

Sharks Swim for Cancer Awareness

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

Trying to Stay Strong Through the Grief

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Honored for Promoting Peace

NEWS, PAGE 4

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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.

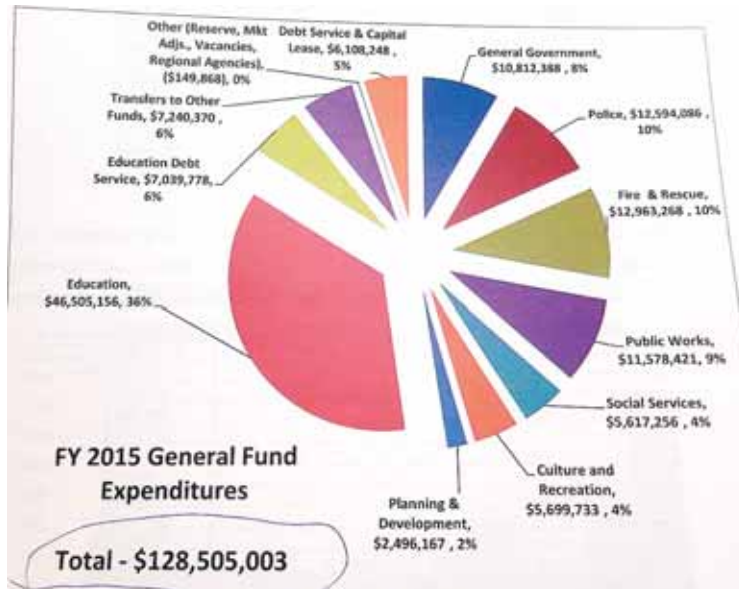
FAIRFAX COUNTY'S PREVENTION SYSTEM:

www.fairfaxcounty.gov/ncs/prevention

FY 15 BUDGET CALENDAR

City residents may weigh in on the proposed budget at the following City Council meetings at 7 p.m. at City Hall:

- ❖ **March 11:** Work session/mark up;
- ❖ **March 18:** Public outreach and department presentations;
- ❖ **March 25:** Consider real-estate tax rate to advertise;
- ❖ **April 1:** Work session/public outreach;
- ❖ **April 8:** Public hearing, work session/mark up;
- ❖ **April 22:** Public hearing, work session/mark up;
- ❖ **April 30:** Public hearing on real-estate tax rate and FY 15 budget adoption.



Pie chart of the City's FY 15 General Fund expenditures.

Fairfax City Budget Proposal Unveiled

Includes no increase in property-tax rate.

BY BONNIE HOBBS
THE CONNECTION

The City of Fairfax is on firm financial footing and the real-estate tax rate is not proposed to increase in the coming fiscal year. That was the message City Manager Bob Sisson brought to the City Council last Tuesday, Feb. 25, when he unveiled his proposed FY 2015 budget.

Expenditures for all funds total \$161,200,026 – an 8-percent decrease from FY 2014 because of the City's sale of its water-system assets to Fairfax County. General Fund revenues and expenditures are listed at \$128,505,003 – a 2.3-percent increase over FY 2014.

"The regional economy is getting stronger," said Sisson. "Real-estate assessments are up 3.3 percent overall, 4.5 percent for residential property, alone. And there's only about a \$400,000 or so school increase."

He said the loss of the water system "created a bit of a void in our budget this year." However, he said the City will have lower debt-service payments in FY 15. Noting that, "over the past few years we've trimmed city staff," Sisson said he'd now like some of those positions restored.

WITHIN THE BALANCED BUDGET, he said, are real value and "unsurpassed services" to Fairfax residents, including trash collection provided in the City real-estate tax rate. And he was proud that Fairfax has continued to maintain its AAA bond rating.

Regarding annual budget challenges, Sisson said school tuition is the largest, single expenditure. However, he added, "A few years ago, we established a reserve fund in case we needed it for our education-contract partner, Fairfax County Public Schools. It's roughly \$560,000."

Some 53 percent of the total General Fund budget is non-discretionary, meaning beyond the power of the City Council to cut, so additional capital funding is needed. Even if no employees received pay increases, he said, "It now costs \$7 million a year for employee pension payments – and it'll keep going up every year."

