

Northern Virgina j.talks to Host **Author Mathew Klickstein**

orthern 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.



Mathew Klickstein

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.

WEEK IN FAIRFAX

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.

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.

City Council Meets Dec. 9

The Fairfax City Council will meet Tuesday, Dec. 9, at 7 p.m., at City Hall, 10455 Armstrong St. in Fairfax.

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 Síor-Óg. 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.

Concert of Holiday Music

The Main Street Community Band offers a wintry mix of seasonal and holiday music for the entire family. "Home for the Holidays" is set for Sunday, Dec. 7, at 4 p.m. at Lanier Middle School, 3801 Jermantown Road in Fairfax. Conducting is Geoffrey Seffens. Attendees are encouraged to bring a nonperishable food item to benefit Food for Others, which feeds Northern Virginia families in need. For ticket information, go to http://fairfaxband.org/support/ tickets.php.

Food Drives in Fairfax

Our Daily Bread and Combined Properties are hosting Food Drives at Courthouse Plaza in Fairfax City, every Saturday from now through Dec. 13, from 10 a.m.-4 p.m, at 10382 Willard Way. A different Fairfax County nonprofit will collect donations of non-perishable food and supplies or grocery gift cards to help feed individuals and families in need during the holiday season.

Organizations that'll benefit from the drives include: FACETS, Marshall Road Elementary Food4Thought Program (weekend food backpacks), Koinonia Foundation, Our Daily Bread, Cunningham Park Elementary School Weekend Backpack Program, Lorton Community Action Center and James Mott Community Assistance Pro-For information, www.ODBFairfax.org or contact 703-273-8829 or info@ODBFairfax.org.

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Council 'Honored to Support this Project'

Lamb Center request approved after public hearing.

BY BONNIE HOBBS The Connection

uring the Nov. 18 public hearing on The Lamb Center's request to move to a new build ing in a different part of Fairfax City, people spoke on both sides of the is-

The Rev. Tim Gerde, pastor of Fairfax United Methodist Church, asked for the Council's approval. "Homelessness and poverty are challenging issues for any community," he said. "The Lamb Center offers a positive and effective model of dealing with these issues on an ongoing basis."

John Morris, president of the Fairfax Oaks Homeowners Assn., supports the move, but was concerned that the center's special-use permit would allow it to be open from 6 a.m.-10 p.m. "There's a park area near our homes, and a walking path, and we often find homeless spending the night under the bridge," he said. "So we feel this will help our situation, but restrict the hours."



Lamb Center Director Dave Larrabee helps a center guest using a walker outside the current building.

Similarly, Trish McMaugh, said the review what's happened." application's for a "great cause." But representing Kenneth Lee, owner of Northern Virginia Auto Body on the properties closest to the site, she said he's worried about adverse impacts. "Don't allow hours of operation longer than the applicant's requesting and limit the special-use permit to one year," she said. "[Then] City Council can

Lee, himself, wondered "Who'll control the homeless people's begging on the street and their alcohol use? I'd like to stop this

VETERINARIAN Olivia Kim, owner of Campbell Animal Hospital, was also concerned about the homeless negatively impacting her business. "When The Lamb Center closes [each day], the homeless people will go where?" she asked. "They could be hanging around my facility, and then [my customers] will hesitate to return to my business."

"I might have to add video surveillance to the outside of my business, and I'd have to take additional measures to secure the narcotics inside," she continued. "I'm a small-business owner; please consider my concerns."

Others had a more favorable view. "I surveyed some of my neighbors and everyone was positively in favor of the move," said Diana Jenkins. "Part of the reason Fairfax City is such a great place to live is because of the support people provide for each other, and I ask you to approve this application."

Rand Gaber said it's not an appropriate use for an industrial area. But Alan Glenn spoke in favor of it. "These people need all the support we can give them," he said.

Regarding the hours, Hall said they'd adhere to the hours they indicated. The only exception will be Fridays, April through October, when the center holds movie and karaoke nights from 6-8:30 p.m.

Councilman David Meyer then moved to approve a special-use permit to allow a social-service-delivery establishment in an in SEE LAMB CENTER. PAGE 5

'Dream Come True' for Lamb Center

City Council paves way for move to new site and building.

