

W.T. WOODSON										
PLYR	FLS	PTS					PLYR	FLS	PTS	
14	2	11					2	1	5	
20	1	11	CAVALIERS	PERIOD		RAMS	4	1	5	
0	1	2					11	2	4	
2	1	1					22	2	6	
3	0		FOULS	TBL	PLAYER	FOUL	TBL	FOULS	24	
							0	2		
			SCORE	MATCH			SCORE	1		

WELLBEING

PAGE 8

Public Commission To Review Police Policy

NEWS, PAGE 3

Kamp Washington Triangle Redevelopment Approved

NEWS, PAGE 4

Woodson Unfazed by 30T Loss

SPORTS, PAGE 12

Eric Bowles led Woodson with 27 points during the Cavaliers' 70-55 win over Robinson on Feb. 27 in the opening round of the 6A North region tournament at W.T. Woodson High School. The following day, he scored a career-high 38 points in an overtime win over Hayfield.



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Friday, March 6, 2015

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Easter Sunday is April 5

4/8/2015.....HomeLifeStyle

4/15/2015.....A+ Camps & Schools

4/22/2015.....Real Estate Pullout – New Homes

4/29/2015.....A+ Camps & Schools Pullout

4/29/2015.....Mother's Day Celebrations, Dining & Gifts I

MAY

5/6/2015.....McLean Day Pullout

5/6/2015.....Mother's Day Dining & Gifts II

5/6/2015.....Wellbeing

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NEWS

Public Commission To Review Police Policy

Over some objections, Bulova launches ad hoc commission in wake of police shooting and obfuscation.

BY KEN MOORE
AND TIM PETERSON
THE CONNECTION

Supervisor Michael Frey did not mince words when voicing opposition to Chairman Sharon Bulova's establishment of an ad hoc police commission Tuesday, March 3. "This is not the time nor the right way to proceed," said Frey (R-Sully).

Bulova's commission will include law enforcement, legal experts, citizens, academics, public information officers, and media. Fairfax County Police officer Adam D. Torres shot and killed John Geer of Springfield inside the doorway of his own home on Aug. 29, 2013. Police were called following a domestic argument, and spoke with him for more than half an hour while he stood in his doorway, unarmed, with his hands raised and resting on the frame. Geer was shot in the chest and died in his house

without receiving medical attention. It took more than 16 months, a \$12 million civil suit by Geer's family, intervention by a U.S. senator and a court order to get the first information on the shooting, which came in January when police named Torres.

FAIRFAX COUNTY released more than 10,000 pages of documents about the shooting and the investigation on Jan. 30, 2015, in response to the court order. The documents revealed that four other officers on the scene disagreed with Torres, who said Geer moved his hands rapidly down from his head towards his waist prompting Torres to shoot.

"I think there will be a time to do this, but I think this is after we deal with pending outcome of the Geer case," said Frey on Tuesday.

But that could take years, Bulova said, during Tuesday's Board session.

The commission will review existing policies, practices and programs regarding police-community relations, police-involved incidents and laws regarding the public release of information.

"Our board has been taking a hard look at our policies involving the timing and manner of releasing information in the case of critical police-involved incidents," Bulova said. "This effort can be greatly enhanced by engaging with the community in an open, transparent way."

"I think this is an excellent and right thing to do," said Supervisor John Foust (D-Dranesville).

"I'm real happy to see this review get underway," said Supervisor Pat Herrity (R-Springfield).

"This is a learning opportunity for our community. And I mean everybody," said Supervisor Jeffrey McKay (D-Lee).

Michael J. Hershman, founder of the Fairfax Group, is a citizen representative and will chair the commission. He is "an



PHOTO BY TIM PETERSON/THE CONNECTION

Demonstrators from around Virginia met Jan. 8 in front of the Fairfax County Courthouse and Police and Fire department headquarters to demand an independent investigation of the shooting death of John Geer.

expert in government and corporate accountability and transparency," according to the Board of Supervisors.

"This effort can be greatly enhanced by engaging with the community in an open, transparent way."

— Sharon Bulova

THE POLICE DEPARTMENT celebrates its 75th anniversary this year, said Bulova.

"Fairfax County is the safest jurisdiction of its size due in no small part to the hard work and dedication of our public safety personnel," she said. "The Board of Supervisors and the Police Department recognize the importance of maintaining that public trust and the importance of always reviewing policies and practices and seeking to improve."

Supervisor John Cook (R-Braddock) commended Bulova for putting Fairfax County in a leadership role on a critical matter. "This is more than one case, it's part of a national discussion," he said.