More than \$1 million will go into the City's

stormwater fund for Chesapeake Bay cleanup and stormwater work within Fairfax. Sisson said commercial property assessments declined 0.1 percent so "we need to stimulate that part of the market." But with the increase in residential property assessments, plus a 0.6-percent jump in new construction, overall real-estate assessments are up by \$176 million.

Although Fairfax's residential real-estate tax is expected to remain flat at \$1.06 per \$100 assessed valuation, homeowners' tax bills will still rise because their property has generally seen a 4.5-percent jump in assessed value over last year. That means someone owning a home valued at \$300,000 last year will pay an extra \$143 in property taxes this year because that home is now worth \$313,500.

THE TOTAL VALUE of the City's real-estate tax base is now \$5.52 billion, which Sisson called a "healthy increase" over calendar year 2005, which was \$4.4 billion. And, he added, "We have a fairly well-diversified list of revenue sources, not just real-estate tax."

For example, the BPOL (business/professional/occupational licenses) tax is projected to bring in more than \$9 million in FY 15, and the meals tax, nearly \$6 million.

The increase in General Fund spending includes a recommended 3.5-percent merit pay hike for City employees totaling \$375,000. Sisson also recommends spending \$55,000 to restore home delivery of the informative Fairfax newsletter, Cityscene. But these items and others are offset by an across-the-board increase from FY 14 in various taxes and fees the City will receive.

After hearing Sisson's presentation, Councilman Dan Drummond said, "Great job by the [City] staff, and we look forward to the community's involvement." Mayor Scott Silverthorne was pleased that Fairfax's real-estate tax rate is "significantly lower than other jurisdictions."

"This is the first time we haven't had an increase in the tax-rate proposed," said Councilman Steven Stombres. "But since assessments are up, I'd like to see if we can help people keep more of their hard-earned money."

"Since 48 percent of our revenue is coming from real estate – both residential and commercial – the redevelopment of commercial real estate is the way to increase our revenue in the future," said Councilman David Meyer. "Because of the sale of our water system to Fairfax County, we're avoiding long-term increased costs of the water system – which is like a tax rebate for the citizens."



PHOTOS BY DONALD SWEIG

A Snowy Owl settled on top of a parking lot light near Springfield Mall, where it delighted onlookers for several weeks last month.

Arctic Snowy Owl at Springfield Mall

BY DONALD SWEIG
THE CONNECTION

"Snowy Owl at Springfield Mall," the subject line read on the Virginia Society of Ornithology's birding hotline, on Feb. 4.

The winter of 2013-2014 had seen an unprecedented irruption of Arctic Snowy Owls into the mid-Atlantic states. Dozens, or hundreds were being seen from Maine to the Carolinas, and even one in Florida. Mostly they showed up on Atlantic barrier islands, or at airports (two were seen at Washington National Airport) which look like their native tundra.

But one at the Springfield Mall was a real surprise.

That first afternoon there were 15 to 20 eager bird enthusiasts at the Mall looking for the bird. Mostly, the birders were cold and a bit frustrated that they couldn't find the bird when suddenly, "There it is!" The owl flew in from the rooftop across the street and landed

on a parking-lot light beside the Target store. There was much "ooing," and "ahhing" from the bird folk; lots of looking through fancy birding scopes, and lots of photography. Eventually, about 5:30, or so, the owl flew off to another rooftop.

Over the next week or two the owl was seen again on the lights at Target, and on the roof at JCPenney, as well as various roofs across the street. Numerous birders, and just plain folks from near and far, came and saw the owl every evening. It was a once-in-a-lifetime opportunity for most.

The consensus seemed to be that it was there because commercial areas tend to have an ample supply of rodents (like rats), which are a fine meal for an owl.

Eventually, one afternoon, the owl could not be found, and it has not been seen again. Presumably, it had left to fly north to its Arctic breeding grounds. But it surprised and delighted many while it was at the Springfield Mall.



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 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.



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.

