

All in for Advent

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Burke United Methodist Church Youth Director and Springfield resident Douggie Royer plays traditional carols on a tuba at the church's Family Advent Celebration.

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Fairfax County Facing More Budget Strain

County Executive and FCPS Superintendent present adverse forecasts.

BY TIM PETERSON
THE CONNECTION

Days before the traditional loosening of belts for Thanksgiving, Fairfax County officials discussed the need for tightening theirs.

The Board of Supervisors and Fairfax County School Board met jointly Nov. 25 to talk about budget forecasts, prior to Governor Terry McAuliffe's (D) state budget proposal expected in mid-December.

County Executive Ed Long delivered the grim estimate of a just over \$100 million shortfall for fiscal year 2016. That's versus the estimate in the FY2015 adopted budget of around \$37 million.

Long cited lingering effects of the recession, including slow job growth, at 0.4 percent in Northern Virginia versus 2.4 percent before the downturn, as well as 10.8 percent drop year-to-date in home sales. Federal procurement spending has been trending down, and Long is expecting a 3-4 percent decline for FY 2014.

Residential and non-residential real estate values have also been decreasing, 3.3 percent since 2008 and 5.2 percent since 2009, respectively, accounting for tens of millions of dollars of lost revenue for the county.

Even with a projected \$84 million in new funds from revenues, it doesn't cover the expected increases in disbursements of about \$185 million over the previous year. Those include county employee pay increases and benefits, public safety and hu-

Fairfax County Public Schools Superintendent Karen Garza speaks Nov. 25 at a joint meeting of the FCPS School Board and Board of Supervisors.

PHOTO BY
TIM PETERSON/
THE CONNECTION



man services, and for schools a 3 percent operating increase, capital support, debt service and Full-Day Mondays support.

"There are a lot of challenges going forward to the spring," Long said. "Uncertainty remains in the economy, we don't know what's going to happen with the Sequester."

Since FY2009, the county has cut around \$269 million by cutting positions and programs, but it just isn't keeping up.

"Looking back, there's nothing easy left to cut," said Long. "We're down to the meat of county programs. Cuts are going to be hard, there's no two ways about it."

Board of Supervisors Chairman Sharon Bulova commented that additional county reserve funds shouldn't be looked to as a resource to cover the shortfall.

"Our reserves are too low for comfort," Bulova said, "and compared to other juris-

dictions, we're dangerously low."

FCPS Superintendent Karen Garza followed Long to further explain the challenges facing the vast school system regarded as one of the top in the country.

"Sometimes our challenges get masked by looking at the overall percentage of our size," said Garza. "Forty-nine schools have 50 percent free or reduced lunch or higher. There are some parts of our county where that population and the needs of our students are certainly growing."

Garza referenced growths of 2-3,000 students in the system over the last several years, as well as jumps in the percentage of students who take English for Speakers of Other Languages and or are eligible for free or reduced price meals. Total enrollment is now over 186,000 students.

"The real cost of growth exceeds \$190 million," Garza said. "And of the cuts over

the last six years, one-quarter were just the last year. There are 2,175 fewer people, but at the same time we grew by 20,000 students. That's significant for our system."

Echoing Long, Garza said the cuts are not allowing schools in the county to keep up with needs and in particular for schools, the needs of teachers.

"We're very concerned with competitive compensation," said Garza. "Our bread and butter is the quality of teachers in classrooms, employed throughout our school system. We're losing our competitive edge and I'm very concerned with where we stack up compared to our surrounding jurisdictions."

She showed starting teachers' salaries hovering around the middle of surrounding jurisdictions, above only Loudoun and Manassas Park City for 10 years experience and a master's degree, and just above Prince George's Maryland for maximum salary.

Even with \$53.1 million in a transfer from the county, Garza is still projecting a \$63.9 million deficit for FY2016, something she and the supervisors agree should garner some attention from the state.

"We recognize and believe the state has to do something more to help us," said Garza. Lee District Supervisor Jeff McKay weighed in as well. "We're funding 70.6 percent of the FCPS budget, which is significantly higher than almost everywhere else in the state," he said. "If we received adequate funding from the state, we wouldn't be having this conversation. It's a huge emphasis moving forward. If we're not looking at the long-term, these issues will continue to compound."

Garza and Long will spend the next few months finalizing their budget plans. Garza's proposal for FY2016 should be released Jan. 8, 2015 and Long's plan for FY2016-2017 should come up at the Feb. 17, 2015 Board of Supervisors meeting.

Board of Supervisors Signs On for \$403 Million Loan

Low-interest federal loan will help finance Phase 2 of Silver Line.

BY TIM PETERSON
THE CONNECTION

Phase two of the Silver Line construction got a boost towards its 2018 estimated completion date. After nearly a year of discussion, the Fairfax County Board of Supervisors voted unanimously to authorize a federal loan agreement to the tune of \$403 million.

The low-interest allowance under the Transportation Infrastructure Finance and Innovation Act (TIFIA) would be good for almost half of the estimated \$915 million Fairfax County is on board to contribute to the massive rail project.

"The Silver Line is vital to the economic growth of Fairfax County, the re-

gion and the Commonwealth," said Chairman Sharon Bulova in a statement, "and I am proud of the work we've done to make it a reality."

Prior to the vote, Bulova added, "there's been lot of discussion about this over the last year or so. It's pretty thoroughly vetted and it's a really important step we're taking."

Supervisor Pat Herrity (R-Springfield) supported the measure, but was quick with a reminder that the funds aren't exactly free money. "It's a loan, money that's got to be paid back, and it's going to be paid by the toll payers," he said. "So eventually the tolls will rise, but we forestalled that for a period of time, which is good news for the corridor."

Herrity was referring to Dulles Toll Road,



PHOTO BY REENA SINGH/ THE CONNECTION

Local, state and national officials at the ribbon-cutting ceremony for the Silver Line July 26 this year. Low-interest federal loan will help finance Phase 2 of Silver Line.

where drivers escaped immediate hikes but will eventually see higher tolls to assist as the county begins to repay the loan, anti-

pated for the year 2023.

Supervisor Jeff McKay (D-Lee) played up the importance of seizing the loan opportunity.

"Any time you can get a low interest federal loan to support infrastructure, that allows you to maximize your dollars and potentially reduce the cost of the overall project by millions," said McKay. "It was a great opportunity for us; very few jurisdictions under the TIFIA regulations could qualify for this, so we would be foolish to have not taken advantage of it."

The loan to Fairfax County comes in conjunction with federal Department of Transportation loans to Silver Line partners Loudoun County and the Metropolitan Washington Airports Authority, as the trio works to finance the entire \$5.6 billion project.



(From left) Olive, Tommy and Edie Webster of Fairfax dress up for the Burke United Methodist Church Advent “selfie” station.



Supervisor John Cook (R-Braddock) and children (from left) Steve, Amanda and Laura, display their traditional felt banners at the Burke United Methodist Church Family Advent Celebration.

All in for Advent

Burke United Methodist Church begins Christmas season celebration.

BY TIM PETERSON
THE CONNECTION

A tuba-playing shepherd broke from playing Christmas carols to snap cell phone pictures of a tall sheep and two young girl-sized shepherds. The “Selfie” station with biblical-themed costumes was the first stop for Edie, Olive and Tommy Webster of Fairfax at the Burke United Methodist Family Advent Celebration.

December 30 marked the first Sunday of Advent, the first season in the Christian calendar that precedes the birth of Jesus Christ and the celebration of Christmas. The church celebration included activities such as ornament-making, cookie-decorating and interactive storytelling.

Katie Webster, the church Director of Education, said, “The event used to be held more in the middle of the month, but we’ve changed it to the first day of Advent to better equip families to celebrate the whole season.” The annual event is a major gathering for members of the congregation as well as the community.

“We’ve had some major in-house makeovers here and it’s really great to have people from the community come in and see what the team has done,” said Springfield resident Duggie Royer, the church Youth Director.

“We can all have a good time, decorate cookies, shop, all that jazz.”

Springfield resident Linda Watkins and her children Ada Mae and Chase Olaf decorated pairs of white paper cutouts of Christian symbols called Chrismons with glue, glitter and bells. One of each will go on a special tree in the church and the other goes home with the artist.

“We love coming here,” Watkins said. Her family was there with friends for the second straight year. “It’s great having the kids coming together, getting a little culture. It’s a good reminder of the season.”

FAMILIES also created felt banners depicting shepherds and Magi travelling to



Chase Olaf Watkins (center, TOT pre-school at Sydenstricker United Methodist Church) and Ada Mae Watkins (right, first grade at Orange Hunt Elementary School) of Springfield decorate Chrismon symbol ornaments at Burke United Methodist Church.

Demetrius Mitchell (left, junior at West Springfield High School) and Jason Genge (right, freshman at Quander Road School in Alexandria) express themselves through creating felt banners for Advent.



Bethlehem to visit the newborn baby Jesus. Demetrius Mitchell, a junior at West Springfield High School and member of the church youth group, attended the Advent celebration for the first time.

“With my banner I’m just trying to express the Christmas spirit,” said Mitchell, whose creation featured a felt rendering of three-dimensional purple glass ornaments resting on a pine branch. “Being here is about unity, about not being judged. Here, everyone is everyone, and everyone believes and loves each other.”

In addition to being a kickoff for the Christmas season, the church’s Advent celebration helped transition the spirit of giving from Thanksgiving into December. A common area in the front of the church had Christmas basket sign-up tables and collection bins for ECHO (Ecumenical Community Helping Others), one of the food and clothing outreach organizations serving Burke and Springfield.

ATTENDEES could also sign up to volunteer for the church hosting a hypothermia prevention shelter the week of Dec. 14 through Dec. 21. That effort is being done in collaboration with the Fairfax-based emergency shelter, food and medical organization FACETS.

