, Springfield. Tickets cost \$4 in advance and \$5 at the door. Call 703-239-4000 today to purchase tickets in advance.

FRIDAY/MARCH 21

City Regional Library Book Sale. 10 a.m. - 5 p.m. 10360 North Street, Fairfax. Thousands of gently-read books in all categories including art, history, cooking, gardening, foreign language, travel, spirituality, reference, classic and popular fiction. Plenty of free parking.

SATURDAY/MARCH 22

Fairfax City Regional Library Book Sale. 10 a.m. - 4 p.m. 10360 North Street, Fairfax. Thousands of gently-read books in all categories including art, history, cooking, gardening, foreign language, travel, spirituality, reference, classic and popular fiction. Plenty of free parking.

SUNDAY/MARCH 23

Fairfax City Regional Library Book Sale. 1 - 3 p.m. 10360 North Street, Fairfax. Thousands of gently-read books in all categories including art, history, cooking, gardening, foreign language, travel, spirituality, reference, classic and popular fiction. Plenty of free parking.

SUNDAY/MARCH 30

Jeffrey Siegel, "The Romantic Music of Chopin." 7 p.m., George Mason University Center for the Arts, 4400 University Drive, MS 2F5, Fairfax. The acclaimed pianist performs Chopin's compositions as part of his Keyboard Conversations series. \$19-38, Mason ID permits 1 free ticket on March 18. cfa.gmu.edu.

Casino for a Cause

Get Tickets Now!
A Casino Night to Benefit the Boys & Girls Clubs of Greater Washington, Fairfax County Region

Get Tickets Now!
Friday, March 7th, 2014
6:30pm– 11:30pm
The Ritz-Carlton, Tysons Corner

Tickets	Includes:	Live and Silent Auction Prizes Include:
\$95 Per person	• Open Bar	• Weekend Get-a-ways
\$175 Per Couple	• Dinner Buffet	• Dinners at Award Winning Restaurants
Special Overnight	• Casino	• Hotel, Dinner and Limo Packages
Room Rate of \$119	• Dancing	• Pro-Sporting Event Tickets
		• For More Information Visit our Website
		www.bgcgw.org/fairfax/casino-night

Guests receive funny money and a bidder number. Use your winnings from Black Jack, Texas Hold 'Em, Craps towards raffle tickets for fabulous prizes. The more chips you accumulate at the gaming tables the better your chances to win GREAT RAFFLE prizes at end of evening.

Benefit the Boys & Girls Clubs of Greater Washington, Fairfax County Region



PHOTO BY JANELLE GERMANOS/THE CONNECTION

Ella Rose, Michelle Bowden and Bevin Surbey at the Shark Tank Racing Squad's breast cancer marathon on March 2.

Shark Squad Swims for Cancer Awareness

The team raised \$18,900 for breast cancer research.

BY JANELLE GERMANOS
THE CONNECTION

Patty Friedman, a coach and co-founder of the Shark Tank Racing Squad, shared some alarming statistics at the beginning of the team's breast cancer marathon on March 2 at the South Run Rec Center in Springfield.

"Every three minutes, a woman is diagnosed with breast cancer," Friedman said. "Every 13 minutes, another woman dies from breast cancer."

Friedman shares the statistics with the team members to remind them why they are swimming.

For the fourth year in a row, the Shark Tank Racing Squad has participated in a breast cancer marathon to raise money for breast cancer research. Participants, from 9-year-old team members to a 23-year-old coach, swim between 110 and 120 laps.

"It exhilarating and symbolic," Friedman said.

The money is donated to the two-day, 39-mile walk Avon Walk for Breast Cancer, which Friedman will be walking in for the seventh time this spring in Washington, D.C. Members of the Shark Tank Racing Squad join Friedman for the opening ceremonies of the walk, and also cheer her on along the route.

"It's great seeing the kids there,"

Friedman said.

Friedman decided that she wanted to participate in the Avon Walk ever since traveling to Washington, D.C. when she was trying to start a family. She saw the walk going on and decided she wanted to become part of it, after starting her family. What she didn't realize was that her future close friend was participating in that walk.

"My friend lost her mother of inflammatory breast cancer, which is not really diagnosed often," Friedman said.

This year, the squad raised \$18,900 and reached over a million meters of swimming for charity.

According to Coach Lance Page, the Shark Team Racing Squad is for motivated, exceptional swimmers.

"The swimmers have to try out," Page said. "There are also seven coaches for 45 kids, which is a good coach to swimmer ratio."

Coach Erik Elam said he is very proud of the squad's efforts.


"They really do a lot to help the community," Elam said.

The squad has been nominated for the upcoming Volunteer Fairfax Awards, and has participated in events such as Our Daily Bread's Empty Bowls Fundraiser.

Since the squad began participating in the breast cancer marathon, they have raised over \$52,000.

Friedman, who has been walking 8 to 10 miles a day in preparation for the May 3-4 Avon Walk, said she is constantly impressed by the squad. Coach Page also shares the same feelings.

"We really are one big family," he said.




Become a Foster Parent and change a life (possibly yours)

Next 3-part training session meets March 22, 29 and April 5

For more information or to register, contact Ginny Snaider, LCSW, at gsnaider@nvfs.org or 571.748.2557

Northern Virginia Family Service
www.nvfs.org/fostercare



Happy St. Catrick's Day!