PHOTOS BY JANELLE GERMANOS/THE CONNECTION

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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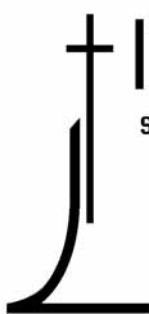
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OPINION

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, 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.

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Where: 5795B Burke Centre Pkwy.,
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- Foster Crew Members will answer questions about the most important thing you can do to help.
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www.lostdogandcatrescue.org



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—Chinese
Proverb

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Coaches Erik Elam, Patty Friedman and Lance Page gather together during the Shark Tank Racing

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



PHOTOS BY JANELLE GERMANOS/THE CONNECTION

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.

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.

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.

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 cstsm@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.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism.

The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit http://www.guhyasamaja.org for more information.

Lord of Life Lutheran offers ser-

vices at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

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

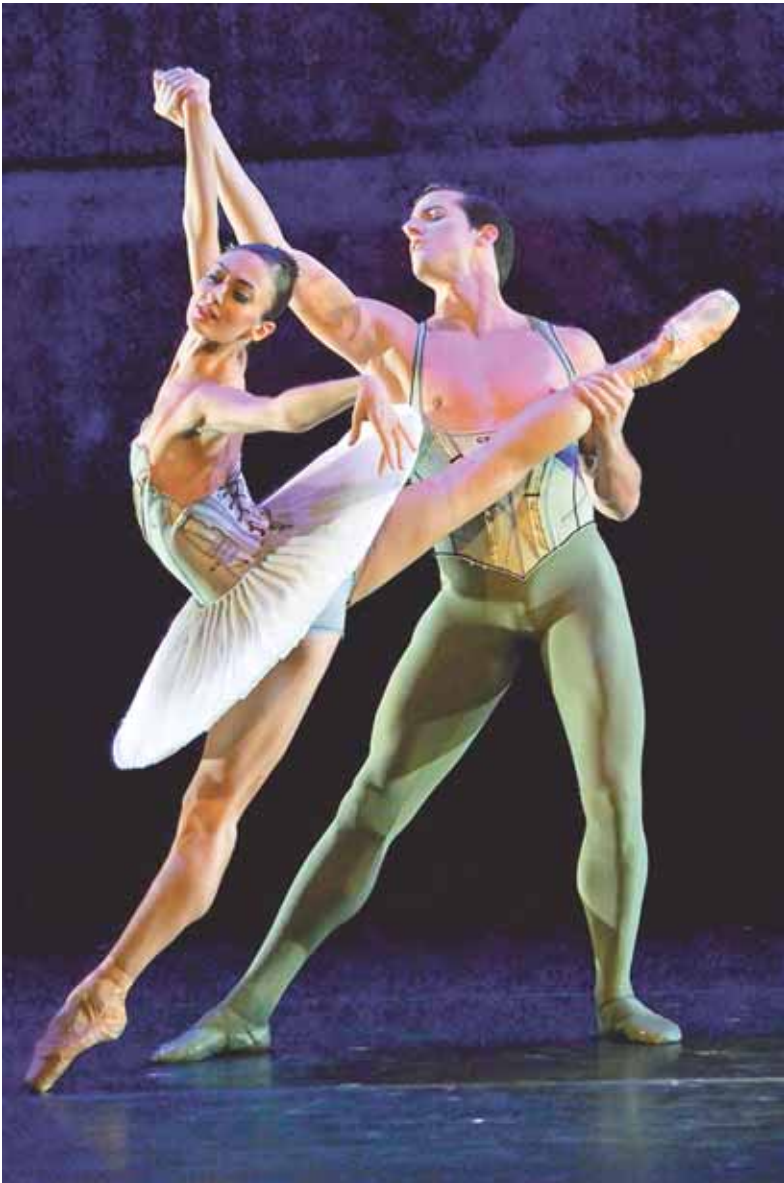
Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or www.st-andrew.org.

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

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

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.

BULLETIN BOARD

FROM PAGE 7

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

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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.redcrossnca.org.



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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

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.