Finally, church member and Burke resident Christine Eads was set up at a table across from the ECHO collection area, promoting the fifth annual Santa’s Secret Workshop.

The workshop is a kids-only event put on by Duffy House, a long-term care and support organization for victims of domestic violence and their children that Eads founded. Children of violence survivors will be able to shop there for Christmas gifts for their families.

The Duffy House Santa’s Secret Workshop takes place on Dec. 6, 10 a.m.-2 p.m. at Burke United Methodist Church, 6200 Burke Centre Parkway in Burke. The public can register to attend, sponsor a survivor or make a general donation online at www.theduffyhouse.org/events.

Gov. Terry McAuliffe carves the turkey served to families at Shelter House on Thursday, Nov. 27, in Fairfax.



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

Homelessness, A Year-Round Issue

Gov. McAuliffe serves Thanksgiving lunch at Shelter House.

BY ABIGAIL CONSTANTINO
THE CONNECTION

“Do you like the stuffing? I made it,” said Gov. Terry McAuliffe on Thanksgiving, as he mingled with guests of Shelter House. Earlier, the governor donned a hairnet and served lunch to invited clients and residents at the Katherine K. Hanley Family Shelter in Fairfax.

“Fairfax County does an excellent job in providing for those who need shelter, who need food,” said McAuliffe. “I was so honored to come out here with my family to show our support and give back a little bit.” Though he said we all have something to be thankful for, there are those who are really in need.

Mo, his wife, and their two children arrived at the family shelter the night before. He was working two full time jobs when he got hurt at work. He lost one job and started falling behind on his bills. “It was just me providing for my family and I couldn’t do it anymore,” he said. He has been in the U.S. for 15 years, emigrating from West Africa. “I’ve never been in the shelter. Most of the time people talk about the shelter, and it’s, like, you know, you are somebody who doesn’t want to work. And, I’m not like that.”

DIRECTOR OF DEVELOPMENT Jolie Smith said Mo’s situation is very common. “Really, all they need is a hand up not a handout.” With the help they receive, she has witnessed people bounce back. “A couple of month’s rent, a security deposit and they’re off and running,” she said.

But there are those whose needs require more than financial help.

“Thanksgiving, you’re supposed to be with your friends but right now, I cannot be with my family and friends,” said “Lee” (name changed for security). Lee fled from domestic violence and her husband does not know where she is staying. “He kind of knows I’m in a shelter. He knows I have no friends, no relatives. He pushed me out. Where am I supposed to go?”

Lee never called the police because her husband was the only one working in the family. “Since I got married, I kind of lost myself. I used to be very confident...go to work. But I have been a housewife for eight years. I don’t know what I can do.” Lee left her children with her husband, while she regains her independence and learns to be

self-sufficient. “I want to get custody of them. I want to fight for them,” she said.

McAuliffe visited the tables of the families he served and took photographs with them. Jennifer Erazo posed with him and nervously forgot to ask her question about housing for people with disabilities. “There’s a lot of housing for low funds, domestic violence. There should be more for people with mental disabilities,” she said. She is dealing with mental health issues and domestic violence.

LAST SEPTEMBER, McAuliffe announced his measure to expand healthcare services to over 200,000 Virginians. Through a series of executive actions, the plan includes care and coverage for people with mental illness. The plan was a reduction from a more ambitious one that was thwarted by the General Assembly when it shot down the expansion of Medicaid in the commonwealth. He said that about \$26 billion of Virginia taxpayer money has gone to Washington, D.C. and the commonwealth has a right to bring that money back. “It’s unconscionable that we’re not doing that,” he said.

About 26.2 percent of sheltered homeless persons have a severe mental illness, according to the Substance Abuse and Mental Health Services Administration. But although mental illness may contribute to homelessness, the lack of low-income housing is the predominant cause of homelessness, according to a 1994 study by Shinn and Gillespie published in American Behavioral Scientist.

November is homelessness awareness month. Shelter House executive director Joe Meyer said that homelessness is not just a holiday or a seasonal issue. “It’s a year-round issue that we need to address.”



A father and son pray before eating their Thanksgiving meal, served at the Katherine K. Hanley Family Shelter by Gov. Terry McAuliffe on Thursday, Nov. 27, in Fairfax.

VIEWPOINTS

What are the needs and priorities of the homeless in Fairfax County this winter?

Jolie Smith, director of development, Shelter House:

“Housing. Affordable housing. We always need hygiene products. One thing people don’t realize is that with food stamps you can’t buy any hygiene products. So, we always ask people to give shampoo, conditioner, toothpaste, toothbrush. Gift cards. A gift card from CVS can help people buy medications they may need. Gift cards are always in need. Think about what you need and those are the needs of our families.”



Joe Meyer, executive director, Shelter House:

“This is a community that really cares about the issue that we have—homelessness and domestic violence. For a community to come together is one of the biggest things that I want to see this winter.”



Scott Covino, board member, Shelter House, and daughter Lauren, 10, of Leesburg:

“It’s getting the folks who need the help, help. It’s usually trying to identify folks and make sure that they are in the system, that they’re being recognized and make sure that they are not just out there on their own. And communicating that there are places they can go and things that they can do to help themselves. And we can help them do that.”

Gov. Terry McAuliffe (D-Va):

“We need to make sure that this winter, which is expected to be a very tough winter, that we have the shelter for folks to make sure they can [have] shelter, they can have food, they can have healthcare. We need to do our part to provide for those individuals who need help today.”



Brian Ricks, director, Katherine K. Hanley Family Shelter:

“The biggest issue is affordable housing in Fairfax County. We are a rapid re-housing program. However, though, rents are really high in Fairfax and we have a lot of families that are low-income that may need additional support in housing. The biggest need is fair market housing in Fairfax.”



— ABIGAIL CONSTANTINO



PHOTO BY TIM PETERSON/THE CONNECTION

Leigh Parks of Fairfax Station (left) and Faith Spillman of Burke (right) stock fresh towels at Burke Racquet & Swim Club.

Burke Racquet & Swim Club Craft Fair Helps Food for Others, Women at Risk

Beaded jewelry, brass rubbings, crocheted and knitwear, birdhouses and quilts are just a few of the craft gift items on offer at the Burke Racquet & Swim Club this weekend. The sixth annual fair, taking place Friday and Saturday, Dec. 5 and 6 from 9 a.m.-5 p.m., typically draws a full crowd.

The club hopes another year of strong numbers will help boost the final day of their food drive, with all donations going to the Fairfax-based free food distributor

Food for Others. "Women at Risk," an international nonprofit supporting women and children facing medical or domestic threats, will also have hand-made Christmas decorations for sale. The decorations are made by women in the program and the proceeds go right back to them.

Burke Racquet & Swim Club is located at 6001 Burke Commons Road in Burke.

— TIM PETERSON

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lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known

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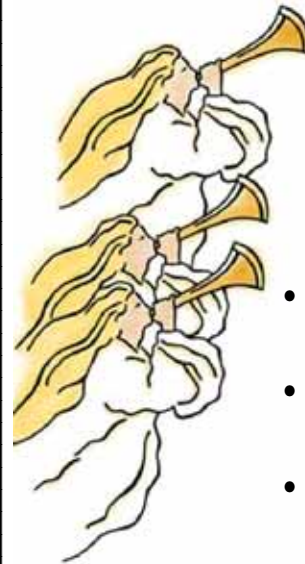
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Tell Teens ‘Things Will Get Better’

Fairfax High hosts meeting about youth suicide.

BY BONNIE HOBBS
THE CONNECTION

In light of recent suicides by students from Fairfax, Woodson and Langley high schools, Fairfax High hosted a meeting Nov. 19 to discuss the problem and search for solutions. The idea was to begin an ongoing exchange between parents, students, staff, community members and mental-health professionals.

“Now in my sixth year as principal, I’m focused on finding ways to foster a culture where people look out for one another,” said Fairfax High’s leader, Dave Goldfarb. “We want this school to be a place where people ask for help and build resiliency. For me, hosting a community dialogue on mental health and wellness is a big part of this work.”

He said that, over the years, he’s become aware of many students struggling with mental distress. And he’s realized that mental health is an issue that significantly impacts the students and school.

Therefore, said Goldfarb, “We have to work together to make it visible. The inner pains our adolescents feel often limit them more than any physical injuries. We have to talk together to make it an open topic for discussion. Anxiety, depression, feeling out of control, suicide – we have to understand that these are all part of our teenagers’ world, and we have to talk openly about them if we want to connect with and support [our children].”

He also stressed that the meeting was just a first step. “Beyond tonight, we need to make brave choices as students, parents and educators to speak out and put our young people’s wellbeing first, over everything else,” said Goldfarb. “Success cannot come at the expense of happiness. We must summon the courage in our hearts to put balance, happiness and inner peace above GPAs, popularity and instant gratification.”

Then Fairfax High’s director of student services, Laura Rotella, and school counselor Tracy Hartley shared some results from the FCPS 2013 Youth Survey on mental health. On average, in the last three years, 29.6 percent of FCPS students in grades eight, 10 and 12 reported feeling sad during the year. In the Fairfax High Pyramid, it was 32.1 percent.

THE PERCENT WHO CONSIDERED SUICIDE during the past year was 17 percent countywide and 19.1 in the Fairfax Pyramid. “In 2013, 22.3 percent of females and 11.2 percent of males in FCPS considered suicide,” said Hartley. “But the social stigma attached to it makes it under-reported.”

Those same figures for students in the Fairfax Pyramid were 25 percent of females and 12.3 percent of males. “It peaks in 10th grade,” said Hartley. “And females report



PHOTO BY BONNIE HOBBS/THE CONNECTION

Applied psychologist Heather Tedesco points to a chart on the overhead screen.

“Success cannot come at the expense of happiness.”

