

Lorton Landfill Debate Continues

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An aerial view of the Lorton landfill, owned by EnviroSolutions.



Trying to Stay Strong Through the Grief

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Honored for Promoting Peace

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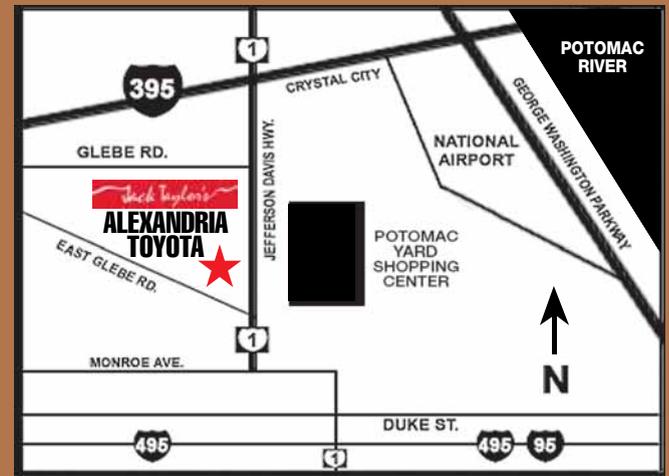
PHOTO BY ROGER SNYDER

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TOYOTA **Let's Go Places**

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/youthsurvey.

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

Planning Commission members Earl Flanagan, John L. Litzengerger and Janyce Hedetniemi at the public hearing for the EnviroSolutions application to extend landfill operations until 2040 on Feb. 27.



PHOTO BY JANELLE GERMANOS/THE CONNECTION

Debate Over Lorton Landfill Continues at Public Hearing

Decision on application deferred until March 13.

BY JANELLE GERMANOS
THE CONNECTION

The debate over the future of the Lorton landfill continued as community members commented before the Fairfax County Planning Commission at a public hearing on Feb. 27.

Over 50 people signed up to speak on the EnviroSolutions application to extend landfill operations until 2040, with the meeting going into the early hours of the morning.

EnviroSolutions, who owns the Lorton landfill, is applying for permission to widen the landfill and continue operations until 2040.

EnviroSolutions' proposed green energy triangle at the site of the landfill, which includes the development of geothermal energy, three wind turbines, and solar panels, was a major topic at the hearing.

SUPPORTERS cited the green energy as being beneficial for the county, as well as EnviroSolutions' commitment to providing the community with \$18 million, given out in increments over the course of two decades between 2019 and 2040.

Jim Corcoran, president and CEO of the Fairfax County Chamber of Commerce, which endorses the EnviroSolutions application to extend the landfill, said that a green energy triangle will enhance the county's reputation.

"The green energy park triangle proposal will allow Fairfax County to move forward with green energy production," Corcoran said at the hearing.

Corcoran also said that the application provides a long-term solution for the disposal of Fairfax County's construction debris.

Earl Flanagan, the Mount Vernon representative to the planning commission, asked Corcoran if the Fairfax County Chamber of Commerce would still support the application if the green energy component was not approved.

"There would have to be alternative looks at how we could have additional renewable energy," Corcoran answered.

Others are not convinced that EnviroSolutions will commit to its promises of providing green energy.



PHOTO BY ROGER SNYDER

An aerial view of the Lorton landfill, owned by EnviroSolutions.

"We're here because of broken promises, and this is a new set of promises," said Nicholas Firth, president of the South County Federation.

Firth is referring to a 2006 EnviroSolutions application to close the landfill by 2019 and build a park, which the company says is not possible due to public safety concerns.

Neal McBride, an activist and Springfield resident who represents the Newington Forest Community for the South County Federation and Mount Vernon Council of Citizens Associations, spoke in favor of the application at the hearing.

"If the landfill closes, it doesn't go away. It will be a closed landfill facility," McBride said.

Greg Budnick, a civil engineer who has lived in Fairfax County for over 25 years, said that all planning commission members and supervisors should examine not if the application can be approved, but should it be approved.

"The current application simply does not appear to be improving our county," Budnick said. "In my capacity as an engineer involved in land planning and development, I've seen this county perform great feats of improving and revitalizing communities and decayed urban cores, and even securing the closure and removal of an entire prison."

Budnick said that Fairfax County, as one of the richest counties in the United States, should consider other options.

THE PLANNING COMMISSION deferred their decision until March 13, when they will make their recommendation to the Board of Supervisors. The Fairfax County zoning staff has recommended approval of the application.



PHOTO COURTESY OF JACQUIE LAMBERTSON

Keeler Lambertson, an 11-year-old Clifton resident, competed in the Pennsylvania finals for skiing this year. She finished in the top 20 under 12 derby last weekend.