You've heard about St. Patrick who drove the snakes out of Ireland, but did you know about St. Catrick, who saved the kittens out of shelters? Now's your chance to find out! Join Lost Dog & Cat Rescue Foundation for a St. Catrick's Day celebration, and learn how you can help save lives.

- ♣ Foster Crew Members will answer questions about the most important thing you can do to help.
- ♣ Adoption Center Coordinators will provide information about volunteering at PetSmart centers.
- ♣ Our Transport Coordinator will explain how you can help with little more than some time and a car.



Charlie, delivered by St. Catrick, is available for adoption

Join us at Lost Dog Café-McLean
Saturday, March 15, 3-7 p.m. Enjoy snacks & soft drinks while learning how you can help.
1690 Anderson Road, McLean (near Safeway)
www.lostdogandcatrescue.org



#1 Weichert Agent in Burke & Fairfax Station



Call Kathleen today and ask for a copy of her "Satisfied Client List"



Centreville/Centre Ridge \$334,950
Walk to Shopping & Movie Theater
Immac TH backing to common area w/ eat-in kit w/ granite cnts, SS appliances & walk-in pantry, fin walkout bsmt w/ full bath, deck, hot tub, fenced yard, Koi pond, dramatic MBR w/ vaulted ceilings & walk-in closet, MBA w/ granite cnts, new gas furnace, A/C & water htr, fresh paint & more.



Alex/Mt Vernon Valley \$354,950
Remodeled Kitchen & Baths
Immac home w/ 3 BR, 2 full remodeled baths, eat-in kitchen w/ granite cnts, recessed lights & SS KitchenAid appliances, beautiful bamboo wood flrs, fenced & flat backyard w/ storage shed, replaced windows & siding, walk to park, easy access to Fort Belvoir & FFX CTY PKWY.



Fairfax Sta/South Run \$799,950
Remodeled Kitchen & Baths
Mint condition col w/ 5BR, 3.5BA, dramatic finlrm w/ cathedral clngs, remodeled kit w/ cherry cabs, tile splash, granite cnts & walk-in pantry, fin walkout bsmt, deck, quality new windows, fresh paint, fabulous remodeled MBA w/ double sinks w/ granite cnts & oversized tub & shower, sunny library, new HVAC & much more.



Fairfax Station \$594,950
Private 1/2 Acre
Charming stucco Cape Cod w/ 3-story addition, oversized side-load 2-car GAR, private 1/2 acre, 4 huge BR, 5 full baths, hrdwd flrs, finished bsmt, 3,000+ sq ft, renovated kit & baths, master suite w/ cathedral ceilings + sitting rm, newer roof, garage doors & windows. Walk to Burke Centre shopping center & school.



Springfield/Belmead So. Run \$924,950
Multiple Offers Received
Stunning Col w/ dramatic 2-story foyer & Lvrn, library, lovely finlrm w/ stone fireplace & custom built-ins, stone patio, composite deck, amazing fin walk-up bsmt w/ huge bar w/ granite counters, den/5thBR, bath, exercise rm + rec rm, MBR w/ tray ceiling & sitting rm & eat-in kitchen w/ maple cabinets & granite.

Kathleen Quintarelli
703-862-8808

See Interior Photos at:
www.kathleenhomes.com • kathquintarelli@erols.com



#1 Weichert Realtor
Burke/Fairfax Station
Licensed Realtor 24 Years
NVAR Lifetime Top Producer



SPORTS

Woodson Boys' Basketball Wins Back-to-Back Region Titles

Cavaliers overcome adversity, beat Lake Braddock.

BY JON ROETMAN
THE CONNECTION

Woodson senior Jimmy McLaughlin, a first-year varsity starter, grabbed a key rebound and knocked down a much-needed free throw during the final moments of the Cavaliers' region semifinal win over Herndon on Feb. 28. After the game, with several teammates overcome by emotion due to a week of tragedy at W.T. Woodson High School, senior guard Michael Szabo, a role player turned clutch shooter, emerged from the locker room and handled postgame interviews with the media.

The following evening, Woodson held a five-point lead over Lake Braddock entering the fourth quarter of the 6A North region championship game. Junior forward Tyler Wilson buried a 3-pointer early in the period that helped the Cavaliers gain scoreboard separation. Junior forward Will Cogan and senior forward Sean Baude each scored a fourth-quarter bucket. Later, Szabo and senior forward Andy Stynchula, a former role player turned starter, were named to the all-tournament team.

THE WOODSON BOYS' BASKETBALL team captured its second consecutive region championship on March 1, beating Lake Braddock 66-56 at Robinson Secondary School. One year after overcoming a 19-point fourth-quarter deficit to beat Wakefield in the Northern Region final, the Cavaliers played from ahead against the Bruins, opening a 17-point second-quarter lead.

While the Cavaliers had reached the region pinnacle before, the path they traveled to the 2014 title was different. This team played more of an underdog role as they overcame adverse conditions during the season.

"It's a different group of kids," Woodson head coach Doug Craig said Saturday night. "... A lot of them didn't get to experience it last year or really be a big part of it — they were on the team but maybe didn't get a chance to play out on the floor. Tonight, they got a chance to be out there on the floor and do a great job."

The 2012-13 Woodson team was loaded with sharpshooters. Then-sophomore point guard Eric Bowles distributed the ball to Tommy Stepka, Peter Murray, Alex Boock and others, who knocked down clutch 3-pointer after clutch 3-pointer. The Cavaliers finished atop the Patriot District regular-season standings, reached the AAA state semifinals and ended the season with a 25-5 record.