— Dave Goldfarb, principal, Fairfax High

considering suicide twice as much as males, across all grade levels, but males tend to under-report.”

She and Rotella also discussed the “Three to Succeed” concept. Analysis of the Youth Survey revealed that having just three assets dramatically reduces teens’ risk behaviors and promotes thriving youth. Assets are strengths in young people, their families, friends, schools and communities that benefit them emotionally. The more assets a person has, the fewer risk behaviors they report – and every asset makes a difference.

Assets are: Possessing high personal integrity, performing community service, hav-

ing teachers recognize good work, having trusted adults to talk to, participating in extracurricular activities and having parents available for help.

“When a student said they had none of those, 50 percent of males have considered suicide and 80 percent of females,” said Rotella. “Having four or more assets reduces

suicidal attempts from upwards of 10 percent to nearly zero.”

“Female adolescents are twice as likely to commit suicide as boys are,” added Hartley. “But boys tend to use more lethal means, such as guns and gas.”

Another finding of the survey was that, by age 13, more than twice as many girls as boys are depressed – and this ratio continues into adulthood. And it also exists regardless of racial or ethnic background.

Applied psychologist Heather Tedesco also spoke. She’s in private practice in McLean and helps parents address their concerns about their teenagers. At the meeting, she discussed the burdens teens face today and how parents can help them deal with these things.

“Course loads in school are far more rigorous than in previous generations, and teens are involved in more extracurricular activities,” she said. “And because of social media, teens are always aware of what other teens are doing, and vice versa. So it puts more pressure on them and they have less face-to-face interaction.”

AS A RESULT, said Tedesco, “We need to de-stigmatize stress and talk about what we can do about it. We need to send healthy messages about failure and realize that teens need free time and psychological space to develop a strong sense of self.”

“We want our kids to have positive coping methods that they’ve practiced so, when they’re under stress, they can use them,” she explained. “And we must help them recognize and express their emotions.”

To thrive, said Tedesco, teens must be resilient and able to handle challenges. “Tell them that bouncing back is more important than not messing up,” she said. “Give them a message of hope that things will get better, and tell them failure can be an opportunity for growth.”

She said parents should examine their own attitudes about failure. “Parents must provide an unconditionally loving bond,” said Tedesco. “It’s a critical, protective factor in their mental health. And ask open-ended questions about their goals and values, and listen to their answers.”

Teenagers should be given increasing freedoms and responsibilities, she said, but they should also be responsible for their own successes and failures. “Avoid micro-managing and over-parenting, and encourage identity development,” said Tedesco. “Parents need to value psychological health as much as academic and extracurricular achievement. We really have to ask ourselves what really matters to us for our kids’ long-term happiness and success.”

She also told parents to “teach kids there are multiple paths to a successful adulthood. Character traits related to happiness and success include resilience, self-control, curiosity, enthusiasm, zest, self-efficacy and gratitude.” Bottom line, said Tedesco, “It’s not what your teen accomplishes that matters, but who they are.”



Goldfarb

News

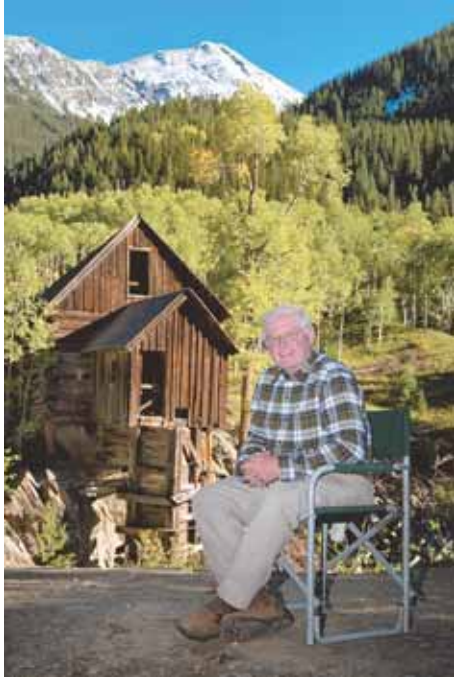


PHOTO COURTESY OF TERRY LUETTINGER
Terry Luettinger



PHOTO BY TERRY LUETTINGER
**"Best in Flora Photography:"
Aspen Glow, near the Dallas divide
in the San Juan Mountains.**

Burke Photographer Wins Flora Photography Award

Terry Luettinger (Burke) received the Nature Visions "Best in Flora Photography" at the recent 2014 Nature Visions Photo Expo. Nature Visions is one of the premier photography expos in Northern Virginia.

"This year there were 1,335 entries from 155 local photographers for our nature and fine art competitions. The talent and creativity is a joy to behold," said Bill Corbett, McLean Photo Club and president, Nature Visions Photo Expo. Camera clubs and their membership from throughout Northern Virginia and

beyond were contributors to the Expo.

"I got serious about photography when I retired in 2005. I love the outdoors and enjoy landscape and wildlife photography. To me, photography is both an artistic and social experience," said Luettinger. "I love to be challenged!"

"I am honored to receive this award...Recognition from your peers is the finest compliment," added Luettinger.

— DAVID SIEGEL

AREA ROUNDUPS

Eat Breakfast with Santa

Children may enjoy a pancake breakfast with Santa, this Saturday, Dec. 6, from 8-11 a.m., at Fire Station 3 at 4081 University Drive. Proceeds benefit the Fairfax Volunteer Fire Department.

Festival of Lights and Carols

The public is invited to enjoy live, holiday music while snacking on s'mores and hot cider on the green in front of the Sherwood Community Center. The free event is Saturday, Dec. 6, from noon- 7 p.m.

Then at 7:30 p.m., the City of Fairfax Commission on the Arts is sponsoring "A Celtic Christmas with S  r-  g. Cost is adults, \$5; children 12 and under, free. The Sherwood Center ground will be a winter

wonderland throughout the holiday season, with animated lights for all to enjoy through Jan. 4. The sponsors are the Northern Virginia Regional Park Authority and the Bull Run Festival of Lights.

Tickets for Lunch with Santa

Ring in the winter holidays, Saturday, Dec. 6, at the Festival of Lights and Carols at the Stacy C. Sherwood Community Center, 3740 Old Lee Hwy. in Fairfax. Children 10 and under may enjoy lunch with Santa Claus at 11 a.m., noon and 1 p.m. that day. Tickets are \$8/child and are now on sale at the Parks and Recreation Offices in City Hall, at Sherwood Center and at Green Acres Center or via www.fairfaxva.gov/parksrec.

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OPINION

Be Part of Children's Connection 2014

Annual edition showcases youth art and writing.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

We welcome student's original ideas. Here are some suggestions:

❖ Drawings or paintings or photographs of your family, friends, pets or some favorite ac-

tivity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also welcome.

❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

❖ Your opinion (50 to 100 words) about news, traffic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location.

Email submissions for the Children's Connection to editors@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 10. The Children's Connection will publish the week of Dec. 27, 2014.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Help! I've Lost Everything!

BY ANN EMMONS PETRI

You may think McLean is a nice, quiet place to live, but you are wrong. In our living room at this very minute lurks an almost invisible menace. It is small and innocent looking but in reality it is the scourge of our lives. Very simply put, it is our laptop computer. It is not what it seems to be. With a mind of its own, it waits patiently for the ideal time to strike.

"Help! I've lost everything!" is Bill's usual panicked response when things go terribly wrong while he's in the process of creating an important document or trying to compose a crucial email. Of course, you know without asking,

that he is expecting me to perform miracles! The trouble is, however, I am not the authority he thinks I am. The sad truth is that I am usually teetering just one tiny branch higher on the Tree of Knowledge. The only sure way I know to fix anything is to turn everything off and start from scratch.

Sometimes this works. But sometimes it doesn't and then we are left with only two options: the first is our trusty son-in-law Dan who is a computer genius and good at explaining things via email or on the phone, and the second is a call to our grandson Brian and his wife Ashley who live nearby and can be counted on to come over and sort it all out.

The trouble with either of these

arrangements is that our temperamental computer acts up fairly regularly and we hate to keep interrupting their busy schedules. And sometimes all three are away on business trips or vacations at the same time. And the worst part is, when we have to appeal to them for help it makes us feel like the two bumbling old fogies we are. Usually it only takes them a minute to explain in a few steps what had seemed like the riddle of the Sphinx to us.

So now, we have developed a totally new strategy. It is incredibly simple. We kowtow to, and humor the all-powerful beast. Whatever it wishes: that is our command. We are no longer masters of our own universe, but who cares?



PHOTO BY BRIAN HENSKE

Bill at the computer: With a mind of its own, it waits patiently for the ideal time to strike.

LETTERS TO THE EDITOR

National and Global 'Taboo' Subjects

To the Editor:

Growing up in an immigrant household made me astutely aware of certain political rights that I have been privileged with by the sheer luck I was born in America. My awareness led to my involvement and fascination with politics from a very young age. However, my eagerness to discuss national and international affairs was rebuffed and reprimanded by school classrooms as early as second grade and continued until I graduated high school in 2013.

Often, I was told that the topics were too controversial. It was an argument I could understand when I was elementary school, even middle school, but high

school? Even if my teachers wanted to discuss national and international topics, there would always be a parent quick to pull a helicopter act, screaming something across the lines of, "Don't talk to my kid about politics!"

From a young age, Americans are taught to separate themselves from politics and to never openly talk about it. Yet, a few months after graduating high school, we are expected to have a curated knowledge of global affairs and a developed knowledge of the political system. The decision to stop teachers from expressing their opinion, in fear of offending their students, and to stifle political interest of students in fear of them

offending their classmates, is not only counterproductive but extremely harmful in regards to the future of this country.