Clifton Resident in Skiing Competition

Keeler Lambertson and mother Jacquie share perspectives on skiing.

Keeler Lambertson, an 11-year-old Clifton resident, competed in the Pennsylvania Alpine Racing Association U12 (under 12) Derby from Feb. 28-March 2 at the Silver Springs Ski Resort in Pennsylvania. Keeler is part of the Liberty Mount Racing Team, located outside of Gettysburg, Pa.

Keeler and her mother, Jacquie Lambertson, share their perspectives on skiing and competitions below.

Q: How is the competition, and skiing in Pennsylvania, set up?

Jacquie: They are set up by age groups. There is an age 12 and under final, 14 and under final, 16 and under, and then age 18-21. All are tied to the U.S. Ski Association. The state championships feed into eastern cup championships. It's fun for a kid and for parents to see a clear path. Everybody's gone through the regular season, and based on their rankings in the regular season, they've been invited to compete in their states championship. From that, the top third of the kids will be invited to compete in the Eastern Championship.

Q: Why did you decide to join a ski team?

Jacquie: Living down here, finding a way to keep that lifestyle going, we kind of searched around looking for a way to make that happen, and we came across Liberty Mountain, right outside of Gettysburg and only an hour and a half from Washington, D.C. It became a great place to learn to ski and be able to go up there

three or four times a week. One of the main reasons for putting her on the ski team was because there weren't really any other kids around who ski. In order to find someone who can ski who is around her age group, we thought it would be good. She could have winter friends, and Clifton friends

Q: What do you enjoy most about skiing competitions?

Jacquie: It's really fun to make it to the next level and see the kids compete against each other, at this intense level. You can see that they are all happy about doing it and enjoying the challenge of trying to harder and more complicated things. We've always felt that we were weird, because everyone else in Northern Virginia is doing things like soccer, basketball, and more mid-Atlantic type of sports. Finding kids who do winter sports is kind of rare.

Keeler: I like to see my best friend. I've known her since I've been on the team. I've made a lot of friends on the ski team.

Q: What else do you enjoy about skiing?

Keeler: I enjoy going really fast. I'm used to it, but sometimes I get scared.

Q: Do you ever get nervous before a competition?

Keeler: Yes.

Q: Is it sometimes difficult to juggle skiing and homework?

Keeler: Sometimes, especially when my teacher gives me a lot of homework.

— JANELLE GERMANOS

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

SEE BULLETIN, PAGE 7



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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:

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- Universal Design

Seminars run from 10am-Noon. Lunch to follow. Please arrive at 9:45am for check-in.

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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, someway, 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.

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AREA ROUNDUP

Six Republicans Will Compete for 10th District Nomination

On March 1, the 10th District Republican Committee released the names of the candidates for their nomination for Congress.

Six candidates filed by the deadline, said 10th District GOP Chairman John Whitbeck in a release. "We ... feel like we are in an excellent position to hold the 10th District Congressional seat in November regardless of who the Democrats nominate."

The committee listed the candidates in alphabetical order: Del. Barbara Comstock, Stephen Hollingshead, Howie Lind, Del. Bob Marshall, Marc Savitt, Rob Wasinger.

The Republican nominee will be decided in a party canvass on Saturday, April 26 with voting at 10 different locations, including Langley High School and Centreville High School.

Clifton Homes Tour Donates Money to Community

The Clifton Homes Tour and Marketplace, sponsored by the Clifton Community Woman's Club, will be held on May 15.

Net proceeds from the Clifton Homes Tour go to the organization's charitable trust. Last year, the tour was able to give four scholarships. Two went to George Mason University, one to Northern Virginia Community College, and the last was a community service scholarship that went to a local high school senior.

Over the past five years, the charitable trust has given over \$100,000 to the community, including Ecumenical Council Helping Others (ECHO), Our Daily Bread, Western Fairfax Christian Ministries, Centreville Volunteer Fire Department, FACETS, Fairfax Library Foundation, Friends of the Fairfax Station Railroad Museum, National Brain Tumor Society, National Ovarian Cancer Coalition, World Pediatric Project, and many more.

Those interested in a sponsorship or advertisement in the homes tour ticket book, a booklet that includes information on the Homes Tour and Marketplace and features local businesses, can visit www.cliftoncwc.org.

Table Top Train Show at the Railroad Museum

The Northern Virginia NTRAK members will hold a T-TRAK (table top) train show of N gauge model trains at the Fairfax Station Railroad Museum on Sunday, April 13, from 1-4 p.m. The Museum is located at 11200 Fairfax Station Road in Fairfax Station. Admission is \$4 for adults 16 and over; \$2 for children 5-15; free for children under 5 and for Museum members. For more information on the Museum events, visit www.fairfax-station.org. 703-425-9225.