By Bonnie Hobbs THE CONNECTION

ince 1992, The Lamb Center in Fairfax has served as a place of refuge for the poor and homeless. It's a daytime, drop-in shelter providing hot meals, showers, laundry services, and recovery and employment counsel-

Now, though, it's in need of a home of its own so it may better serve its clientele in a larger facility in a more-appropriate location. And on Nov. 18, the Fairfax City Council put out the welcome mat, clearing the way for the facility to move from a rented site on Old Lee Highway to a new building on Campbell

"We're thrilled; this is the answer to our prayers and a dream come true for The Lamb Center," said Kelly Johnson, vice-chairman of the organization's Board of Directors, afterward. "We've looked for a new home for many years, and now we can follow through on it so tonight's approval was a huge milestone for us.'



Artist's rendition of the new Lamb Center in Fairfax.

The new site is in an industrial area on more than one-third of an acre where two lots will be consolidated. Planned is a twostory building, possibly done in phases, depending on funding. There'll be a parking area and bike rack, plus landscaping im-

Inside will be a great room where meals are served, offices and classrooms. And there will be a loitering-prevention plan and video monitoring. It'll be open Monday-Friday, 8 a.m.-3 p.m.; and Saturday, 8 a.m.-12:30 p.m., with four full-time staff members and four volunteers there at all times.

At the Nov. 18 public hearing, Lamb Center Board Chairman Mary Petersen said the entity initially began as a ministry of Truro Church, serving some 20 people. Eventually, though, it became supported financially and with volunteers from about 100 churches, more than 1,000 individuals and dozens of local businesses.

"We've worked hard to become good neighbors and have more professional staff members that can better serve our guests," said Petersen. "The new site is farther away from retail establishments, yet close to transportation. The current building's too

small and inefficient; we could have classrooms and meeting rooms in a larger one. And we're excited by the opportunity to build a new home to our own specifications." "We want to make this work with the community," said attorney Sarah Hall, representing the applicant. "We've already begun reaching out to the neighbors. The multifamily use to the north is separated by a substantial buffer and a fence. This will be an attractive building and the facility will operate safely; it's a Fairfax City institution to be proud of."



(From left) are The Lamb Center's Board of Directors Vice-Chairman Kelly Johnson; Chairman Mary Petersen and Executive Director John MacPherson.

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

o 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

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.

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."

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

Lamb Center

From Page 3

dustrial area, and Janice Miller seconded.

"This is a challenging and difficult decision, given the comments of the adjacent property owners," said Meyer. "But it's also an opportunity to affirm the type of community we are and want to become. The Lamb Center lets the community better understand the people it serves and provides opportunities for growth. They're people in our presence who deserve the chance to become fuller persons."

Councilman Jeff Greenfield amended the motion so that, during the first year, the applicant will meet quarterly with City staff about calls for service. Staff will then report back to the Council, he said, "to ensure that we're ahead of any potential problems." The amendment passed, 4-3.

Regarding Meyer's motion, Miller said she received 35 emails in support of The Lamb Center. "The current location is cramped, has inadequate parking and is inadequate for the services The Lamb Center provides today," she said. "So I'm happy to support this application."

Councilwoman Nancy Loftus encouraged residents to stay in touch with the Council and The Lamb Center if they have concerns. "We all got a lot of emails in support of it," she said. "It was really touching to hear from so many neighbors who give their time to this important cause. I'm honored to support this project."

AGREEING, Greenfield said there will never be a "perfect location. But The Lamb Center's come a long way with its dedicated volunteers and professional staff, and I'm hopeful we can stay on top of any [potential] problems." And Mayor Scott Silverthorne said they all hope this solution "will work for the long haul."

Afterward, a delighted Johnson said the new building will give The Lamb Center more space for additional professionals, such as a Health Department nurse, mentalhealth worker, Veterans Administration representative, etc. "Right now, someone has to give up their office so another person can use it," she said. "But we'll have designated office space." Most of all, she said, "It's the one place where someone knows the individual's name. People feel cared for and offered the dignity they often don't receive elsewhere."









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OPINION

Be Part of Children's Connection 2014

Annual edition showcases youth art and writing.

uring 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.