Granted, there are a variety of socio-economic and cultural factors that play into the decision on whether or not to be politically active. However, most students will spend their formative years in school. It is where they develop many of their initial opinions and understandings of the world around them. I chose to be active and aware due to my upbringing and my confusion of where I stand in the American cultural dynamic. Political understanding and opinion continues to help me navigate my confusion and made me appreciative of the basic right

to have a viewpoint without the threat of punishment. But, had my national and global interests not been encouraged at home, and been further stifled as a "taboo" subject at school I may have developed the apathy that many young voters feel in regards to voting and political involvement at large. To deny children and young adults the freedom to discuss the state of their country, and to teach them that they are "too young," harms the development of their political understanding, and will reflect in an ever decreasing interest in American and international affairs.

Siona Peterous
Springfield

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PEOPLE

Burke Dentist Dr. Pamela Marzban Featured in the Aurum Ceramic Newsletter

Virginia cosmetic dentist, Dr. Pamela Marzban has recently been featured in the November-December Aurum Ceramic Newsletter. Marzban is the founder of the Dental Practice of Dr. Pamela Marzban, located in Burke.

Marzban is featured in the case spotlight section, showcasing a recent patient she helped who had severely worn teeth and wanted to restore her bite. As a dental professional, this patient was troubled by her severely worn dentition and wanted to rehabilitate her bite for cosmetic reasons. Yet as an orthodontist, while her teeth were perfectly straight, she knew she was still grinding her teeth as a bruxer/clencher and saw the evidence of wear, eventually cracking #14 and losing the tooth. This was the tipping point causing her to move ahead with full mouth rehabilitation. Dr. Marzban worked with the patient to restore her smile, which resulted in a beautiful aesthetic result.

"The patient we helped has a new smile that is truly life-changing. This is a great example of how a full-mouth reconstruction can not only change your overall health, but also your life. She looks great and we are really happy we could help her with her cosmetic needs," said Virginia Cosmetic Dentist Pamela Marzban.

Marzban proudly serves throughout Northern Virginia and Washington, D.C., including Burke, Fairfax



Dr. Pamela Marzban

PHOTO CONTRIBUTED

and Fairfax Station. She and her team offer a variety of cosmetic and general dentistry treatments, including porcelain veneers, invisible braces, preventative dentistry, teeth whitening, porcelain crowns, sleep apnea, TMJ, dental implants.

Marzban is a fellow of the Las Vegas Institute for Advanced Dental Studies. She is also involved with the LVI Study Club and Mission of Mercy projects.

For more information or to speak to Marzban, call the office at 703-323-8200.

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WELLBEING

Battling Holiday Bulge

Nutritionists offer tips for avoiding weight gain.

BY MARILYN CAMPBELL
THE CONNECTION

With the merriment of the holidays comes food, friends and fun. But from office parties to family dinners, opportunities for overeating and weight gain abound. In fact, the National Institutes of Health reports that the average American gains an extra pound every year that he never loses. Those pounds add up over a lifetime of holidays, but a few local nutritionists offer the skinny on weight-gain culprits and strategies to keep them at bay.

The ubiquitous holiday office party is one of the top challenges: overflowing with decadent sweets, rich entrées and often alcohol, it's the one time of year where colleagues and friends can bond over food.

Sitting next to someone who has healthy eating habits can make you think twice about the foods you choose to put on your plate, however. That is just one of the techniques that Potomac, Md.-based nutritionist Sharon Goldberg offers clients who want to avoid overindulgence.

"You should always stand far enough away from the table so that food is not at arm's reach," she said. "Wait until all of the food is on the table and try to eat the healthy options first. If you eat more of a broth-based soup, for example, there will be less room for

fat-laden dishes and you'll be less likely to eat them."

Keeping track of what you've consumed by leaving a small amount on your plate will also lead to eating less, said Goldberg. "If you can see the fatty foods that you've already eaten you'll be less likely to eat more."

Someone in the office will inevitably display homemade chocolate truffles in a communal area for all to eat, or keep her candy dish overflowing with red and green confections. Keeping a private stockpile of healthy foods that you enjoy will help combat the temptation to splurge, said Andrea Newman, a nutritionist based in Mount Vernon.

"Another thing you'll want to do is avoid lunch rooms and other places as much as possible when they are filled with fatty food," she said. "If you don't see it, you'll be less likely to crave it."

If you do decide to splurge, she continued, you can make up for it by taking the stairs instead of the elevator, going for a walk during work or adding time to your workout.

Shopping is a major part of the holiday season, but it is an activity that can leave you tired and hungry, said Mary Jane Glaser, an Alexandria-based nutritionist. "After a few hours of shopping, a lot of people are starving so they decide to hit the food court," she cautioned. "First, eat a healthy and filling snack before you go shopping and pack some healthy snacks to eat while you're shopping."

Keeping a food journal, weighing yourself frequently and trying on a slim-fitting outfit at least once a week to ensure you can still wear it comfortably are other tools Glaser recommends in the battle against holiday bulge.

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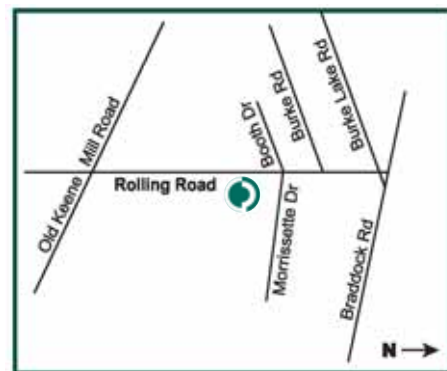
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WELLBEING

Handling Family Dynamics During the Holidays

Local experts offer suggestions on how to diffuse family tensions.

BY MARILYN CAMPBELL
THE CONNECTION

Last month, Linda and Tom Bullen traveled from Boston to Arlington, to celebrate Thanksgiving with their son Matt, daughter Rachel and her partner Grace Knight.

But Rachel Bullen, who spent weeks creating a menu and coordinating a table setting that would please even Martha Stewart, was deflated by one question from her mother.

"Do you think you might be eating too many carbs?" Linda Bullen asked as her daughter scooped up a second helping of potatoes.

"What I eat is none of your business," Rachel Bullen responded. She spent the rest of meal fuming in silence and feeling humiliated in front of her partner and brother.

Family dynamics — and the drama that often ensues — are often unwelcome, but frequent guests at family gatherings during the holiday season. While spending time with family can be a source of comfort, it can also be fraught with anxiety. And the more people and dynamics involved, the more effort it takes to create or maintain harmony.

"During the holidays, people who live far apart and are not part of one another's daily lives often come together," said Stacie B. Isenberg, Psy.D. "As a result ... people cover lot of territory, catching up in a short amount of time, instead of gradually as things naturally happen throughout the year. People give opinions without understanding all of the details."

Being aware of the feelings and emotions of others can help minimize family conflicts, however. "Sensitivity allows us to tune in to what others might be feeling at a particular moment or in a particular situation," said Katherine Knapp, Ph.D., a marriage and family therapist based in Burke. "It helps us make wise decisions about things that we might say or decide not to say."

For example, Linda Bullen was concerned about her daughter's weight.

"Rachel recently lost about 25 pounds," she said. "As a teenager she'd been overweight and had self-esteem issues." She thought she was being a supportive and helpful mother.

Knapp says this is where sensitivity can reduce interpersonal tension, particularly during the holidays.

"When family members are sensitive to each other's feelings, they think before they speak about how what they say might affect another person's feelings," she said. "Even innocent comments or questions can damage a relationship when we speak from our own perspective and don't consider what another person might be feeling."

The pressure to create a perfect holiday can exacerbate pre-existing difficulties as well.

"People are often stressed during the holidays, es-

pecially those preparing meals, having out of town guests staying in their homes," said Isenberg. "Guests can be stressed too, as they are staying in someone else's

home, don't have their own space, and are operating according to someone else's agenda. So tensions are already higher, and patience is shorter."

The ability to be flexible and recognize that even the most organized plans can fall apart, will reduce pressure as well, said Pamela Daniels, a licensed clinical social worker and psychotherapist based in Lorton. "Flexibility allows us to roll with the punches," she said. "Rigidity can be a recipe for disaster, especially during the holidays."

FAMILY MEMBERS can help ease tension by expressing their needs up front.

"Some people just have a need to feel appreciated," said Knapp. "Everyone has different needs, but others, including family members won't know those needs unless we tell them."

Rachel Bullen needed her mother to recognize and validate the effort that she'd put into preparing a healthy Thanksgiving dinner and an aesthetically appealing table, and to maintaining a lifestyle that had kept her fit.

"I've always seen my mother as thin, beautiful and the perfect hostess," said Rachel Bullen. "And she can always find something wrong with everything that I do, but she can find no wrong with my brother."

Recognizing that such old patterns and dynamics may be re-kindled during big gatherings can help family members navigate difficult relationships.

"Even though there may be months or even years between visits, people's triggers and sensitivities are the same unless they've previously worked through them with their family members and reached an understanding about the best ways for them to interact," said Isenberg. "The judgmental parent or uncle will still be judgmental and the inquisitive grandmother who pushes boundaries will still do so."

Prior to spending time with family, she suggested, it's a good idea to think about the actions, words or situations that ignite tensions and decide how they can be avoided.

"Consider topics to discuss with certain family members and how you will politely steer away from topics you'd rather not discuss," Isenberg explained. "If you anticipate that there will be a topic or way of interacting that is too difficult to be avoided with subtlety, you may want to consider gently approaching it prior to the holidays. For example, tell your parents you don't feel comfortable discussing your relationship with your significant other in front of the extended family and ask them not to mention it during dinner, and provide them with an answer to give when relatives inquire."

Rachel decided to begin seeing a therapist to help strengthen her relationship with her family. "Hopefully Christmas will be less tense," she said. "If not this Christmas, then next."