With Stepka, Murray and Boock having graduated, role players from the previous season and transfers stepped into primary roles this year. While there were bumps in the road, players like McLaughlin, Stynchula and Szabo made plays in the



Woodson junior Eric Bowles takes a "selfie" while cutting off a piece of the net after winning the 6A North region championship on March 1 at Robinson Secondary School.



Woodson senior Michael Szabo cuts off a piece of the net after the Cavaliers defeated Lake Braddock to win the 6A North region title on March 1 at Robinson Secondary School.

"[I'm] really happy for our kids, really happy for our school community. This was a very difficult week. The fact that our Cavalry was out in such great numbers says a lot about the school community. To give them an hour-and-a-half, hour-and-45-minute distraction tonight, something to feel good about, that's what sports is supposed to be about at the high school level."

— Woodson boys' basketball coach Doug Craig

postseason when the Cavaliers needed them most.

While a lot changed for Woodson from one season to the next, Bowles' high level of production remained constant. After a stellar sophomore season, Bowles this year was named 6A North region Player of the Year and MVP of the region tournament.

"It feels great just to [win a region title] two years in a row," Bowles said Saturday night. "A lot of people doubted us this year because we lost everyone, but we just worked hard to get where we needed to be. I feel like this year people were doubting us more than last year because once we started playing last year, everyone saw how good we were. This year, people were like, they're not as good as they were last year."

WOODSON FACED ADVERSITY along the way. The Cavaliers lost to Lake Braddock three times by a combined eight points. A busted pipe led to flooding in Woodson's gym in January, forcing the Cavaliers to play some home games on the road and practice away from their comfort zone. And last week, the Cavaliers dealt with the deaths of two of their Woodson classmates.

"[I'm] really happy for our kids, really happy for our school community," Craig said

Saturday night. "This was a very difficult week. The fact that our Cavalry (student section) was out in such great numbers says a lot about the school community. To give them an hour-and-a-half, hour-and-45-minute distraction tonight, something to feel good about, that's what sports is supposed to be about at the high school level."

"I think it's a testament to the community and the team," Stynchula said Saturday, "and just how strong we are when we need to be and we can really come together."

A pair of Stynchula free throws gave Woodson its largest lead of the region championship game, 38-21 with 2:32 remaining in the second quarter. Lake Braddock cut the Woodson lead to nine at halftime and five entering the fourth quarter, but the Cavaliers found a way to hold off the Bruins for the first time in four meetings this season.

Bowles led Woodson with 17 points. Stynchula scored 13 points, sophomore Matt Ayoub finished with 10 and Wilson added eight.

Will Gregorits led Lake Braddock with 17 points. A.J. Alexander finished with 13 points and John Nice had 12.

While the Cavalry supported Woodson

passionately during the championship game, students nearly cost the Cavaliers a chance to even reach the region final.

During the semifinals against Herndon the previous night, Woodson students stormed the court prematurely, resulting in a technical foul against the Cavaliers. Luckily for Woodson, Herndon missed a crucial foul shot with less than a second remaining and the Cavaliers won 63-62 in overtime.

"That was a little stressful out there," Szabo said Friday. "It was a little bit overwhelming thinking that [Cavalier fans] could have cost us the game when they've been there for us all year."

Woodson led 62-59 in overtime when Herndon's Brandon Alston was fouled while attempting a 3-point shot with 1.3 seconds remaining, resulting in three free-throw attempts. Alston made the first two but missed the third. McLaughlin grabbed the rebound and was fouled with 0.4 seconds on the clock and Woodson leading 62-61. With the Cavaliers in the double bonus, the game should have been all but over with McLaughlin shooting two free throws at the other end and Herndon needing a miracle with less than a second remaining. Instead, Woodson fans rushed the court, thinking time had expired.

Officials gathered and discussed how to handle the situation. After a few moments, officials issued Woodson a technical foul, which would give Herndon two free-throw attempts.

McLaughlin went to the line first and made one of two, extending Woodson's lead to 63-61. Herndon then sent Dorian Johnson to the line for the two technical foul shots. Johnson made the first attempt but missed the second, leaving the Hornets trailing 63-62 with 0.4 seconds on the clock. Herndon had the final possession, but the Hornets' inbound pass was swatted away and Woodson secured the win.

"You can't really plan for something like that and it's a shame," Craig said Friday. "Our kids were just excited. I'll take our Cavalry anytime. They've bailed us out a couple times, we figure we can bail them out."

Bowles led Woodson with 14 points. Szabo scored a career-high 13 points and went 4 of 6 from 3-point range. Tre Johnson finished with 11 points. Stynchula scored nine points and grabbed 13 rebounds, McLaughlin finished with four points and 13 rebounds, and Wilson totaled eight points and seven rebounds.

"Last year I didn't really contribute that much but we still won the region championship," Szabo said Saturday. "Coming back this year and being a big part of it, it felt really great."