"We want to take the time to get this right," said Herrity.

The board approved Cook's amendment

that a review of crisis intervention training within the police department be added to the commission's scope of work.

But Herrity and Cathy Hudgins (D-Hunter Mill) also raised concerns saying that the board itself be more involved in the review.

"It's been over two years since we have had a Public Safety Committee meeting, although one has been promised for some time," said Herrity. "The board needs to have a discussion in open session on these critical issues."

"I think it is the board that should be clearing the mind of the citizens as to where we are," Hudgins said. "This is not the way I would like to do this."

Frey believes the commission will solely focus on the Geer case. "This is the latest reaction to a nasty situation in the media," he said. "I guarantee that focus will not be on process, it will be on this case."

The commission will "review all police department policies related to critical incidents including how and when information is released to the public," according to a release issued by the county. It will also review police policies related to use-of-force training policies, threat assessments and the Internal

Affairs Division.

"The commission will also review practices related to the release of information ... along with the relationship between the FCPD and the Office of the Commonwealth's Attorney, and the provisions of the Virginia Freedom of Information Act."

"We will be better at the end for having done this," said McKay.

"This is not the time nor the right way to proceed."

— Michael Frey (R-Sully)

IN OTHER MATTERS, the board held a 90-minute closed session.

Afterwards, Vice Chairman Penelope Gross announced that County Attorney David Bobzien will retire June 30, 2016 and will reorganize the day-to-day operations of the office.

The board will begin the search process for a county attorney by the end of this year.

Commission Members

POLICE

Det. Sean Corcoran, Fairfax Coalition of Police Local 5000
Det. John Wallace, Fairfax County Police Assn.
Brad Carruthers, Fairfax Fraternal Order of Police, Lodge 77
Joseph Woloszyn, Southern States Police Benevolent Association
Lt. Gervais Reed, Fairfax Black Law Enforcement Officers Association
Lucy Caldwell, civilian public information officer
Lt. Col. Tom Ryan
Maj. Joe Hill (alternate)
Representative from Fairfax County Sheriff's Dept.

LEGAL

Douglas R. Kay, Fairfax Bar Assn. president-elect
Bob Ross, former deputy county attorney
U.S. Department of Justice's Nat'l Institute of Justice (Invited)

ACADEMIC/CONSULTANT

Robert Kane – Drexel University, Director and Professor, Criminology and Justice Studies Program (Fairfax County resident)
Jack L. Johnson, PricewaterhouseCoopers, public sector practice

MEDIA/PR

Broadcast Media representative (shared seat): Jeff Goldberg, WJLA, Peggy Fox, WUSA9
Mary Kimm, Connection Newspapers
Merni Fitzgerald, former director of public affairs, Board of Supervisors
Representative from the Virginia Coalition for Open Government

CITIZENS

Jeff Stewart, Chantilly
Adrian Steele, McLean
Nicholas Beltrante, Virginia Citizens Coalition for Police Accountability (with alternate)
Tim Thompson, President, Fairfax County Federation of Citizens Associations
Shirley Ginwright, Chairman, Communities of Trust Committee, President, Fairfax County NAACP COUNTY STAFF (Ex-officio members/supporting)
David Rohrer, Deputy County Executive for Public Safety
Tony Castrilli, Director, Office of Public Affairs

Kamp Washington Triangle Redevelopment Approved

**Residential/
retail project
will include
24 affordable
units.**

BY BONNIE HOBBS
THE CONNECTION

It is not a perfect project and not everyone got what they wanted. But it will be a vast improvement over what is there now, and it includes some much-needed affordable housing.

Novus Fairfax Gateway LLC got the green light last Tuesday, Feb. 24, from the Fairfax City Council to transform part of the Kamp Washington triangle between Fairfax Boulevard and Lee Highway into a modern, community-serving, mixed-use project.

Attorney Lynne Strobel, representing Novus, explained, “We tried to balance the concerns of many people, while keeping the project economically viable.”

And indeed, an overflow crowd of City residents packed Council chambers to speak during last week’s public hearing before the Council took action. More than 70 belonged to VOICE (Virginians Organized for Interfaith Community Engagement), a coalition of faith organizations and nonprofits.

Planned for the 8.33-acre site are 403 multifamily apartments – including 24 ADUs (affordable dwelling units), 29,000 square

feet of first-floor retail and commercial uses – including a 4,000-square-foot office space for use by a nonprofit and a 5,000-square-foot restaurant, and 11,000 square feet of residential amenities.