PHOTO CONTRIBUTED

Stacie Isenberg

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Gabby is the sister of the dynamic double-the-fun duo. Frizzy is the male and she is the female and together they'll make the perfect companions to some lucky family. These social sweethearts are part Yorkshire Terrier and part Shih Tzu. Gabby is 13 pounds and too cute to describe. If double lovin' and double fun are in your future, send your application in ASAP. This adorable pair will be scooped up fast as soon as someone meets them. Double lovin'!

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Fairfax County History Conference Focuses on the War of 1812

The 10th Annual Fairfax County History Conference was held on Saturday, Nov. 8 at the Stacy C. Sherwood Community Center in the City of Fairfax. A record 120 participants were in attendance to enjoy the theme of “Fire, Flight & Fury” – The War of 1812 in Fairfax County – 200 Years Later.” Over 15 authors and exhibitors attended and the day was filled with much living history, including the re-enactments of Dolley Madison by Carole Herrick, an 1812 Naval Commander by Michael Bosworth, an 1812 60th Virginia Militia Man by Richard Orli and a grand finale of Francis Scott Key by National Park Ranger, Alan Gephardt.

Guests included Virginia State Del. Ken Plum (D-36), U.S. Rep. Gerry Connolly (D-11) joined with Fairfax County Board of Supervisors Chairman Sharon Bulova to share comments and to present awards to local historians who had contributed to document and preserve the history of Fairfax County during the recent past.

Conference Committee members, Mike Irwin and Esther McCullough produced War of 1812 Timeline which was included in the attendee packets. Michael Bosworth shared song and verse as a way to share both information and demonstrate how the naval armed service members attended to their tasks. He reminded us that the War of 1812 was really part of the larger war called the Napoleonic Wars. A Trivia question for the audience was “Why was the War of 1812 Overture written & by whom?” Only a few attendees were aware that Peter Ilyich Tchaikovsky wrote the overture in 1880 to honor the Russian victory over the attempted invasion by Napoleon. Trivia prizes included CD’s of Keynote presenter, Ron Maxwell from the county’s first History Conference in 2004. Richard Orli reminded the audience that in 1812 Fairfax County was a much smaller county than the state’s largest county at the time, Loudoun county. He also shared that the militia men who served in the War of 1812 often provided their own uniforms – due to shortages of buttons, wool cloth and red cloth. He also stated that over 300 axes were ordered to slow down the British progress to capture the United States Capital, but they unfortunately never arrived. Carole Herrick quietly shared the “post script” reflection of Dolley Madison’s flight into Fairfax County while protecting George Washington’s portrait – and saving the beautiful red velvet drapes from the White House. Alexandria Carlyle House Curator, Helen Wirka, provided insight into the Battle of Bladensburg focusing on the key players including the brothers Winder: Levin who was the governor of Maryland and William who was the commander of the defenses of Washington and Baltimore during the War of 1812. Patrick O’Neill provided an enthusiastic and fresh perspective



U.S. Rep. Gerry Connolly (D-11) and Chairman of the Fairfax County Board of Supervisors, Sharon Bulova present the Ross Netherton Award to Patrick O’Neill.



The Fairfax County History Conference Planning Committee with a 10th anniversary cake to celebrate 10 years, from left: Barbara Naef, Esther McCullough, Naomi Zeavin, Mary Lipsey, Anne Barnes, Lynne Garvey-Hodge, Rachel Rifkind, Dr. Liz Crowell, Carole Herrick, Susan Gray and Jenee Lindner. Not pictured: Mike Irwin and Phyllis Walker Ford.

PHOTO COURTESY OF HISTORY COMMISSIONER JACK L. HILLER

on “The Battle of the White House” – which was actually a location near present-day Ft. Belvoir (not the Presidential mansion). Alan Gephardt shared that the inspiration for the lyrics to “The Star Spangled Banner” was really the defenders of Ft. McHenry – the soldiers. His passionate rendition of all three verses of the original “Defence of Fort McHenry” brought the audience to tears.

It is the custom of the Fairfax County History Commission, to present Annual Awards to citizens who have given of their time and talents to create a document or media presentation that serves to preserve and protect the history of Fairfax County. Awards presented at the beginning of the conference and presented by U.S. Rep Connolly and chairman Bulova included:

- * Lifetime Achievement Award: Irma Clifton — for lifelong passion to preserve, protect and promote the history of the Lorton area of the county – culminating in the Lorton Arts Center and the Lorton Prison and Suffragist Museum on site.
- * Distinguished Service Awards were presented to: Neil McBride – for his decades of service to also maintain and preserve the history of the Lorton and South County area; Win & David Meiselman - for protecting and caring for one of the last Civil War antebellum homes in Fairfax County and home to Confederate Spy, Laura Ratcliffe (credited with protecting the life of Colonel John Singleton Mosby) during the Civil War; L. Tony Bracken – for his thorough pictorial essay of the history of lake Barcroft in Falls Church.
- * Fairfax Heritage Award - Patrick O’Neill for his 13 years in the writing treatise called “To Annoy or Destroy the Enemy” – the Battle of the White House and the Burning of Washington. With nearly 300 pages and over 900 footnotes of almost exclusive primary source information, O’Neill has shed new insights into the connection between what happened in Fairfax county and the writing of the “Star Spangled Banner” by Francis Scott Key. O’Neill received an award of \$1,000 for his efforts in preserving, promoting and protecting the history and heritage of Fairfax County.

Committee members who coordinated efforts for the conference included, Barbara Naef, Dr. Liz Crowell, Susan Gray, Esther McCullough, Naomi Zeavin, Sallie Lyons, Carole Herrick, Mary Lipsey, Jenee Lindner, Phyllis Walker Ford, Rachel Rifkind, Mike Irwin. The Awards Committee included, Jack Hiller, Elise R. Murray and Naomi Zeavin. Fairfax County History Commissioner Lynne Garvey-Hodge chairs both the Conference Planning Committee and the Awards Committee. The 11th Annual Fairfax County History Conference is tentatively scheduled for Nov. 7, 2015 with a final location to be determined (at the time of this writing).



PHOTO BY ABIGAIL CONSTANTINO/THE CONNECTION

Margi Preston is the new executive director of Facets of Fairfax.

Facets New Executive Director Brings Perspective and Experience

BY ABIGAIL CONSTANTINO
THE CONNECTION

Margi Preston started as Executive Director of Facets of Fairfax officially on Nov. 17. But she attended its fall fundraising event, A Taste of Fall, on Nov. 15 and witnessed the dedication of Facets staff and supporters in helping individuals and families experiencing poverty in Fairfax County.

Preston was attracted to Facets of Fairfax because of the diversity of the work it is doing, which range from emergency and immediate help to long-term efforts to “try to get people to a better place,” she said.

Facets launched its Hypothermia Prevention and Response program on Nov. 23 and it will last for 16 weeks this winter, concurrent with other programs that provide short- and long-term help to people in need.

Preston hopes to bring a “different perspective with a lot of experience” to Facets. With her 28-year career working on poverty issues and experience with county, state, and federal governments, she said that she wants to “enhance the already amazing services” of Facets. For now, she is busy learning more about her job, the staff, and the programs.

Preston was executive director of Any Baby Can in Austin, Texas, prior to joining Facets. She joined Any Baby Can as a program officer in 2012 and assumed the executive directorship in February 2013.

Her interest in social work started in college. While doing an internship in Appalachia, she saw the effects of rural poverty and lack of resources. After graduating with a bachelor's in social work in 1986, she worked at Children's Protective Services in San Antonio. Her next career was working in shelters, which led to an interest in their administration. She helped start Open Arms Domestic Violence Shelter in Ohio.

Her next move was as shelter director of the Women's Shelter of East Texas, where she worked on bringing telemedicine to clients, who would normally have no access to psychiatrists and other types of medical help.

Preston and her husband, Dan, live in Leesburg, with one of their four daughters.

Founded in 1988, Facets of Fairfax operates in all of Fairfax County. It provides comprehensive services in three key areas, homelessness prevention, housing services, and education and community development. It employs 21 staff and has 3,000 volunteers. For more information visit <http://facetscares.org/>.

VOLUNTEER OPPORTUNITIES

The Annandale Adult Day Health Care Center in Annandale needs a licensed hair stylist to wash, cut and style hair for participants once or twice a month and Spanish-speaking social companions Monday-Friday, 3-5p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to drive older adults to medical appointments and wellness programs; urgent need in Reston area. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit

www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Wakefield Senior Center in Annandale needs Spanish-speaking interpreters, Tuesday-Friday, 10 a.m.-2 p.m.

They also need certified instructors for classes in Dance and Pilates. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs drivers in Chantilly, Clifton, McLean and Falls Church between the hours of 11 a.m.-1

p.m. on Monday, Wednesday and Friday. Substitute drivers needed throughout the county. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Gum Springs Senior Center in Alexandria needs a Spanish teacher for a beginner's class one hour on Tuesday, Wednesday, or Thursday between the hours of 10 a.m.-1 p.m. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

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PHOTO CONTRIBUTED

Mathew Klickstein

Northern Virginia j.talks to Host Author Mathew Klickstein

Northern Virginia j.talks, a program of the Jewish Community Center of Northern Virginia (JCCNV), welcomes author Mathew Klickstein to talk about his new book, “SLIMED! An Oral History of Nickelodeon’s Golden Age.” “SLIMED!” culls together interviews with 250 creative artists involved with the creation of Nickelodeon, and is a fun-filled, nostalgic and fascinating in-depth chronicle of how the First Kids’ Network came to shine a vibrant new “kid-like” light on the cultural landscape. Klickstein’s talk (with lots of great video clips and a trivia contest)

will take place on Thursday, Dec.11 at 7:45 p.m. at Angelika Film Center & Café at Mosaic, 2911 District Avenue, Fairfax. General admission tickets are \$14 Premium Reserved, \$11 Adults, \$9 J Members or Seniors (65+), or \$7 for Under 30. JCCNV Cultural Arts programming is partially funded by the JCCNV Arts Fund, and the Arts Council of Fairfax County, supported by Fairfax County. For more information about Northern Virginia j.talks, visit the website at www.jccnvarts.org or call the JCCNV box office at 703-537-3000.