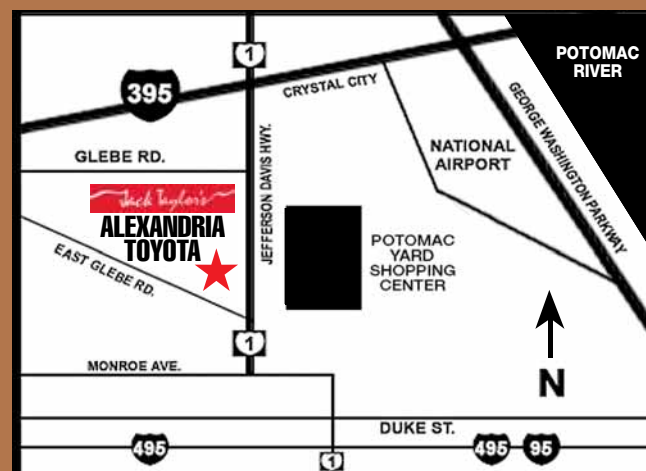
Woodson will face Landstown (Virginia Beach), the 6A South runner-up, in the state semifinals at 3:30 p.m. on Saturday, March 8 at Robinson Secondary School. The winner will advance to the state championship game, which is scheduled for 8:30 p.m. on Friday, March 14 at VCU's Siegel Center.

Jack Taylor's ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.
Alexandria, VA 22305

703-684-0710

www.alexandriatoyota.com



Service Department Hours:
Monday – Friday, 7:00am to 7:00pm
Saturday, 8:00am to 5:00pm

Make your next service appointment at:
alexandriatoyota.com



ServiceCenters
Keep Your Toyota
a Toyota



27 YEARS OF
RECEIVING THIS
HONOR

TOYOTA
Owners
ToyotaOwnersOnline.com

TOYOTA
LIFETIME GUARANTEE

Mufflers • Exhaust Pipes • Shocks • Struts
Toyota mufflers, exhaust pipes, shocks, struts
and strut cartridges are guaranteed to the
original purchaser for the life of the vehicle
when installed by an authorized Toyota dealer.
See us for full details.



TOYOTA
Let's Go Places

You Have Saturdays Off
That's Exactly Why We Don't!



OIL & FILTER SERVICE SPECIAL

\$5⁰⁰ OFF

Includes: Change oil, install Genuine Toyota oil filter,
inspect & adjust all fluid levels and complimentary
multi-point inspection with print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER
EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

VARIABLE DISCOUNT

\$5.00 OFF with purchase of \$35.00 - \$49.99
\$10.00 OFF with purchase of \$50.00 - \$99.99
\$15.00 OFF with purchase of \$100.00 - \$199.99
\$20.00 OFF with purchase of \$200.00 - \$499.99
\$50.00 OFF with purchase of \$500.00 Or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER
EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

4 WHEEL ALIGNMENT

\$89⁹⁵

Your car's alignment suffers, and can cause uneven tire
wear, steering problems and decreased fuel economy.

INCLUDES: Inspect suspension, ball joints,
struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER
EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID
ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

SPRING DETAIL SPECIAL

\$119⁹⁵

Prepare your car's paint for the harsh winter road
conditions. A full exterior buffing, paint sealant and
wax, along with a vacuuming of the interior.
Vans & SUVs add \$20.00.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY.
OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP.
VALID ONLY AT ALEXANDRIA TOYOTA.

BRAKE SPECIAL

\$99⁹⁵

PADS

PLUS \$50 VISA GIFT CARD

Includes: Install Genuine Toyota front brake pads, inspect front & rear rotors
& drums, check tire condition and inspect all hardware. Pads only.

MACHINE ROTORS AN ADDITIONAL \$199.95.

DOES NOT APPLY TO ALL VEHICLES PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR
COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY
AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

SERVICE
PRICE **\$99.95**
\$50 VISA CARD \$50.00
YOUR COST **\$49.95**

BUY 3 TIRES AND GET 4TH FOR



\$1⁰⁰



**GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE
WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION.
PRICE MATCH GUARANTEE. SEE SERVICE ADVISOR FOR DETAILS.**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES
3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT
ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

DETAIL SPECIALS

\$39⁹⁵

Wash & Vacuum

\$139⁹⁵

Hand wash, wax
& interior cleaning

\$295⁹⁵

Full premium detail

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA
VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST
BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT
ALEXANDRIA TOYOTA.

BREATHE EASY SPECIAL

\$59⁹⁵

Includes: Replace cabin air filter
and inspect Air conditioning system

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER
EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID
ONLY AT ALEXANDRIA TOYOTA.

TRUE START BATTERY SPECIAL

\$139⁹⁵

INCLUDES BATTERY INSTALLATION

Includes: 84 month warranty, 24 month **FREE** replacement,
24 month **FREE** roadside assistance, 60 month prorated,
PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER
EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID
ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

BASIC MINOR SERVICE PERFORMED EVERY 5,000 MILES OR 6 MONTHS WHICHEVER COMES FIRST

\$79⁸⁸

2003 & NEWER

INCLUDES: Replace engine oil, replace engine oil filter, drain
plug washer, check & top off fluids (as needed), inspect brake lin-
ings/drums & brake pads/discs, rotate best tires to front,
clean brakes (if applicable), perform multi-point inspection,
& road test vehicle (as needed).

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14.
COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.
TAX AND SHOP SUPPLIES ADDITIONAL.

HEADLIGHT RESTORATION SPECIAL

\$89⁹⁵

Plastic lenses can
yellow with age,
reducing the vehi-
cle's market value.
Headlight brightness
& the overall safety
during nighttime
driving. The headlight
lens restoration
from us allows you
to shine and restore
headlights to like-
new conditions.



NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF
WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**WE WILL
MEET OR BEAT
ANY LOCAL TOYOTA DEALERSHIP'S
CURRENT ADVERTISED SERVICE
SPECIALS**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER
EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP.
VALID ONLY AT ALEXANDRIA TOYOTA.

COMPLIMENTARY MULTI-POINT INSPECTION

Includes: Inspect tires, brakes, wipers, lights,
belts & hoses & fluid levels.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER
EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID
ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

ROTATE & BALANCE SPECIAL

\$49⁹⁵

Includes: Rotate and balance all
4 wheels and inspect brakes and tires.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER
EXPIRES 3/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP.
VALID ONLY AT ALEXANDRIA TOYOTA.

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION

ALEXANDRIA TOYOTA/SCION
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305
1-866-616-8420 | ALEXANDRIATOYOTA.COM
JUST MINUTES FROM REAGAN NATIONAL AIRPORT!

TOYOTA

**Let's
Go
Places**

21 Announcements

ABC LICENSE
DH 411, LLC trading as Kang Chon Restaurant, 7048 Spring Garden Drive, Springfield, VA 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on premises and Mixed Beverage on premises license to sell or manufacture alcoholic beverages. Hee Ja Shin/Managing Member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
Elenis Greek Taverna, LLC trading as Elenis Greek Taverna, 6131 Backlick Rd, Springfield, VA 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Helen Sokos, Owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC Publishing Notice
926 Inc
Trading as Dice Burger
7023 Columbia Pike
Annandale (Fairfax County), Va. 22003-3460
The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer On Premises and Mixed Beverage Restaurant license to sell or manufacture alcoholic beverages. Saeid Sanaei, Member
Note: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

26 Antiques

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

THE CONNECTION CLASSIFIED
Newspapers
Classified or Home • Lawn • Garden:
703-917-6400
Employment: 703-917-6464
E-mail: classified@connectionnewspapers.com

12 Commercial Lease

COMMERCIAL SPACE AVAILABLE

LOCATED AT THE CORNER OF SHIRLEY GATE AND LEE HWY, AWESOME VISIBILITY AND ONLY 1 MILE FROM BOTH ROUTES 50 AND 66.

1000SQFT WITH 2 OFFICES, RESTROOM AND LARGE BAY, CALL OR STOP IN TODAY... 703-352-8840 EXT 2

21 Announcements

21 Announcements

LEGAL NOTICE
Route 1 Public Meeting on March 26
The Virginia Department of Rail and Public Transportation (DRPT) will host its second public meeting for the Route 1 (Richmond Highway) Multimodal Transportation Alternatives Analysis on Wednesday, March 26 from 6-8 pm, at the South County Government Center, located at 8350 Richmond Highway, Alexandria, VA. The public is invited to participate and learn the latest on this study to improve transit, bicycle, pedestrian and vehicular travel along a 15-mile segment of Route 1 from Woodbridge to I-495. Project partners include Fairfax County, Prince William County, Virginia Department of Transportation, and the Office of Intermodal Planning and Investment. For more information, visit route1multimodalaa.com or call 804-786-4440. DRPT is committed to ensuring that no person is excluded from participation in or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. For additional information on DRPT's nondiscrimination policies and procedures or to file a complaint, please visit the website at www.drpt.virginia.gov or contact the Title VI Compliance Officer, Linda Balderson, 600 E. Main Street, Suite 2102, Richmond, VA 23219.

21 Announcements

21 Announcements

Robert "Bob" C. Truax

Robert "Bob" C. Truax, Commander, Ret., USN, October 15, 1936 – September 1, 2013, of Rochester, Minnesota, Springfield, Virginia, and Inverness, Florida, will be inurned at Arlington National Cemetery at 2:00 on Tuesday, March 18, 2014 with military honors. Prior to the inurnment an 11:00 Catholic Mass assisted by the Knights of Columbus will be held at St. Bernadette's, 7600 Old Keene Mill Road, Springfield, VA 22152. Bob is survived by his two children, Heidi Truax Radam and Scott Truax, five grandchildren, and four siblings. His Navy career, marriage to Patricia Clark, and community leadership have been an inspiration to many. Please provide remembrances to the American Lung Association.

EVEN SUPERMAN HAD FOSTER PARENTS

Kids and teens in our community need super parents like you.

855-367-8637 or umfs.org



101 Computers

101 Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995
➤ Speed up Slow Computers
➤ Troubleshooting
➤ Virus Removal
➤ Computer Setup
(571) 265-2038
jennifer@HDIComputerSolutions.com

21 Announcements

21 Announcements

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as 6258 Paddington Lane, Centreville, Virginia

In execution of a Deed of Trust from Cynthia Glacken and William Glacken, dated September 16, 2005, and recorded September 19, 2005, in Deed Book 17755 at page 1160 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Monday, March 10, 2014 at 9:30 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Lot 41, Section 2, London Towne, as the same appears duly dedicated, platted and recorded in Deed Book 2711 at page 684, among the Land Records of Fairfax County, Virginia, together with and subject to the provisions of the declaration of covenants and conditions (including membership in London Towne Homeowners Association) recorded in Deed Book 2788 at page 487 among the aforesaid land records.

Commonly known as 6258 Paddington Lane, Centreville, Virginia 20120.