TODAY, the site is a car-storage lot for Ted Britt Ford. But when redeveloped, the commercial space and three- and four-story buildings will front on Lee Highway and Fairfax Boulevard. Five-story buildings will be centrally located and a seven-story parking garage will feature a half-story on top for a pool.

In response to citizen and Council wishes, 6 percent of the apartments will rent for 60 percent of AMI [Area Median Income] – roughly \$65,000/year or less. These 24 units will be scattered throughout the development.

There will be a through street with a connection at the Bevan Drive signal at Fairfax

Boulevard, plus a new, un-signalized entrance on Lee Highway. The development’s road network could correspond to the future redevelopment of the rest of the Kamp Washington triangle, while treating the section connecting Lee Highway to Fairfax Boulevard with several, traffic-calming elements to reduce cut-through traffic.

“We have three, distinct neighborhoods to create a sense of community,” said Strobel. “Retail frontage will be on the Lee Highway side and along Route 50. And the parking structure is completely surrounded by residential buildings. We’ll use high-quality materials, including masonry, in an urban streetscape, with attractive facades on all sides.”

There will be trails connecting to adjacent properties, plus open space including a 5,600-square-foot contemplative space next to the Jermantown Cemetery, and Novus will maintain this space and the cem-

etry. It will also display public art and will contribute \$100,000 to Kutner and Westmore parks, \$25,000 toward an area traffic study and \$200,000 to the City schools.

Construction should begin in about a year and take some two years to complete. City Council eventually approved the rezoning, special-use permits, special exceptions and subdivision variances needed for this project – but not before a four-hour public hearing.

“In the last decade, luxury homes, condos and townhouses were built here,” said Lisa Whetzel, executive director of Our Daily Bread. “It’s good for the tax base, but is that all we care about? We also need affordable homes for people who work here.”

AN OPTION Novus had presented to the Council, instead of the 6 percent ADUs, was providing just 4 percent and contributing \$700,000 to a City trust fund for affordable housing. But Whetzel said the City would have to maintain the fund and it would not be as valuable as the affordable homes.

“Are we a city that only values the affluent, or all our workers?” asked Whetzel. “Affordable homes provide a way for people to live and work here without assistance – this is a justice issue.”

Agreeing, Kevin Denton said it is “impos-

SEE TRIANGLE, PAGE 8



Artist’s rendering of the Novus Fairfax Gateway development from Lee Highway.

Mayor, Council Members Discuss Novus Project

BY BONNIE HOBBS
THE CONNECTION

Just last week, the General Assembly unanimously passed a bill which, if signed by the governor, will give the City of Fairfax the ability to adopt an affordable housing ordinance.

The law wouldn’t take effect until July 1, and the City Council hasn’t officially crafted such an ordinance for Fairfax. But it at least set a precedent Feb. 24 when it made sure the Novus mixed-used project will offer 6 percent of its homes at 60 percent AMI (Area Median Income).

“The City is at a crossroads developmentally,” said Councilman David Meyer. “This project reflects smart-growth principles. To continue providing the amenities and services to our residents, growing our tax base is critical. And we should establish an affordable-housing policy of 6 percent at 60 percent AMI. I don’t believe a housing trust fund is viable for our community at this time.”

CALLING the Novus Fairfax Gateway

development “a quality project and a good compromise,” Councilwoman Ellie Schmidt said, “We need to consider the housing needs of all our citizens. [The site now] is a blighted property that’s underperforming. This will give us a residential component we need there and an increased economic base.”

Councilman Michael DeMarco said the project helps Fairfax compete with other nearby areas redeveloping. But he believes the rent amounts people will have to pay at Novus, even at 60 percent AMI, will put them out of reach for the average person.

“Teachers, firefighters and police officers still can’t afford it,” he said. “So we need to do something bolder for them, as well as for senior citizens and college students.” DeMarco preferred Novus build just 4 percent affordable homes and make a cash proffer of \$700,000 “to leverage into more



Mayor Scott Silverthorne

funds toward rent relief for existing, market-rate housing. It could also help people renovate their properties and encourage others to develop affordable units.”

Councilwoman Nancy Loftus said she, too, would rather have the cash in hand, but she was glad the nonprofit CASA will receive free office space in the project and have increased visibility.

“This project has come a long way and I’m impressed with [Novus’s] other projects,” said Mayor Scott Silverthorne. “But it’s very large and I’m concerned about that. I commend the applicant’s incredible community outreach, and the economic development is a plus for the City. But we’re 32 [school children] away from it becoming a negative.”