EDITORIAL 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 wel-

❖ 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 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 Кімм, MKIMM@CONNECTIONNEWSPAPERS.COM

■ Fairfax

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Help! I've Lost Everything!

By Ann Emmons Petri

ou 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 arrangements is that our temperamiracles! 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

mental 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

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,

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 ineven middle school, but high terest 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 the their political understanding, and will reflect in an ever decreasing interest in American and international affairs.

> **Siona Peterous** Springfield

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

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Tell Teens Things Will Get Better'

Fairfax High hosts meeting about youth suicide.

By Bonnie Hobbs THE CONNECTION

n 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-



Goldfarb

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 openended 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 micromanaging 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."

GMU Chosen To Join Healthy Campus Initiative

George Mason was recognized for its commitment to health and wellness.

By Marilyn Campbell
The Connection

eorge Mason University's wellbeing and wellness programs recently received national recognition when the Fairfax-based university was chosen as the first higher education institution in Virginia to join the Healthy Campus Initiative, an effort to encourage colleges and universities to make their campuses healthier by adopting guidelines around food and nutrition, physical activity and programming.

Last month, the Partnership for a Healthier America unveiled the pilot program at the American Public Health Association's annual conference in New Orleans. (Leaders from The Healthier Campus Initiative praised Mason for its commitment to a health and for agreeing to adopt more guidelines on food and nutrition,



Photo by Alexis Glenn

George Mason University's wellness efforts recently earned national recognition for the school.

physical activity and programming in the next three years.

"We are proud and challenged to continue this energy toward a Healthier Campus Initiative," said Bill Ehling, executive director of Mason recreation. "I am continually appreciative of the past efforts and results to provide a genuine sense of a healthier community at George Mason University."

Mason officials point to statistics from The

American Public Health Association, which show that during the first year in college, students' overweight and obesity rates increase by more than 15 percent. Additionally, most college students do not meet dietary and physical activity guidelines. PHA officials say, at the same time, the college years are a time when lifelong habits begin to form because most students are making their own choices about healthy eating and

fitness.

"As a Mason alumni," said Kerry Ross, director of benefits and faculty/staff well-being, "it gives me great pride to see our community coming together in the areas of wellness and well-being. Mason has demonstrated its commitment to these initiatives for years with opportunities like the annual Health and Fitness Expo, Wellness by Mason, the Well-Being Learning Community, and now our strategic goal of becoming a Well-Being University. We are honored ... to take that commitment to a new level as a partner in the Healthier Campus Initiative under the auspices of The Partnership for a Healthier America."

The Partnership for a Healthier America was created in 2010 in conjunction with first lady Michelle Obama's Let's Move! Campaign with a goal of developing strategies to end childhood obesity.

"We know that going to college is a time of change for many students. We also know that means it's a time when new habits are formed. By creating healthier food and physical activity environments today, campuses and universities are encouraging healthier habits that will carry over into tomorrow," said the partnership's CEO Lawrence A. Soler in a statement.

Handling Family Dynamics During the Holidays

Local experts offer suggestions on how to diffuse family tensions.

By Marilyn Campbell
The Connection

ast 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."

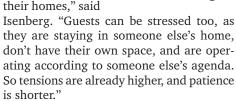
Being aware of the feelings and emotions of others can help minimize family conflicts, however. "Sensitivity allows us to tune in to what others might be feeling at a particular moment or in a particular situation," said Katherine Knapp, Ph.D., a marriage and family therapist based in Burke. "It helps us make wise decisions about things that 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, especially those preparing meals, having out of town guests staying in their homes," said



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 rekindled 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.

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."



Stacie Isenberg



Families enjoying the ice at Fairfax Ice Arena.

'Skate with Santa' at Fairfax Ice Arena

Beginners, experienced skaters enjoy the adventure of ice skating.

or some ice-skating is a challenge, especially for those of us who didn't grow up in colder climates. Trying to stand on ice skates, stopping, and turning takes some practice. For others ice-skating is part of being in a hockey league or improving one's skills in competitive skating.

And for some it's a special time to return to the ice and introduce their children to the fun of skating. And so it was for one family this past Sunday at Fairfax Ice Arena.