BULLETIN BOARD

FROM PAGE 5

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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.

Online Scavenger Hunt. Visit Fairfax tasks those interested in becoming "citizen ambassadors" to the county (those informed on fun, creative weekend outings in the area) to find two Fairfax County Ambassador icons hidden throughout the fxva.com website in order to join the ambassador team; those who find all five hidden pins will receive a complimentary gift. www.fxva.com/online-ambassador.

Senior Fall Prevention Classes. 1:30-2:30 p.m., at the Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Tuesday and/or Thursday classes in a heated pool designed to work on balance and core muscles for injury prevention. \$10. 703-667-9800.

American Red Cross CPR, First Aid and AED. Various times, at 2720 State Route 699, Suite 200, Fairfax. One-year certification, digital or print materials and continued education on Mondays through Thursday and Saturday. \$70-110. www.redcrossna.org.

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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."

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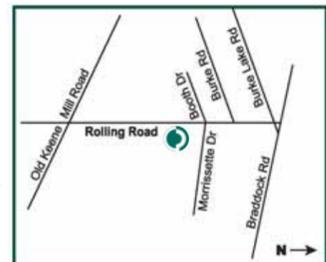
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You've heard about St. Patrick who drove the snakes out of Ireland, but did you know about St. Patrick, who saved the kittens out of shelters? Now's your chance to find out! Join Lost Dog & Cat Rescue Foundation for a St. Patrick's Day celebration,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

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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.

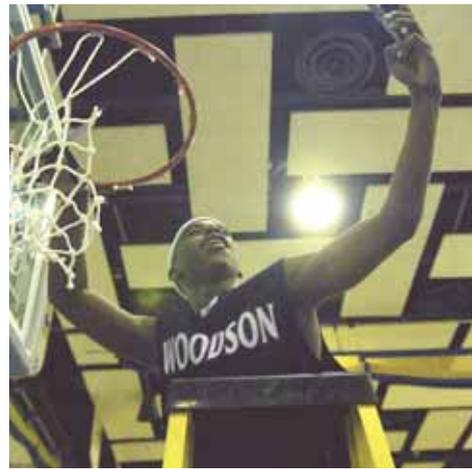
THE WOODSON BOYS' BASKETBALL team captured its second consecutive region championship on March 1, beating Lake Braddock 66-56 at Robinson Secondary School. One year after overcoming a 19-point fourth-quarter deficit to beat Wakefield in the Northern Region final, the Cavaliers played from ahead against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

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.

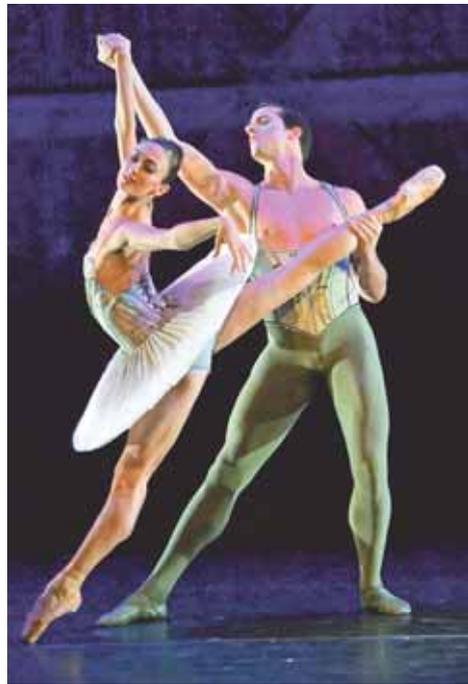
Spring 2014 Burke Centre Used Book Sale. 10 a.m. - 6 p.m. T. Burke Centre Library, 5935 Freds Oak Road, Burke. This sale is one of the 3 large annual sales with all genres represented in the roughly 8,000 books for sale PLUS media like DVDs, CDs, audiobooks, and more.

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.

WWW.CONNECTIONNEWSPAPERS.COM



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.fcmmom.org" http://www.fcmmom.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.

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

NEWS

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 Feltcorn, who was recognized for his restoration of Woodson's Students Against Destructive Decisions Club.

Feltcorn 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.



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

PHOTOS BY JANELLE GERMANOS/THE CONNECTION



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.

"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," Feltcorn said. "Unfortunately, this past week at my high school, W.T. Woodson, we experienced the tragic loss of life of two students."