“What worries me is that we have some unknowns here,” he continued. “The building height and the reduction in parking trouble me – and we’ll have parking prob-

lems there. This project could be a bit better; there are density, traffic-generation, building-height, size and scale issues. I’m happy about the 6 percent affordable housing, but I’d like to give this [whole project] more time to get even better.”

BUT THE MAYOR only gets to vote in the event of a tie, and the City Council voted 5-1 in favor of allowing Novus to build its project here. Councilman Jeff Greenfield was the lone, dissenting vote. Although he didn’t explain why during the Feb. 24 meeting, at an earlier work session he said it would be too many homes at a location where people couldn’t walk to restaurants, movies and grocery stores.

After the meeting ended, Silverthorne said he was pleased that, at least, “the bar has been raised” regarding affordable housing in the City.

And he said the \$200,000 contribution Novus will make to the local schools will be used toward alleviating “future school overcrowding.”

HEALTH

Presentation on Healing Chronic Pain

Nancy Shaw, myofascial pain therapist and author of "Simple Changes to End Chronic Pain" will talk about "Healing Chronic pain by changing Muscle Memory" at Richard Byrd Library, 7250 Commerce St. in Springfield on April 9 at 7 p.m. She will show some examples from her 32 years of clinical and personal experience learning from Janet Trevell, M.D., who developed the technique and treated President John F. Kennedy for his back pain. An interactive presentation will allow for audience questions and participation. A book signing period will follow the presentation. Bring your own book or purchase one when you arrive.

Call 703-452-3831 to register for this free presentation. <http://nancyshawpainclinicandinstitute.com>.

Caregiver Bootcamp

Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax, will host a Caregiver Bootcamp, a special day-long training event. The bootcamp will include presentations from experts in the fields of financial planning, medical issues, legal needs, and caregiver support. There will be a small fee for this session and lunch is provided. Call 703-204-4664 to RSVP and for more information.

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.

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.

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.

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OPINION

Good, Bad and Ugly

The 2015 session of the Virginia General Assembly came to an end last week, and some of the biggest news was about what it did not do.

By far the ugliest debacle rests in the Assembly's ongoing refusal to expand Medicaid to cover as many as 400,000 uninsured people in Virginia, even though it would come at no cost to Virginia (Federal government pays 100 percent for the next two years and 90 percent after that) and would be a massive boost to Virginia's economy. The local and state economy is suffering from the loss of federal spending in other areas, and it's just plain crazy and mean-spirited to deny medical care for people who can't afford it otherwise, and at the same time, turn away an economic stimulus equal to 20,000 or more jobs and a direct infusion of nearly \$2 billion a year.

GOOD: The Assembly nixed a bill which "empowers the Director of the Department of Corrections to make and enter into contracts ... to compound the drugs necessary to carry out execution by lethal injection. ... Information relating to the identity of the persons or entities compounding such drugs, the identities of persons or entities engaged to manufacture or supply the materials used to compound the drug products, and the name of the materials or components used to compound drug products for use in an execution are confidential,

exempt from the Freedom of Information Act, and not subject to discovery or introduction as evidence in a civil proceeding ..."

The House of Delegates nixed executing people with secret potions. Passed in the Senate, blocked in the House of Delegates. Be sure to thank those local legislators who voted against this craven proposal: Senators: Adam

EDITORIAL

Ebbin, Barbara Favola, Janet Howell, Dave Marsden and Chap Petersen. Delegates: David Bulova, Eileen Filler-Corn, Charniele Herring, Patrick Hope, Mark Keam, Kay Kory, Rob Krupicka, Jim LeMunyon, Alfonso Lopez, Ken Plum, Tom Rust, Mark Sickles, Marcus Simon, Scott Surovell and Vivian Watts.

And ask these local legislators who voted to carry out executions with secret drugs and secret methods what they were thinking: Senators George Barker and Dick Saslaw. Delegates: Dave Albo and Tim Hugo.

No good comes from conducting the people's business in secret, all the more true when the business is brutal. Killing people is wrong, two wrongs don't make a right, killing people and keeping the brutal details secret is wrong.

BAD: State Sen. Barbara Favola's bill to extend foster care services and support, including foster care maintenance payments, to qualifying individuals age 18 to 21 years who were formerly in the custody of a local board of social services passed unanimously in Senate, and

A look at recently ended session of the Virginia General Assembly.

died in the House of Delegates. The money spent would have been matched by Federal dollars, and every dollar spent helping former foster children become independent, self-supporting adults saves a bundle in other costs down the line.