Katie Patrick of Falls Church with her husband, Kellen, introduced their 2 and a half yearold daughter, Lily, to ice skating. What made it especially memorable is that Katie has not been on the ice for six years, even though she used to compete in the Chicago area. She used to be able to perform edge and toe jumps. "I wouldn't try it now", Katie said. "I'm a bit rusty." At this Thanksgiving weekend she was able to finally introduce her daughter to the ice.

Fairfax Ice Arena is on Pickett Road in Fairfax and is the go-to place for the beginner and to those wanting to improve their abilities and perform in competitive matches. They offer a wide selection of Holiday events including hosting Cub Scout Ice Skating Days on Dec. 6, 7, 13 and 14.



Friendly Staff: Cameron Husseini of Springfield and Henry Wakeman Fairfax.



Skate guards keeping a watchful eye: Brad Smith of **George Mason University.**



Lily Patrick, Katie Patrick and Kellen Patrick of Falls Church.

During the month of December ing their public ice sessions Fairfax Ice Arena is offering extended hours and a special "Skate with Santa" on Dec. 6 and 13 dur-

from 12-3:45 p.m.

—Terrance Moran

ENTERTAINMENT

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.

THROUGH WEDNESDAY/DEC. 31

War on the Doorstep: Fairfax Militia in the War of 1812.

Exhibition. The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway. Open Tue.-Sat. 10 a.m.-3 p.m. Free tours at 1 p.m. 703 591-0560.

THROUGH SUNDAY/FEB. 8, 2015

Dressing for the Occasion: An **Exhibition of Costumes and Textiles Representing Fairfax** Personalities and Events. Exhibition. Fairfax Museum & Visitor Center, 10209 Main Stree, Fairfax. Open daily 9 a.m.-5 p.m. 703-385-8414.

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 it's 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

SATURDAY/DEC. 6

Free Concert. 6:30 p.m. 5500 Ox Road, Fairfax Station. Living Savior Lutheran Church (livingsaviorlutheran.org) will host The Cathedral Brass (cathedralbrass.org) for a free concert. The program will feature jazz trumpeter Roger Rossi (formerly of the Army Blues), and will include Antonio DiLorenzo's "Twas the Night Before Christmas," narrated by Alan Cole. Free and open to the public. 703-352-1421.

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.

 $\textbf{Shepherd Christmas Showcase.}\ 10$ 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

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

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.fairfaxstation.org, 703-425-9225.

SUNDAY/DEC. 7

"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.

TUESDAY/DEC. 9

Chamber Music in the Old Style. 8 p.m. Harris Theater, GMU, 4400 University Drive, Fairfax. The event features artists Zino Bogachek, violin. Natasha Bogachek, viola, and Anna Balakerskaia, piano, performing the music of Mozart, Beethoven, Schnittke, and Shostakovich. Free.

THURSDAY/DEC. 11

SEE CALENDAR, PAGE 11 www.ConnectionNewspapers.com

Calendar

From Page 10 **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.littleflockschool.org for more information.

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 Golden Age. SLIMED! culls together interviews with 250 creative artists involved with the creation of Nickelodeon, and is a funfilled, nostalgic and fascinating indepth 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

Holiday Celebration with The 5

Browns. 8 p.m. George Mason University's Center for the Arts, 4400 University Drive, Fairfax. Experience these virtuosic sibling pianists live, thundering away on five Steinways! In their Center debut, they will present a merry evening featuring everything from Tchaikovsky's The Nutcracker Suite to selections from Vince Guaraldi's A Charlie Brown Christmas. Praised by Entertainment Weekly for their "scorching piano," they first made headlines when all five were accepted at The Juillard School of Music simultaneously. They have since topped The Billboard chart and appeared appeared on The Tonight Show, Today, Oprah, and even in their own PBS special. Admission: \$50, \$43, \$30. Reservations: 888-945-2468. Ensemble PVS. 9:30 p.m. Old Town Hall, 3999 University Drive, Fairfax. Ensemble PVS is a unique ensemble, comprised of piano, violin and voice. The ensemble PVS has been performing together since they were doctoral students at University of Cincinnati-College Conservatory of Music (CCM). Their performances have been heard at numerous venues in Washington D.C., Cincinnati, and

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.