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-SATURDAY/DEC. 5-6

Sixth Annual Craft Fair. 9 a.m. - 5 p.m. Burke Racquet & Swim Club, 6001 Burke Commons Rd., Burke. The Burke Racquet & Swim Club is running its 6th Craft Fair. This is the second year that they are featuring the Women at Risk organization with their handmade decorations. Also, anyone bringing food for the community food drive will receive a raffle ticket for drawing.

Norwegian Holiday Festival. Friday: 10 a.m. - 7 p.m. Saturday: 9 a.m. - 4 p.m. Christ Lutheran Church, 3810 Meredith Drive, Fairfax. The 44th Annual Holiday Festival features Norway’s cooking, culture and cool buys. Seven local traditional Nordic handcraft artisans join with their felted figures and tree ornaments, jewelry, needle arts, rosemaling, and weaving. Two days of live music and Nordic Dancing complement the sale of Norwegian sweaters, T-shirts, CDs, books (in English), toys, and linens to name just a few of this year’s many unique items for family, friends and home.

SATURDAY/DEC. 6

City of Fairfax Festival of Lights and Carols. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Come enjoy live holiday music, hot cider, s’mores by the Yule log, petting farm, Ferris wheel, caroling and lighting of the Christmas tree in the winter wonderland. Visit www.fairfaxva.gov/about-us/special-events/festival-of-lights-and-carols for times and locations.

Plantation Christmas. 2-7 p.m. Gunston Hall, 10709 Gunston Road, Lorton. 2-7 p.m. Ride in a horse-drawn carriage, sip warm cider by the fire, and sample period food prepared in the hearth kitchen. Return to the 18th century as costumed characters greet you in the house and throughout the grounds. Admission: \$15 adults, \$5 children (6-18).

Shepherd Christmas Showcase. 10 a.m. - 3 p.m. Church of the Good Shepherd, 9350 Braddock Road, Burke. Over 30 vendors will be offering a wonderful selection of jewelry, toys, handbags, home decor, kitchen ware, skin care, Christmas decorations and much more. A raffle, cafe and gourmet bake shop will also be featured. For questions or additional information, call 703-323-5400 or email jhwilcox@aol.com.

Art Guild of Clifton’s Holiday Art Show and Sale. 2-6 p.m. Clifton Town Meeting Hall, 12641 Chapel Road, Clifton. Enjoy shopping for quality, original art, made entirely by Clifton artists. Also featuring work of student members and this year’s winners of “Reflections” contest. www.artguildofclifton.org

Clifton Holiday Homes Tour and Tree Lighting. 4-7 p.m. Historic Town of Clifton, 12704 Chapel Road, Clifton. Tour some of the local Clifton homes in the historic district and enjoy the town Christmas tree lighting and caroling afterward in the Square. Tickets for tour: \$25 adult/\$10 child.

Historic Pohick Church Candlelight Dinner. Pohick Church, 9301 Richmond Highway, Lorton. Featured will be musical entertainment and a catered dinner of assorted hors d’oeuvres, beef tenderloin, roast chicken, side dishes and several desserts. Tickets are \$75 a person. www.pohick.org. RSVP by Nov. 22 to Charlotte Knipling at 703-946-1031.

Advent Coffee Concert. 9:30 a.m. St. Stephen’s United Methodist Church, 9203 Braddock Road, Burke. The Maranatha Singers will present an enjoyable morning of music. The theme of the concert will be “Remembering Christmas.” Refreshments served after the concert in the Welcome Center. Everyone is invited to attend. Free.

Night in Bethlehem. 5:30-7:30 p.m. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Experience the wonderful story of Jesus’ birth. Imagine entering the city of Bethlehem, exploring an unforgettable Marketplace, hearing the pound of a carpenter’s mallet, visiting the shops on the street, seeing shepherds and Roman soldiers wandering the streets, smelling the smoke of fires in the crisp winter night, visiting the stable and chatting with Mary and Joseph as they hold their newborn baby, feeling the soft wool of a sheep grazing in the grass – all this is the free special night you experience right here at Franconia United Methodist Church. <http://>

www.franconiaumc.org.

SATURDAY-SUNDAY/DEC. 6-7

25th Annual Holiday Train Show Festival. Saturday: 10 a.m. - 5 p.m. Sunday: 12-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Model trains on display and running will include Z, N, HO, LEGO, O, Standard and G scales. Door prize drawing for a new Lionel Scout train set. Bring your broken trains to “The Train Doctor.” Antique cars on display, weather permitting. Gift shop will be open. Santa may make a visit that weekend. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and over, \$5. For more information, www.fairfax-station.org, 703-425-9225.

SUNDAY/DEC. 7

Gardeners Holiday Open House. 12-4 p.m. 4603 Green Spring Road, Alexandria. Come to an open house hosted by Friends of Green Spring for gardeners of all ages to get in the holiday mood, including a children’s puppet show. Admissions: \$3 (puppet show only). 703-642-5173.

“Christmas in Camp.” 12-4 p.m. 3610 Old Lee Highway, Fairfax. Discuss Civil War-era holiday customs, make Victorian ornaments, and participate in camp drills with Company D, 17th VA Infantry, “Fairfax Rifles” C.S.A. Guided tours of Historic Blenheim House.

JCCNV 34th Annual Fundraising Gala – Journey Through Time: Chronicling Our Past, Celebrating our Present, Creating our Future. 6 p.m. Stacy C. Sherwood Center, 3740 Old Lee Highway, Fairfax. The evening program features international entertainer Daniel Cainer. Trustee Members celebrating five years of giving will be honored, and the Eleanor Sue Finkelstein Award for Special Needs will be presented to Jerry Hulick. Gourmet kosher dinner. Tickets \$218+. www.jccnv.org, 703-323-0880.

Home for the Holidays Concert. 4 p.m. Lanier Middle School, 3801 Jermantown Road, Fairfax. Join the Main Street Community Band for a wintry mix of seasonal and holiday favorites for all ages. Please bring a nonperishable food item to benefit Food for Others- feeding families in Northern Virginia. Admission free, but tickets required. Mail reservations to The Main Street Community Band Holiday Concert Tickets, P.O. Box 1306, Fairfax, VA 22038-1306. Please include a stamped, self-addressed return envelope with your request.

“A Cathedral Brass Christmas.” 4 p.m. Christ Presbyterian Church, 12410 Lee Jackson Memorial Highway, Fairfax. The concert features beloved Christmas carols and other holiday favorites, including ‘Twas the Night Before Christmas, narrated by Alan Cole. The concert is free; voluntary donations are gratefully accepted.

WEDNESDAY/DEC. 3-SUNDAY/DEC. 7

Snow Day. 10:30 a.m. W-3 Theatre, Workhouse Arts Center, 9601 Ox Road, Lorton. One cold December morning, a young girl named Skip wakes up to find the entire neighborhood covered in a thick, dazzling blanket of white snow. \$8. 703-967-0437 or www.artsonthehorizon.org.

THURSDAY/DEC. 11

Little Flock’s Christmas Bazaar. 5-8 p.m. 11911 Braddock Rd., Fairfax. This is a family event with dinner, bake sale, holiday crafts, photo booth, shops and entertainment. Free. Visit www.littleflockschooll.org for more information.

What So Proudly We Hailed: Francis Scott Key, a Life. 7 p.m. Kings Park Library, 9000 Burke Lake Rd., Burke. Author Marc Leepson will discuss this biography. Book sale and signing. Register at 703-978-5600 press 4 or www.fairfaxcounty.gov/library/. Adults and teens. Free.

SLIMED! An Oral History of Nickelodeon’s Golden Age. 7:45 p.m. Angelika Film Center & Café at Mosaic, 2911 District Avenue, Fairfax. Author Mathew Klickstein will talk about his new book, SLIMED! An Oral History of Nickelodeon’s

SEE CALENDAR, PAGE 15

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CALENDAR

FROM PAGE 14

Golden Age. SLIMED! culls together interviews with 250 creative artists involved with the creation of Nickelodeon, and is a fun-filled, nostalgic and fascinating in-depth chronicle of how the First Kids' Network came to shine a vibrant new "kid-like" light on the cultural landscape. General admission tickets: \$14 Premium Reserved, \$11 Adults, \$9 J members or seniors (65+), \$7 under 30.

FRIDAY/DEC. 12

"3 Days till Christmas." 8 p.m. NOVA, Richard J. Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. It's three days 'til Christmas and time to load the sleigh, but what has happened to all the toys? What folly has befallen the North Pole? Reginald. But why would the North Poles own self-proclaimed lawman hijack all the toys? And how did all the children get put on the naughty list? Will Comet ever be able to go super-sonic? It will take more than elves, reindeer, and a touch of ginger to get ready for Santa's late night flight. This Broadway-Style holiday musical, appropriate for audiences of all ages, is packed with fun and fanciful chaos that promises to warm your heart and have your toes tapping. Tickets: \$19-\$23. Ongoing event, check website for more showtimes. http://www.etix.com/ticket/online/venueSearch.jsp?venue_id=3406

FRIDAY-SATURDAY/DEC. 12-20

Horse-Drawn Carriage Rides. Fridays & Saturdays: 2-9 p.m. Mosaic District, 2910 District Avenue, Fairfax. Enjoy horse-drawn carriage rides through the tree-lit streets of Mosaic. www.mosaicdistrict.com.