UGLY: "Ethics reform" put a \$100 cap on each individual gift from lobbyists to members of the Assembly, with no enforcement mechanism, and no changes in campaign finance. Former Gov. Bob McDonnell and his wife were convicted of corruption for taking more than \$170,000 worth of gifts and favors from Star Scientific and related individuals; this was the catalyst for the so-called reform. It is apparently fine, however, that Star Scientific also gave \$108,000 to McDonnell's campaign. More than 40 other entities gave more, including Dominion (\$383,720), Altria (\$361,556), Smithfield Foods (\$267,738), Walmart (\$121,250), just as examples. (Source: vpap.org). No good comes from having our legislative body awash in this kind of cash. You can visit the Virginia Public Access Project at vpap.org and look up who has been giving how much to the people who represent you. It's fascinating.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

LETTERS TO THE EDITOR

Martyr to Police Accountability

To the Editor:

I am writing to commend the Connection Newspapers for the excellent coverage of the John Geer case. Your reporting and editorial position show that your staff is right on top of this controversial issue.

The manner in which Fairfax County officials from top to bottom have handled this case has been dismaying. In my opinion, this is the most disgraceful and embarrassing episode in the history of Fairfax County. The continual cover ups and obfuscation and stonewalling are reprehensible. As a 54-year-old lifelong Northern Virginian this is the worst I have seen.

But there is a long and sordid history of this type of behavior. Consider the case involving Sal Culosi and David Masters and most recently Natasha McKenna.

But let me take this opportunity to give credit to the Citizens Coalition for Police Accountability and its executive director Nicholas Beltrante. For several years now, they have been working tirelessly

to raise public awareness of these matters. It is a shame that it takes a tragedy like the Geer shooting to wake everybody up from their complacency.

I understand that John Geer was a graduate of J.E.B. Stuart High School in the Falls Church area of Fairfax County. His alma mater was, of course, named after the dashing Confederate general who commanded the Army of Northern Virginia's cavalry during the Civil War. Stuart was mortally wounded on May 11, 1864 in a fierce battle fought at Yellow Tavern, north of Richmond. His death was a great blow to the Confederacy. He went down in history as a martyr for his cause.

John Geer has become a martyr for the cause of government and police accountability and transparency.

Gregory G. Paspatis
Alexandria

An Inspiring Story

To the Editor:

The article "Fairfax County Animal Shelter Gets Creative to Save Lives," (Connection, February 26-March 4, 2015) inspired me by

how dedicated the volunteers are to provide the best care for the animals they take in and find them a new home as soon as possible. They would not be able to place 2,500 animals in loving homes this past year if it was not for their teamwork.

Thanks to the dedication of 300 shelter volunteers, foster caregivers, social media sharers, and donations to this organization, thousands of animals were given a chance to live a more fulfilling life. This shelter has even taken the burden upon themselves to help other overcrowded shelters by taking their animals and finding homes for them as well.

After reading this article I immediately filled out a volunteer application for this shelter so I, too, can help more animals find the loving home that they deserve.

Kelsey Yaglou
Fairfax

Excessive and Hurtful

To the Editor:

In the "Editorial: Managing Mental Illness In Jails" by Mary Kimm (Connection, February 26-March 4, 2015), I believe that

many valid concerns were raised. I was shocked to discover how poorly the transport of Ms. McKenna was given her mental illness. If her severe mental illness caused her to have a constant fight or flight reaction, it's likely that she only knew how to react in that way. How then would taking her out of one environment into a new one by threatening people with weapons be effective? A combative, mentally ill inmate should be handled differently than a combative one in general. I also find it interesting that Ms. McKenna's ethnicity was not mentioned in this editorial. The only descriptive information given was that she was a small woman. I researched the case and found out that Ms. McKenna was African American. I believe this could be an important factor to how she was treated in an effort to restrain her. While jails are meant to serve as a place for those who have been convicted of crimes, there are situations where the force used to maintain order is excessive and hurtful. In Ms. McKenna's case, it meant her life.

Erin Sullivan
Freshman/James Madison University

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NEWS

Inova to Create a New Center in Fairfax

Fairfax County-based Inova Health Systems will take over the Exxon Mobil headquarters building in the Merrifield area of the county to house the Inova Center for Personalized Health. The center will make Fairfax County “a community known worldwide for genomic science,” said Gerald L. Gordon, Ph.D., president and CEO of the Fairfax County Economic Development Authority (FCEDA) at the event at Inova Fairfax Hospital where hospital system officials announced creation of the center. The event also featured Gov. Terry McAuliffe and Board of Supervisors Chairman Sharon Bulova as well as leaders from Inova. Inova CEO Knox Singleton announced that the Peterson Family Foundation will donate \$10 million for the initiative.