Feltcorn 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

SEE PEACE, PAGE 13

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Students Receive Peace Awards

FROM PAGE 12

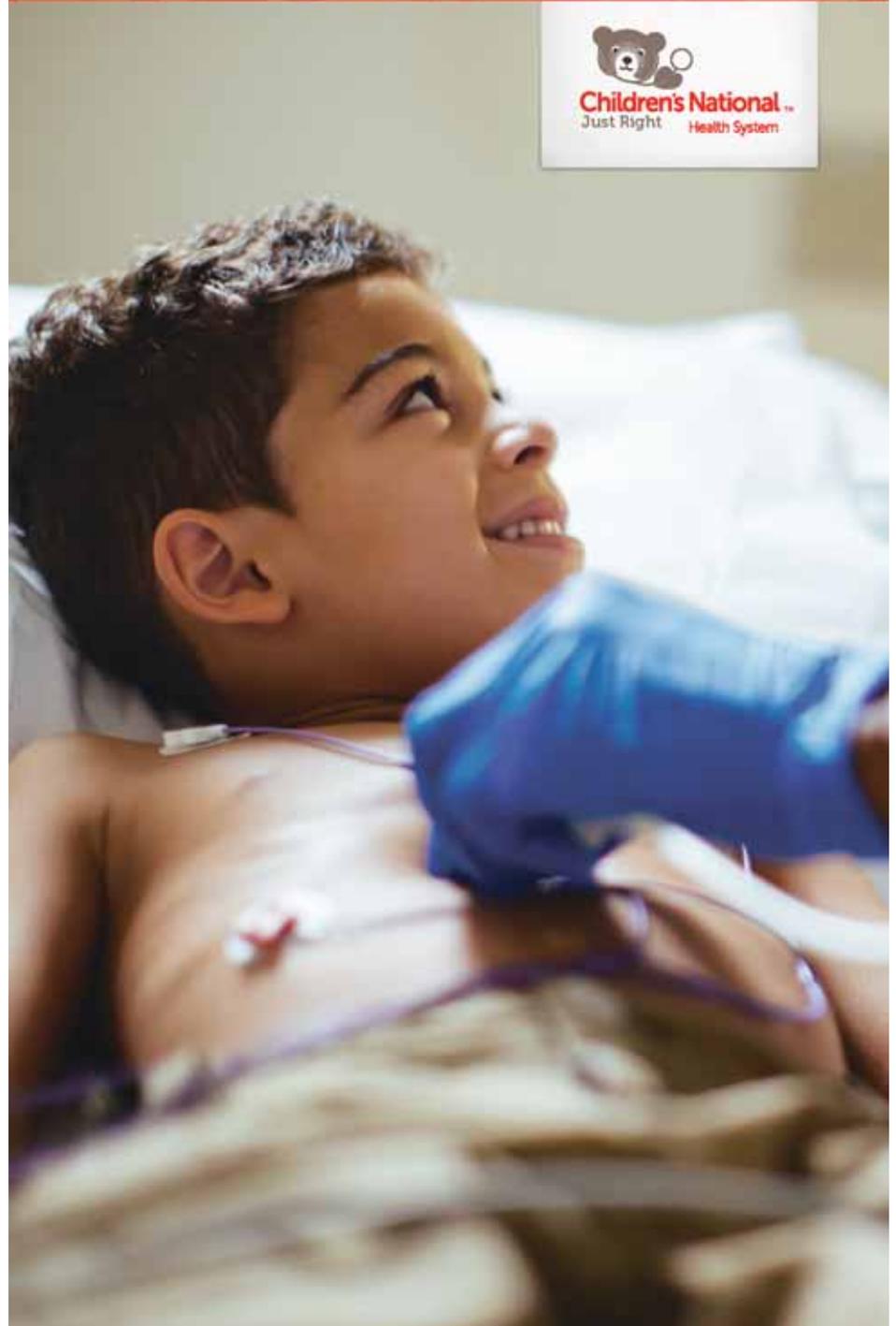
was among the students honored for promoting peace in the community. Molnar helped to start and grow the West Potomac chapter of Best Buddies, an organization that advocates for people with disabilities.

“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 Mountain View Brave Girls Club of Mount View High School was recognized for its work of supporting others through making “truth cards,” which provide messages of support and are sent to women throughout the community, including the Bethany House of Northern Virginia, the Cancer Center at Lake Manassas, sex trafficking victims, and Mountain View faculty and students during turbulent times.

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



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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.

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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 route1multimodal.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.

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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
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21 Announcements

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21 Announcements

21 Announcements

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

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.



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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.
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Burke Centre **\$354,900**
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Burke **\$332,000**
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