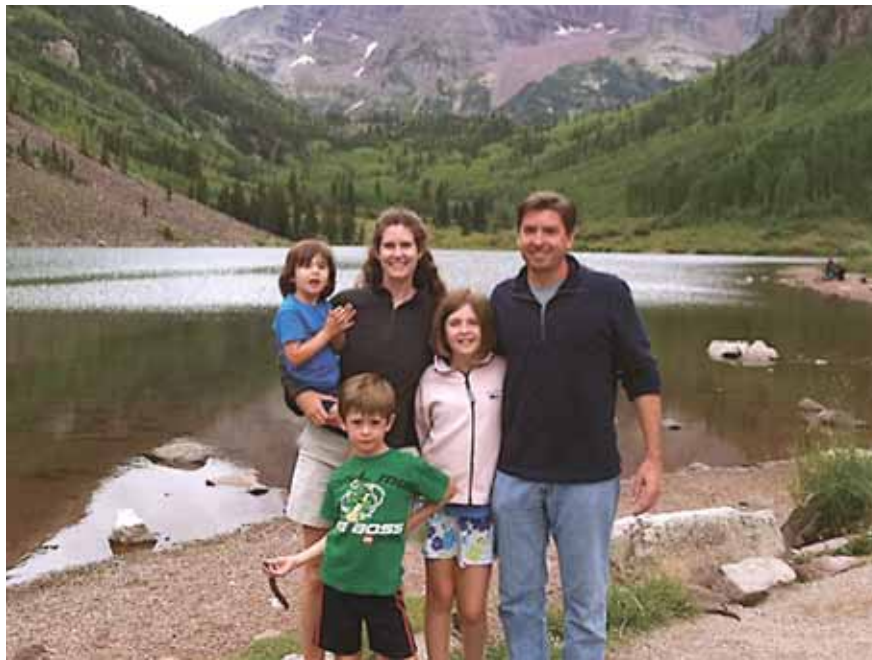


PHOTO COURTESY OF ELIZABETH REES

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 ab-

solutely 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 support-

ive 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."

SEE EXPERTS, PAGE 11

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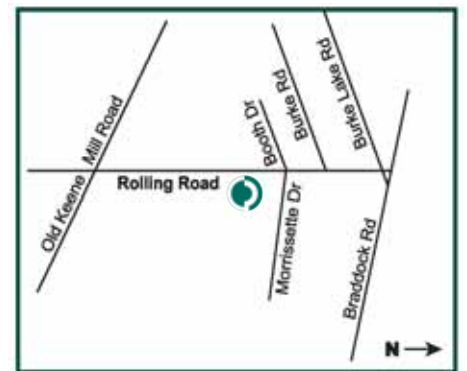
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Experts Offer Tips for Keeping Your Family Happy

FROM PAGE 10

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."

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 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 impossible 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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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."

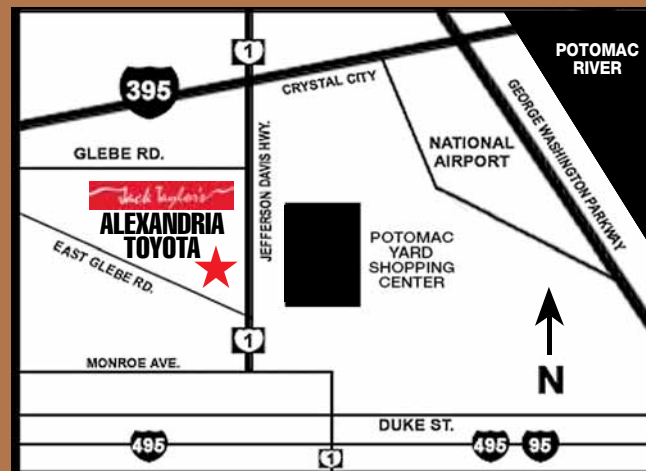
Woodson will face Landstown (Virginia Beach), the 6A South runner-up, in the state semifinals at 3:30 p.m. on Saturday, March 8 at Robinson Secondary School. The winner will advance to the state championship game, which is scheduled for 8:30 p.m. on Friday, March 14 at VCU's Siegel Center.

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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.

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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.

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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.

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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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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.

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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

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-Werner Heisenberg

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.



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