FRIDAY-SUNDAY/DEC. 12-14

Sugarloaf Crafts Festival. Friday: 10 a.m. - 6 p.m. Saturday: 10 a.m. - 6 p.m. Sunday: 10 a.m. - 5 p.m. Dulles Expo Center, 4320 Chantilly Shopping Center Drive, Chantilly. Jury-selected artists from around the country will present their stunning array of contemporary crafts in sculpture, glass, jewelry, fashion, wood, leather, metal, furniture, home accessories, photography and fine art. Holiday shoppers can enjoy browsing and buying fine crafts and unique gifts for everyone on their holiday list. Tickets: \$8-\$12. http://www.sugarloafcrafter.com/pr/december_chantilly_photo.html

SATURDAY/DEC. 13

Holiday Horse Drawn Hayrides. 11:30 a.m. - 2:30 p.m. Lake Accotink Park, 7500 Accotink Road, Springfield. Enjoy holiday music and merriment on a horse drawn hayride through the park. Warm up with seasonal treats available for purchase at the snack bar, and settle in to share stories around a toasty campfire. Also visit with Santa and tell him what's on your wish list. Remember to bring a camera and make it your holiday family photo if you wish. Dress for the weather and plan on a brisk walk from the parking lot. To register: Please call 703-222-4664 or register online at www.fairfaxcounty.gov/parks/parktakes. Admission: \$10 per person (free for 2 and under).

SUNDAY/DEC. 14

Christmas Concert. 4 p.m. Franconia United Methodist Church, 6037 Franconia Road, Alexandria. A free concert of seasonal music. Contact us at 703 971-5151. See our website at <http://www.franconiaumc.org>.

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.

"Behold the Lamb." Sunday, Dec. 14, 10:45 a.m. Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax. This year's program entitled "Behold the Lamb", will be a celebration of the birth of Christ with choral music and interpretive dance performed by the Ministry of Music and Performing Arts, along with a Christmas Play, entitled "A Night in Bethlehem" performed by the Youth and Children's Church Ministry. The public is invited to come and witness this beautiful and inspirational service, and join us in a Christmas Fellowship.

All are welcome to a free talk by Kari Mashos CSB on the joy of the birth of Christ Jesus and it's meaning in our lives today exploring the nature of God, good-powerful and healing. Saturday Dec. 6 at 3 p.m. at the First Church of Christ, Scientist, 3515 Backlick Rd, Springfield. For more information call 703 941-7540 or email clerksspringfield@gmail.com.

Fairfax Baptist Temple Christmas Service, Sunday, Dec. 21, 10 a.m., 6401 Missionary Lane, Fairfax Station. Please contact the church office for more information: 703-323-8100, fbt@fbtministries.org

The Fairfax Baptist Temple choir, orchestra and drama team present "Ten Thousand Hallelujahs" a Christmas Musical by Ron & Shelly Hamilton, Sunday

evening, Dec. 21, 5 p.m., 6401 Missionary Lane, Fairfax Station. Please contact the church office for more information: 703-323-8100, fbt@fbtministries.org

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 services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 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.



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21 Announcements

The Burke Racquet & Swim Club is running it's 6th Craft Fair on Fri & Sat 12/5 & 6, 2014, 9:00 to 5:00.

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21 Announcements

LEGAL NOTICE
According to the Lease by and between (1061) Lynn Wallis-Miller 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: boxes, christmas decorations, ect. Items will be sold or otherwise disposed of on Wednesday December 17, 2014 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between (2087) LaDonya Jenkins 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: boxes, bags, furniture, ect. Items will be sold or otherwise disposed of on Wednesday December 17, 2014 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between (3112) Jennifer Johnson 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: boxes, furniture, totes, ect. Items will be sold or otherwise disposed of on Wednesday December 17, 2014 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

21 Announcements

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21 Announcements

ABSOLUTE AUCTION


ANTIQUE AUTOS, ROAD TRACTOR & EQUIPMENT

DECEMBER 6 - MARTINSVILLE, VIRGINIA

Buicks, Cadillacs, Pontiacs, Lincolns and Fords from 1929 through 1983. Convertibles, Coupes, Sedans and Woody Wagons. Condition: Professionally restored to good/runs/drives to parts cars. Also selling: Freightliner FL80 road tractor, Cat 977L loader, Pace American Two Car Enclosed Trailer and numerous other items.

WOLTZ & ASSOCIATES

For more information, go to woltz.com or call 800-551-3588. VA# 321. 10% Buyer's Premium (13% Buyer's Premium online).



21 Announcements

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE
Improved by the premises known as 6600 Hackberry Street, Springfield, Virginia

In execution of a Deed of Trust from Brian R. Higgins and Nancy J. Higgins, dated November 25, 2005, and recorded December 20, 2005, in Deed Book 18065 at page 1104 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

Tuesday, December 16, 2014 at 9:30 a.m.

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

Lot 57, Section 1, Springfield Forest, as the same appears duly dedicated, platted and recorded in Deed Book 921 at page 507, among the Land Records of Fairfax County, Virginia.

Commonly known as 6600 Hackberry Street, Springfield, Virginia 22150.

TERMS OF SALE: A deposit of \$8,500.00 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 5.875 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, Esquire
5225 Wisconsin Avenue, N.W. #500
Washington, D.C. 20015
(202) 244-4000

21 Announcements

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-William Van Horne

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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.

THURSDAY/DEC. 4-SUNDAY/DEC. 7

Huge Holiday Book Sale. Times vary. Richard
Byrd Library, 7250 Commerce Street,
Springfield. Come and find those perfect books,
CDs and DVDs for the holiday. Call for hours,
703-451-8055.

SATURDAY/DEC. 6

Teen Advisory Board (TAB) Meeting. 10:30
a.m. Burke Centre Library, 5935 Freds Oak
Road, Burke. Board members meet biweekly to
plan and implement projects and programs that
will enhance library services for teens. Age 13-
18. 703-249-1520.

Teen Author - Rachel Coker. 2 p.m. Burke
Centre Library, 5935 Freds Oak Road, Burke.
Meet Rachel Coker, nineteen year author of
young adult novels Interrupted and Chasing
Jupiter. Hear how she got started and
participate in an interactive creative writing
workshop. Age 12-18. 703-249-1520.

MONDAY/DEC. 8

English Conversation Group. 7 p.m. Burke
Centre Library, 5935 Freds Oak Road, Burke.
Practice English with others and improve your
skills. Adults. 703-249-1520.

One-on-One English Practice. 7, 8 p.m. Burke
Centre Library, 5935 Freds Oak Road, Burke.
Practice speaking, reading and writing English
with a volunteer partner. Ages 8 through adult.
703-249-1520.

SCHOOL 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.

Jacob Augelli, an eighth grade student at
Robinson Secondary, finished in fourth place over-
all in the 2014 United States Geography Olympiad,
junior varsity division. The competition consisted
of two parts: a written exam and a quiz bowl tour-
namant; Augelli placed sixth in the exam and tied
for seventh in the quiz bowl tournament; overall
scores were compiled by averaging each
competitor's ranking for each part. Over 70 junior
varsity students from as far away as Guam com-
peted in the written exam and in a preliminary quiz
bowl round, while those with high scores advanced
to the final quiz bowl round. Questions ranged in
difficulty from naming countries by their capital to
identifying obscure islets in the North Atlantic. The
top four varsity students earned the right to rep-
resent the USA at the 2014 International
Geography Olympiad in Krakow, Poland, this sum-
mer. The Geography Olympiad was sponsored by
Houghton Mifflin Harcourt and HISTORY, com-
monly known as the History Channel, which also
sponsors the National History Bee and Bowl. For
more information on the competition, please visit
www.geographyolympiad.com.

The Citadel has recognized **Cadet Martin
Krawczak of Springfield** on the school's dean's
list for his academic achievement during the spring
semester. Recognition on the South Carolina military
school's dean's list is reserved for students who were
registered for 12 or more semester hours and received
a grade point average of 3.2 or higher with no grade
below a C for the previous semester's work.

Yihan Zhou, Fairfax, earned a place on the
Deans Honor Roll at Fort Hays State University,
Hays, Kan., for the spring 2014 semester. Zhou is
a junior majoring in general studies. To be eligible,
students must have enrolled in 12 or more credit
hours and have a minimum grade point average of
3.60 for the semester.

Samantha M. Bell of Fairfax, received her
J.D. from Seton Hall University School of Law on
May 23. In August, Samantha will become the Ju-
dicial Law Clerk to The Honorable Ronald D.
Wigler, the Presiding Judge of the Criminal Court
of Essex County. Samantha has been a Student

SATURDAY/DEC. 13

Teen Writers Group. 10:30 a.m. Burke Centre
Library, 5935 Freds Oak Road, Burke. Share,
discuss and get feedback of works in progress.
Teen volunteer facilitates. Age 13-18. 703-249-
1520.

FRIDAY/DEC. 19

**Using Activities with Meaning to Promote
Well-Being and Fun!** 1:30 p.m. Insight
Memory Care Center, 2812 Old Lee Highway,
Suite 210, Fairfax. Learn strategies for sparking
fun and laughter in caring for people with
dementia; making your time enjoyable,
frustration free and memorable. Call 703-204-
4664 to RSVP and for more information.

SATURDAY/DEC. 20

Teen Advisory Board (TAB) Meeting. 10:30
a.m. Burke Centre Library, 5935 Freds Oak
Road, Burke.

Board members meet biweekly to plan and
implement projects and programs that will
enhance library services for teens. Age 13-18.
703-249-1520.

MONDAY/DEC. 22

English Conversation Group. 7 p.m. Burke
Centre Library, 5935 Freds Oak Road, Burke.
Practice English with others and improve your
skills. Adults. 703-249-1520.

One-on-One English Practice. 7, 8 p.m. Burke
Centre Library, 5935 Freds Oak Road, Burke.
Practice speaking, reading and writing English
with a volunteer partner. Ages 8 through adult.
703-249-1520.