TERMS OF SALE: A deposit of \$25,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 3.0 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY
Substitute Trustee
FOR INFORMATION CONTACT:
David N. Prenskey
Chasen & Chasen
5225 Wisconsin Avenue, N.W. #500
Washington, D.C. 20015
(202) 244-4000

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com



21 Announcements

21 Announcements

"We are looking for mechanics that worked for Kmart Auto in Springfield and Herndon, Virginia between 1970 and 1972. Please call 888-900-7034"

21 Announcements

21 Announcements

LEGAL NOTICE

According to the Lease by and between (1069) Barbara Franceschi and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: totes, bags, furniture, printer, statues, boxes, ect. Items will be sold or otherwise disposed of on Friday March 21, 2014 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

In addition we will be auctioning unit 2031 whereby the proceeds will go to local charities. For more information regarding "Charity Storage" feel free to contact us at: 703-352-8840 ext 2

21 Announcements

21 Announcements

21 Announcements

URGENT NEWS IF YOU USED TESTOSTERONE HEART ATTACK or STROKE?
Studies show that using Testosterone products may significantly increase your risk of a heart attack, stroke, blood clots and death. If you or a loved one has suffered any of these injuries, call 1-800-THE-EAGLE now about making a claim for substantial monetary compensation. No fees or costs until your case is settled or won. We practice law only in Arizona, but associate with lawyers throughout the U.S.
GOLDBERG & OSBORNE
1-800-THE-EAGLE
(1-800-843-3245)
www.1800theeagle.com
Open 7 Days a Week

21 Announcements

21 Announcements

21 Announcements

Help for people with Macular Degeneration

Find out if the new E Scoop glasses will help you see better



Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030

Dr. David L. Armstrong VirginiaLowVision.com

21 Announcements

21 Announcements

21 Announcements

Outer Banks, NC Vacation Homes!



Over 500 Vacation Homes, from Duck to Corolla, Oceanfront to Soundfront, Private Pools, Hot Tubs, Pets and More...

Book Online at www.brindleybeach.com

1-877-642-3224

"SERVICE FIRST... FUN ALWAYS!"

21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING

by VaCarolina Buildings, INC



100% Financing
Free Estimate
Free Roof Inspection

1.800.893.1242
metalroofover.com

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.COM

703-917-6400

ZONE 2 AD DEADLINE:
TUESDAY NOON

EMPLOYMENT

NEWS

Suicide Prevention

FROM PAGE 3

"It is easy to misread depression as normal adolescent turmoil," said Mike Parker, director of Student Services at Thoreau Middle School in Vienna, noting that depression appears to be occurring at a much earlier age, and is a leading risk factor for suicide. "In addition, self-injury has become a growing problem."

In an effort to "proactively address these issues," Thoreau sent a letter to parents in January informing them that the school would offer depression screening to all eighth grade students in February.

The screenings were free, voluntary and confidential, a way to assess whether students have symptoms consistent with depression.

The effort to address student stress and prevent teen suicides is a priority for Fairfax County school, according to Ryan McElveen, one of three at-large members of the FCPS school board. In an interview Tuesday, McElveen said that Superintendent Karen Garza is currently working with staff to craft an action plan to address student stress and suicide prevention.

"This plan will involve collaboration with county agencies and include various new strategies, training sessions, and reporting systems.

I believe that the Board will fully support these efforts once a finalized plan has been crafted," McElveen said.

One educational tool FCPS currently uses is Youth ACT- Signs of Suicide (SOS), a depression awareness and suicide prevention program. Its primary objectives are to educate teens that depression is a treatable illness and to equip them with techniques to respond to a potential suicide in a friend or family member. The program includes a depression and suicide screening component and is available for middle and high school aged youth.

FCPS is also in the process of forming a Youth Suicide Review Team to review incidences of suicide in the county, analyze trends, and recommend to the Board of Supervisors programmatic and policy solutions to prevent future suicides.

SEMINARS AND WORKSHOPS FOR PARENTS, such as the one hosted by Thoreau's PTA and facilitated by Robbins, are also offered at a number of schools throughout the county.

McElveen added that students should always feel free to come to school staff or parents with concerns about their classmates.

"Students need to know that we're all in this together as a community, and the school system has the resources to support them. If they are feeling stressed, they should talk with their teachers and counselors and find better ways to strike the important balance between school, extracurriculars, social life and family life," he said.

ELECTRICAL

ELECTRICAL

IMPROVEMENTS

IMPROVEMENTS

BUSINESS OPP

BUSINESS OPP

K & D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

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

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

Picture Perfect Home Improvements

(703) 590-3187 www.pphionline.com

Remodeling Bathrooms, Kitchens & Basements

• FREE Estimates Exterior & Interior Repair,
• FAST & Reliable Service Painting, Carpentry, Wood Rot,
• EASY To Schedule Drywall, All Flooring, Decks
• NO \$\$\$ DOWN!

Handyman Services
Available

"If it can be done, we can do it"

Licensed — Bonded — Insured



GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.

email jamie@lawnsandgutters.com

web: lawnsandgutters.com

Friendly Service with a Friendly Price!