“This campus will make Fairfax County a hub for world-class research and the commercialization of ground-breaking discoveries. New companies will grow as a result and more world-class researchers and businesses will want to be here,” Gordon said.

The Inova Center for Personalized Health will have three goals:

- ❖ Create the world’s leading center for translational cancer research and patient care based on genomic science and individualized therapy;

- ❖ Create a leading center of nationally recognized biotech researchers developing new tests, therapy and population health processes based on genomic science and bioinformatics; and,

- ❖ Stimulate collaboration of life-science companies with world-class researchers leading to the expansion of the life-science economy in Virginia and the Washington, D.C., area.

The center will be based in a landmark building, near the Capital Beltway interchange with Arlington Boulevard (U.S. Route 50) that has served as the “downstream headquarters” of Exxon Mobil since 1999 and previously was the corporate headquarters of Mobil Corp. Exxon Mobil announced in 2013 that it would consolidate its headquarters functions in a new campus in the Houton area.



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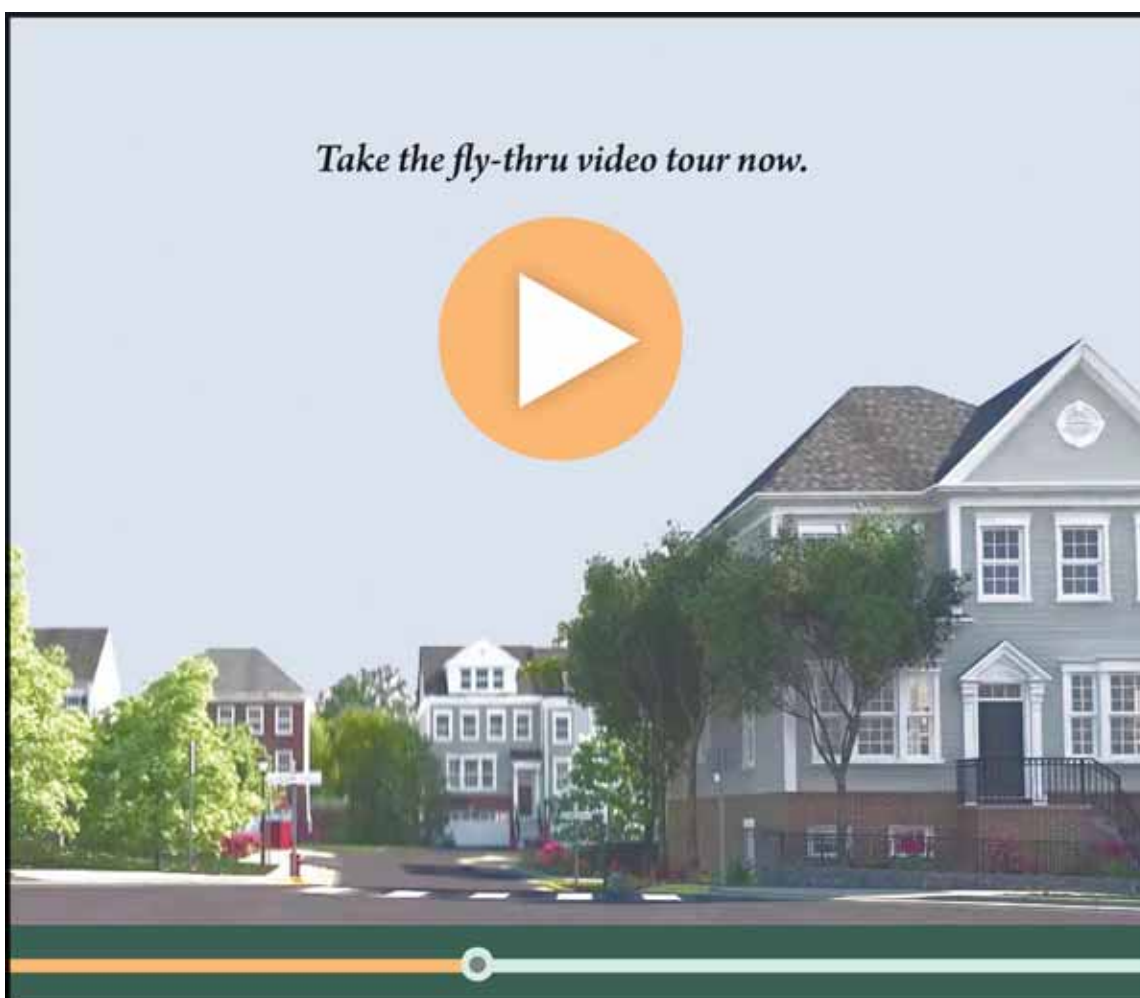
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WELLBEING

Shedding Pounds and Keeping Them Off

Suggestions for maintaining a healthy weight.