SATURDAY/DEC. 13

Baltimore

fAmerican Festival Pops Orchestra: Holiday Pops - Songs of the Season. 8 p.m. George Mason University's Center for the Arts, 4400 University Drive, Fairfax. Under the baton of founder and Artistic Director Anthony Maiello, this ensemble of 60 of the finest musicians from the D.C. area spread jubilant holiday cheer and good tidings with cherished Christmas carols, holiday favorites and a popular carol sing-along.

memories. Admission: \$30-\$50.

Reservations 888-945-2468. Swing Dance. 7:30 p.m. Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax, An evening of swing dancing and great music. Each event begins with a half hour swing dance lesson by Gottaswing, followed by a dance. More information at www.gottaswing.com. Music by Josh and Good Old Stuff. Admission fee of \$15 can be paid at the door with cash or credit card.

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." 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 email clerkspringfield@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 Mission-703-323-8100

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 innner 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.

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

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

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

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More tradi-









Zone 2: • Burke

- FAIRFAX SPRINGFIELD
- FAIRFAX STATION/CLIFTON/LORTON

21 Announcements

The Burke Racquet & Swim Club is running it's 6th Craft Fair on Fri & Sat 12/5 & 6,

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21 Announcements 21 Announcements

LEGAL NOTICE

According to the Lease by and between (1061) Lynn WallisMiller 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 (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 dis-posed of on Wednesday December 17, 2014 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in ac-

21 Announcements 21 Announcements 21 Announcements

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In execution of a Deed of Trust from Brian R. Higgins

TRUSTEE'S SALE OF VALUABLE

IMPROVED REAL ESTATE

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.

Improved by the premises known as

6600 Hackberry Street, Springfield, Virginia

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.

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.

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 provises 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 re-strictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or material-man'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 agree ments 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 re edy shall be in the refund of the deposit paid at the time of

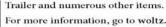
The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium 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 such, or the like, or 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. 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 fo

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THURSDAY/DEC. 4-SUNDAY/DEC. 7

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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.

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-

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.

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MONDAY/DEC. 22

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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

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Jacob Augelli, an eighth grade student at Robinson Secondary, finished in fourth place overall in the 2014 United States Geography Olympiad, junior varsity division. The competition consisted of two parts: a written exam and a quiz bowl tournament; 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 competed 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 represent the USA at the 2014 International Geography Olympiad in Krakow, Poland, this summer. The Geography Olympiad was sponsored by Houghton Mifflin Harcourt and HISTORY, commonly 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 nours 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 Judicial Law Clerk to The Honorable Ronald D. Wigler, the Presiding Judge of the Criminal Court of Essex County. Samantha has been a Student 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 Program. 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 Secondary School in Fairfax. She is the daughter of William and Judith Bell of Fairfax. Samantha currently 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 graduated from Havfield 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 Station, graduated Summa Cum Laude on May 17 from Grove City College in Pennsylvania with a degree in middle level Education. She will be teaching 2nd grade in the fall at Dominion Christian School in Oakton, Va.

Alissa Caitlin Feudo, daughter of Dr. Christopher V. and Melanie L. Feudo, of Fairfax Station, graduated Magna Cum Laude on May 9 from Christopher Newport University, in Newport News, Va. Alissa was awarded a number of ribbons and medallions, and received the highest award, 'Excellence in Psychological Research' from the Psychology Department. Alissa was the awardee of the 2012 Honors Program Summer Research Stipend, the International Honors Society in Psychology Smithfield-Goodwin Scholarship, selected 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) conferences. She was also co-Author of an article for the International Psychology Community. She is a talented musician on her way to pursue her dreams, as a song-writer and singer.

SPORTS

Lake Braddock XC Sends Two Harriers to Nike Nationals

Corbett, Murphy place fifth in respective SE regional races.

> By Jon Roetman THE CONNECTION

he 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-



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 finished 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

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 Caro-

"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

acing 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 semifinal 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

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.

and 42-0 in the fourth quarter.

Down 42-0 with Westfield beginning to ending with a Lee touchdown. 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 Westfield led 35-0 at halftime in the 6A North region semifinals on Nov. 29. Lake Braddock finished the season

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

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.

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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