HANDYMAN

HANDYMAN

RCL HOME REPAIRS

Handyman Services

Springfld • Burke • Kingstowne

Light Electrical • Plumbing •

Bathroom Renovation • Ceramic Tile •

Drywall Repair

703-922-4190

LIC. www.rclhomerepairs.com INS.



Hand and Hand Handyman

General Remodeling
Residential & Commercial
Specializing in:

Kitchen/Bathroom/Basement Remodeling
Plumbing • Electrical • Custom Carpentry
Doors Windows • Hardwood Floors
Crown Molding • House Cleaning
Interior/Exterior Painting • Brick/Stone Work
Ceramic Tile • Decks, Fences, Patios
HOA Maintenance, Granite Counter Tops
Realtors Work and Much More

Licensed and Insured Serving Northern Virginia

703-296-6409

IMPROVEMENTS

IMPROVEMENTS



R&N Carpentry

♦ BASEMENTS ♦ BATHS ♦ KITCHENS
Foreclosure specialist/Power washing
♦ Exterior Wood Rot More!

Deck & Fence repair, Screen Porches

No jobs too large or small

Free est. 37 yrs exp. Licensed, Insured

703-987-5096

R.N. CONTRACTORS, INC.

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

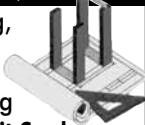
We Accept All Major Credit Cards

Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849

E-mail: rncontractorsinc@gmail.com

www.rncontractors.com



TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured

Winter Savings...

Tree removal, topping & pruning,
shrubbery trimming, mulching, leaf
removal, planting, hauling, gutter cleaning,
retaining walls, drainage problems, etc.

25 years of experience — Free estimates

703-868-5358

24 Hour Emergency Tree Service

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

Seasonal Garden Center Merchandiser

Bell Nursery, a nationally recognized grower/vendor is looking for hardworking people to work at a garden center near you. Must be flexible for weekend work. For job descriptions and locations go to www.bellnursery.com/jobs.

PART TIME DISPATCHER

Reston Limousine — Sterling, VA

Experience dispatching

large number of drivers

Strong knowledge of DC metro area

Excellent communication &

problem solving skills

Strong MS Word, Excel & Outlook skills

Call 571-323-2535 to apply

HOW TO SUBMIT ADS TO

THE CONNECTION

Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6.....Mon @ noon

Zones 2, 3, 4.....Tues @ noon

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

EMPLOYMENT

DEADLINES

Zones 5, 6.....Tues @ 11:00

Zones 1, 3.....Tues @ 4:00

Zone 2.....Wed @ 11:00

Zone 4.....Wed @ 1:00

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

ZONES

Zone 1: The Reston Connection

The Oak Hill/Herdon Connection

Zone 2: The Springfield Connection

The Burke Connection

The Fairfax Connection

The Fairfax Station/Clifton/

Lorton Connection

Zone 3: The Alexandria Gazette Packet

The Mount Vernon Gazette

Zone 4: Centre View North

Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection

The Vienna/Oakton

Connection

The McLean Connection

The Great Falls

Connection

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.COM

HAULING

TREE SERVICE

AL'S HAULING

Junk & Rubbish

Concrete, furn., office,

yard, construction debris

Low Rates NOVA

703-360-4364

703-304-4798 cell

7 DAYS A WEEK

ANGEL'S HAULING

Junk Trash Removal,

Yard/Construction

Debris, Garage/Base-

ment Clean Out,

Furniture & Appl.

703-863-1086

703-582-3709

240-603-6182

ANGEL'S TREE REMOVAL

Brush & Yard Debris

Trimming & Topping

Gutters & Hauling

Angeltreeslandscaping-hauling.com

703-863-1086

703-582-3709

240-603-6182

The biggest
things are
always the
easiest to do
because there is
no competition.
-William Van Horne



LONG & FOSTER® # 1 in Virginia

703-425-8000



Manassas **\$779,900**
Grand 8 BR, 7.5 BA, 3 fin lvl home on 2 acres. 2-story foyer w/dual curved staircases. Formal living & dining rms. Butler pantry. Eat-in gourmet kit w/SS appliances, granite, island w/prep sink. 2-story family rm with stone fireplace. Back staircase. 2 main lvl BR suites. Upper lvl features master suite w/sitting rm, 4 other BRs, 4 BAs & 2nd family rm. Walkout basement w/recreation rm, BR, full BA & huge unfinished area.
Judy Semler 703-503-1885



Mt. Vernon Area **\$600,000**
Custom Built! Large 5 BR, 3.5 BA Colonial on beautiful half-acre wooded lot! Located near end of quiet cul-de-sac, this 3 level home has an oversized 2 car garage + additional off street parking. Many extras including Sun Rm, Fam. Rm w/ Fireplace off Gourmet kitchen, Deck, Finished basement, and Master suite w/ dual walk-in closets and luxury bath!
Steve Childress 703-981-3277



Lorton Station **\$499,000**
Picture perfect, 3 BRs, 3.5 BAs, gleaming hardwoods on 2 levels! Fenced yard with patio. Walk to Lorton Station and VRE! Move in perfect!
Marsha Wolber 703-618-4397



Fairfax **\$625,000**
Newly updated center hall Colonial offers both space and convenience! This wonderful floor plan features 3 finished levels to include 4BRs, 3.5BAs, multiple living entertainment areas, and 2-car garage. Move-in ready - freshly painted, new carpeting, hardwoods, & more! Close to metrobus, VRE, GMU, shopping & top rated schools!
Mary Hovland 703-946-1775
Cathy DeLoach 571-276-9421