BY MARILYN CAMPBELL
THE CONNECTION

For Toni Williams, effective weight loss and maintenance have been a struggle her entire adult life. Her introduction to unhealthy food came in college.

“Instead of the ‘freshman five,’ I did the freshman 20,” she said. “I ate cheeseburgers and fried chicken every day.”

Williams, now 60, identified here by a pseudonym, counts herself among the estimated 97 million Americans who the National Institutes of Health identifies as overweight or obese and at risk for health problems such as diabetes, high blood pressure and heart disease. Approximately 90 percent of people who have lost weight, including Williams, have regained weight after a weight loss.

“There are a lot of different ways to lose weight, and I know how to lose weight,” said Williams. “The problem is keeping it off.”

Williams is a patient at the Washington Center for Weight Management & Research, Inc., in Arlington, and says that through her work at the center, she has discovered her

own personal formula for losing weight.

“Weight is a constant work in progress,” she said. “There is no one way to do it. What works for some people won’t work for others. You have to figure out what works for you.”

Viewing obesity as a medical condition is the first step to solving it, said Dr. Domenica M. Rubino, director of the Washington Center.

“Obesity is a serious and complex disease that affects each individual differently,” she said. “It is significantly influenced by risk factors including genetic, environmental, economic, psychological and social determinants, as with most chronic diseases.”

Rubino recommends a research-based, comprehensive, mind-body approach to weight loss and maintenance that includes medical, nutritional, behavioral and psychological factors, and includes physicians, dietitians and psychotherapists.

“I try to help my patients explore the triggers [such as sadness, anger, and anxiety] that lead them to turn to food as a way to cope,” said Moughé Yasai, a clinical psychologist at the Washington Center. “Mindfulness can help patients become more at-

tuned to their feeling states, and also how to deal with these feelings when they come up. Once triggers are identified, we explore various coping skills that can be helpful during times of distress. The emphasis on mindful observation of eating behaviors is to practice the skill of observing with a nonjudgmental stance.”

HEALTH CARE PROVIDERS at Weight Loss Services at Inova Fair Oaks Hospital in Fairfax, also assist patients in a weight loss program that includes a variety of bariatric (or weight loss) surgeries, generally reserved for those with a body mass index (BMI) of 40 or more.

“We also might use pharmacological methods to jump start weight loss,” said Carmen Spencer, a registered nurse. She is the clinical program coordinator at the clinic.

“Medical weight loss is pretty much open to anyone with a BMI of 27 or higher,” she said. “We offer a 12-week program that uses meal replacements.”

“Maintaining weight can be difficult for several reasons,” said Yasai. “There are physiologic signals of appetite, satiety and hunger that increase after we lose weight. These are normal responses after weight loss.”

Some strategies are helpful in increasing



PHOTO COURTESY OF WASHINGTON CENTER FOR WEIGHT MANAGEMENT & RESEARCH, INC.

Domenica M. Rubino, M.D., far right, pictured with Moughé Yasai, PhD, clinical psychologist and Amy Allnutt, MS, ACSM/HFS, exercise physiologist. Rubino, director Washington Center for Weight Management & Research, Inc., recommends a research-based, comprehensive mind-body approach to weight loss and maintenance that includes medical, nutritional, behavioral and psychological factors and includes physicians, dietitians and psychotherapists.

one’s chances of keeping excess weight at bay. “The environment is filled with opportunities to eat high-calorie foods and not

move much,” said Yasai. “So in addition to continuing the lifestyle changes that helped you lose weight, it is important to have strengthened coping skills for

“Weight is a constant work in progress,” she said. “There is no one way to do it. What works for some people won’t work for others. You have to figure out what works for you.”

— Toni Williams

managing stress as well as being mindful of potential emotional triggers to eating.”

Setting unrealistic goals, losing too much weight at one time and following fad diets can lead to rapid weight regain or failure to lose weight in the first place.