Attorney for the Center of Social Justice at Seton
Hall University. She was also a Law Clerk at
Krumholz Dillon, P.A., and a litigator for the New
York Legal Assistance Group/Clinical Center for
Domestic Violence. Samantha graduated from New
York University with a Bachelor of Arts (B.A.) in
Spanish Language and Literature, with minors in
History, Law, and Society, in 2011. She graduated
Magna Cum Laude, with an Honors Degree in
Spanish from the Presidential Honors Scholar Pro-
gram. Her Honor's Thesis was on Rosa Montero's
novel, 'Te Tratare Como a Una Reina' (1983), and
Pedro Almodovar's film, 'Gender and Space',
(1988). Samantha is a graduate of Robinson Sec-
ondary School in Fairfax. She is the daughter of
William and Judith Bell of Fairfax. Samantha cur-
rently resides in New York City, NY.

Cadet Carson Giammaria, son of Rick and
Kim Giammaria of Lorton, graduated from the U.S.
Military Academy on May 28. Giammaria gradu-
ated from Hayfield Secondary School in 2010.
While at West Point, he concentrated his studies in
Engineering Psychology. He was commissioned as
a second lieutenant in the U.S. Army within the
Armor branch and will report to Fort Benning, GA.,
to attend Ranger School. Upon completion, he will
be stationed in Germany.

**Corinne (Corrie) McNulty, of Fairfax Sta-
tion**, graduated Summa Cum Laude on May 17
from Grove City College in Pennsylvania with a
degree in middle level Education. She will be teach-
ing 2nd grade in the fall at Dominion Christian
School in Oakton, Va.

Alissa Caitlin Feudo, daughter of Dr. Chris-
topher V. and Melanie L. Feudo, of Fairfax Station,
graduated Magna Cum Laude on May 9 from Chris-
topher Newport University, in Newport News, Va.
Alissa was awarded a number of ribbons and me-
dallions, and received the highest award,
'Excellence in Psychological Research' from the
Psychology Department. Alissa was the awardee of
the 2012 Honors Program Summer Research Sti-
pend, the International Honors Society in
Psychology Smithfield-Goodwin Scholarship, se-
lected for the Dean's list for all four years, elected
to Director of the Research Lab (for all 4 years),
and was Solo Author presenter at five (5) confer-
ences. She was also co-Author of an article for the
International Psychology Community. She is a tal-
ented musician on her way to pursue her dreams,
as a song-writer and singer.

Lake Braddock XC Sends Two Harriers to Nike Nationals

Corbett, Murphy place fifth in respective SE regional races.

BY JON ROETMAN
THE CONNECTION

The Lake Braddock cross country program continued its season of accomplishment by qualifying two harriers for Nike nationals.

Senior Alex Corbett and sophomore Kate Murphy each placed fifth in their respective races at the Nike Southeast regional meet on Nov. 29 in Cary, N.C., qualifying the duo for the national meet, which will be held Saturday, Dec. 6 in Portland, Ore.

The top two teams and the top five unattached individuals qualified for nationals.

Corbett placed fifth in the boys' race with a time of 15:00.4.

"He ran great," Lake Braddock head coach Mike Mangan said. "He did exactly what he was supposed to do."

Murphy finished fifth in the girls' race, recording a time of 17:31.6.

"I felt I performed well, but I think if I had had a better start, it would've helped me move up a lot quicker in the race," Murphy wrote in an email. "During the middle of the race, I got myself toward the front, but I think I got there a little too late."

Mangan spoke highly of Murphy's effort. "She ran a great race — [her] best race to date," he said. "[She's] only a sophomore [and is] probably going to be one of the best we'll ever have at Lake Braddock."

Mangan said Corbett and Murphy followed the race plan of being patient. Each was between 15th and 20th near the half-



PHOTO PROVIDED BY NIKE

The Lake Braddock girls' cross country team placed third at the Nike Southeast regional meet. Kate Murphy, second from the right, qualified for nationals as an individual, placing fifth.

way point of their respective races, according to Mangan.

"For both the girls and the boys, we're not a team that goes out super hard at the beginning of the race," Mangan said. "We're patient. ... Both of them just kept moving forward as the race went on."

In the team competitions, Lake Braddock finished third in the boys' and girls' races, falling just short national bids. The boys' team missed a trip to nationals by one point.

Severna Park (Md.) won the boys' team competition with a score of 141 and Daniel Boone (Tenn.) finished runner-up with a total of 158.

Lake Braddock finished with a score of

159 and would have had the tiebreaker against Daniel Boone due to a superior time turned in by the Bruins' No. 6 finisher.

"Had we been able to find that one point, the boys would be on their way to Portland," Mangan said. "... [It is] absolutely brutal for the kids. They worked so hard. I really think they deserved one of the at-large bids."

West Springfield finished 12th with a score of 364.

Lake Braddock senior Kevin Monogue finished 15th in the boys' race with a time of 15:25.1. Junior Colin Schaefer took 21st (15:34.3), junior Ben Fogg came in 29th (15:42.7) and sophomore Evan Chase fin-

ished 128th (16:26.3).

Daniel Boone senior Adam Barnard won the individual title with a time of 14:44.

In the girls' competition, Blacksburg (Va.) finished first with a score of 86. Green Hope (N.C.) placed second with a score of 106, followed by Lake Braddock (143) and Oakton (176).

Lake Braddock freshman Sarah Daniels finished 30th with a time of 18:22.4. Junior Daly Ferguson came in 40th (18:35.1), junior Sonya Butseva finished 48th (18:39.3) and senior Sarah Riley was 83rd (19:05.3).

Patriot High School sophomore Rachel McArthur won the individual competition with a time of 17:16.

The Bruins celebrated Thanksgiving in the afternoon before taking off for North Carolina.

"The experience was great," Murphy wrote. "Every opportunity my team and I get, I try to make the most of it and take in everything — to learn from it! Although our boys' team lost by one point, I was still so proud of them because they gave it their all and performed really well. It was amazing experiencing our girls' third-place [finish] because we are a young team and didn't expect to place as high as we did."

The Lake Braddock boys' team captured the VHSL 6A state championship on Nov. 15 at Great Meadow. Corbett and Monogue led the way for the Bruins, finishing first and second, respectively. The team also won Conference 7 and 6A North region titles during the season.

The girls' team finished state runner-up behind Oakton, which captured its second straight title. Murphy placed second among individuals behind Patriot's McArthur. Lake Braddock also took home the Conference 7 championship.

Westfield Throttles Lake Braddock in Region Semis

Bruins finish 2014 season with 10 wins, share of district title.

BY JON ROETMAN
THE CONNECTION

Facing third-and-11 on the third play from scrimmage, Lake Braddock quarterback Kyle Edwards retreated toward his own end zone, trying desperately to find a place to throw the football while eluding a pack of Westfield defenders.

As the Bulldogs closed in, Edwards attempted to get rid of the football, but Westfield defensive lineman Brandon Flores tipped the pass in the air. The ball dropped into the arms of linebacker Jack Clancy, who stepped into the end zone for a touchdown.

Edwards' interception placed Lake Braddock in a 7-0 hole less than 90 seconds into Saturday's 6A North region semi-

final contest. It turned out to be the first in a long line of Bruin miscues.

Lake Braddock turned the ball over three times in the opening quarter, leading to a pair of Westfield touchdowns, and the Bulldogs cruised to a 42-20 victory on Nov. 29 at Westfield High School.

The Bulldogs earned their fourth consecutive trip to the region championship game and will travel to face defending state champion Centreville at 2 p.m. on Saturday, Dec. 6.

Westfield led 35-0 at halftime and 42-0 in the fourth quarter.

Down 42-0 with Westfield beginning to pull its starters, Lake Braddock put together a trio of fourth-quarter scoring drives, each



PHOTO BY LOUISE KRAFFT/THE CONNECTION

Lake Braddock running back Dejoun Lee scored three touchdowns against Westfield in the 6A North region semifinals on Nov. 29.

ending with a Lee touchdown.

Lee, a 5-foot-7, 170-pound senior, got the Bruins on the board with a 2-yard touch-

down run with 7:23 remaining. Lee ended Lake Braddock's next drive with a resilient effort, catching a pass from Edwards before breaking a tackle and scoring a 23-yard touchdown.

In the final minute, Lee hauled in a pass from Edwards and raced 73 yards to the house. Lee finished with six carries for 54 yards and a touchdown, and four catches for 109 yards and two scores.

Edwards completed 29 of 58 passes for 382 yards. He was sacked six times and limited to 10 yards on the ground on 16 carries.

Tyreek Middleton had five catches for 82 yards. Evan Eschenburg caught five passes for 74 yards, and Lamont Atkins hauled in seven receptions for 59 yards.

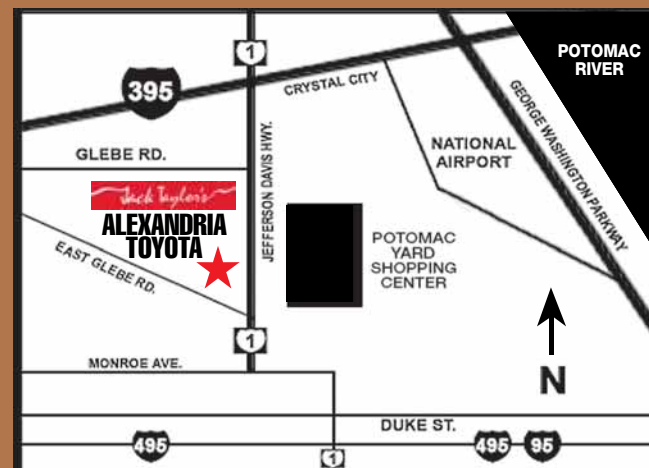
Lake Braddock finished the season with a 10-3 record, including a 36-23 victory over Westfield in the regular season. The Bruins won a share of their sixth consecutive district title.

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