Lake Anna **\$638,900**
This waterfront home offers an open concept floor plan with vaulted ceilings, 4 bedrooms and 3 full baths and sits on almost 1 3/4 acres.
Paul Wesche 540-847-3848



Fairfax **\$699,000**
3 levels, 3,000 sq ft fin. Updated eat-in kitchen, granite, SS appliances. Updated baths. Main level hardwoods. Lots of new carpeting. Year round sunroom. New windows. New garage door. Roof replaced 2009. Fenced backyard. Close to Metro, Mosby Woods Elementary & Oakton High.
Mickie Shea 703-503-1817



Clifton **\$645,000**
Light, bright rambler on outstanding 5 acre setting! Updates throughout! Newer kitchen, updated bathrooms, main level master suite, screened-in porch with gorgeous views! Walk-out lower level has complete suite, full bath, office and private entrance.
Carol Hermendorfer 703-216-4949



Fairfax **\$574,500**
Sought after Colchester Hunt neighborhood! Immaculately maintained and updated home! Featuring 4 bedrooms, 2.5 baths, and 3 finished levels! Quiet, private drive with a welcoming front porch, 0.62 acres, deck and 2 patios to enjoy the quiet setting. Many updates including kitchen and master bath make this home move in ready! Oak View ES, Robinson SS. A real find in treasure of a neighborhood.
Marsha Wolber 703-618-4397



Centreville **\$2,895,000**
Stunning 6 bedrooms and 6.5 baths custom estate on over 5 gorgeous acres. Builder-owned, this home is top quality and is graced with an abundance of striking design features. Boasting over 14,000 square feet of interior living and entertaining space this home has it all! Mahogany floors, marble columns, granite counters, 4 fireplaces, 5 car garage, wine room, home theater, pool and much, much more.
Carol Hermendorfer 703-216-4949



Springfield **\$675,000**
Just Listed! Beautiful 4 BR/3.5BA home in Daventry on one of the nicest lots in the neighborhood! Main level office. Huge eat-in kitchen. Gorgeous hardwood floor throughout the main & upper level. Finished walk out basement. Fenced yard. Screened porch. So much more.
Diane Sundt 703-615-4626



Gainesville **\$429,000**
Enjoy 55+ lifestyle in Heritage Hunt with activities, golf, pools, trails. SFH - 3BR/2BA with easy one level living. Complete kitchen renovation, screened porch & deck. Short walk to clubhouse. See photos & more 55+ homes www.marylroche.com. Call Mary to view.
Mary LaRoche 703-919-0747



West Springfield **\$585,000**
Absolutely stunning, beautifully renovated with top of the line appliances, 4 bedroom, 3 full bath, split level, great location, everything done, just move in, West Springfield schools.
Mary FitzHenry 703-250-8915



Fairfax Station **\$1,095,000**
Beautiful Horse Property! Gorgeous contemporary Deck House on beautiful 5+ acre horse property with two stall barn and two paddocks. Featuring walls of windows this home offers enjoyment of nature both inside and out. Features three fireplaces, soaring 2-story great room, 4 bedrooms and 3.5 baths. Beautiful landscaping has won local gardening awards!
Carol Hermendorfer 703-216-4949



Burke Centre **\$354,900**
Beautiful, well kept, townhouse with many upgrades, nice deck, fenced yard, Robinson schools, must see inside; feels like home.
Mary FitzHenry 703-250-8915



Lake Anna **\$699,000**
Waterfront professionally maintained log home. Beamed ceiling, ceramic floors, open floor plan, see through fireplace between master suite and Great Room. In ground sprinkler system, level lot with easy walk water. Covered boat dock with lift and 220' ft. of waterfront.
Doug Hough 540-846-5844



Centreville **\$298,000**
3 finished levels, eat-in kitchen, master bedroom with walk-in closet and private bath, recreation room with fireplace, fenced back yard with patio. Convenient location near major commuter routes, schools, shopping and restaurants.
Judy Semler 703-503-1885



Burke **\$332,000**
Nice four bedroom, many improvements, newer furnace and some appliances, w/d; close to trans, shops, schools, with Lake Braddock amenities, ie pools, lake priv; Lake Braddock schools.
Mary FitzHenry 703-250-8915



Clifton **\$875,000**
"Sparkles" is the best way to describe this 5 acre, 4 level colonial, 3 fireplaces and a 6 stall stable and paddocks. Upper level could be teen or in-law suite! Outstanding setting!
Carol Hermendorfer 703-216-4949



Alexandria Manchester Lakes **\$429,900**
It Has It ALL! Spacious 3 level townhouse has 3 bedrooms and 3.5 baths. Master bedroom suite has luxe bath with soaking tub and separate shower. Walkout lower level features rec room with gas fireplace and finished den/office. Deck off main level. Eat-in kitchen. Separate dining room. Sunken living room.
Mary Wharton 703-795-0587



Fairfax **\$650,000**
Open Sunday, March 9. Everything you want...fabulous 3 finished level, 4 BR, Colonial with renovated kitchen, new carpeting, hardwoods, new windows, walkout LL, screen porch & expansive deck overlooking treed lot and parkland, plus 2-car garage. Close to top-rated schools, VRE, Metrobus, and GMU.
Mary Hovland 703-946-1775
Cathy DeLoach 571-276-9421

Access the Realtors' Multiple Listing Service: www.searchvirginia.listingbook.com