“There is no magic, no special potion or diet,” said Rubino. “In fact, no one person or thing holds the key for the treatment of obesity.”

Maintaining a healthy weight takes work and dedication. Adherence to healthy eating and physical activity are two of the most important aspects of keeping weight off. Williams builds both into her daily routine.

“I go to the gym three times a week at 6 a.m.,” said Williams. “If I don’t do it then, something will come up later during the day. I use a trainer because I find that it’s a luxury that I can’t afford not to have. My trainer keeps me motivated and from making the gym my favorite charity.”

Triangle Project Approved

FROM PAGE 4

sible to duplicate the number of units you’d lose for that amount of money.”

“A set-aside for affordable housing is beneficial to our city – it’s not charity,” said longtime resident Serena Mercer. “We’ll lose talented people — teachers, health-care workers, firefighters, police officers, students and senior citizens — if they can’t afford to live here. Retirees are also living below the median income; if we need to downsize, where would we go? Certainly not to a luxury townhouse.”

Vernon Tuniga liked the project’s sheltered parking, pedestrian walkways and bike racks, and Steve Caruso called it “well-suited and desirable” for Fairfax.

He, too, urged Novus to “consider the working-class citizens – most of this won’t be affordable to the average person. We need to implement a reasonable percentage of affordable housing so everyone has the same opportunity to thrive.”

The Rev. Henry Brinton said the lack of such housing not

only hurts the residents, but “the businesses, which won’t be able to hire the workers they need.”

Sue Lasley told how she came to Fairfax years ago as a single mother of two, found a place to live and made a good life. But she said today’s young people cannot afford to live here. “No one wants to see people living in their cars or asking for handouts on the streets,” added Oak Knolls resident Ann Donahue. “Affordable housing is the answer.”

Michael Cameron said the project will “revitalize an otherwise neglected area of the City.” And Tom Ross, with the Citizens for Smarter Growth, called it “the right project for the right time.”

Meanwhile, Bob Reinsel said it “sets the stage for what mixed-use development in the City could be. When I moved here in 1969, I bought a \$30,000 house with a \$13,000/year income. That house now sells for \$400,000 and today’s buyer would need a \$133,000/year income. So affordability isn’t just for renters.”

Darcy Cunningham, executive director of Fairfax CASA (Court-Appointed Special Advocates) – which serves abused and neglected

children involved in court cases – said CASA is grateful to be the non-profit selected for the office space there.

“The hardest part of my job is raising funds,” she said. “And not having to pay rent for 15 years [is worth] \$1.5 million.”

However, Westmore’s Gary Perryman said the new development would generate more children than projected, and “they’re expensive to educate.

You’re doing away with 8.33 acres that could be devoted to business use, which provides revenue to the City.”

“And 1.6 parking spaces per unit aren’t enough,” he added. “Couples live together and have two cars – and they’ll be parking in Westmore and other neighborhoods.

Traffic from there will cut through our community to get to the other side of the City, and kids can’t play in the places they’re providing the open space. Don’t approve this.”

But City business-owner Curtis Shiver said it’s an “under-utilized property and this is the best proposal to redevelop it. It’ll improve both Fairfax’s economy and appearance.”



BONNIE HOBBS/THE CONNECTION

An overflow crowd packed City Council chambers for the Novus public hearing.

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CONNECTION NEWSPAPERS

VOLUNTEERS EVENTS AND OPPORTUNITIES

Fairfax County’s free **Family Caregiver Telephone Support Group** will discuss using the Internet to help with caregiving on Tuesday, March 10, 7-8 p.m. Register at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm. Call 703-324-5484, TTY 711.

The **Wakefield Senior Center** in Annandale needs volunteer **Bilingual English/Spanish** activity leaders, a **Canasta Player** to lead a group and certified instructors for classes in **Pilates, Chair Exercise** and **Ballroom Dance**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Kingstowne Center for Active Adults** in Alexandria needs instructors for **Mosaic Art** and **Jewelry Making**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click

on Volunteer Solutions.

Korean Meals on Wheels needs **Korean-speaking volunteers** to deliver meals in **Centreville, Annandale** and **Falls Church**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Annandale Adult Day Health Care Center** in Annandale needs **Spanish-speaking** social companions and a **lunch assistant**. 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. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Guilty or Innocent? What's the Truth?

City of Fairfax
Theatre
Company
presents 'Doubt:
A Parable.'



PHOTO CONTRIBUTED

The show's actors are (from left) Chris Andersen, Lisa Bailey, Anna Fagan and Brenda Parker.

BY BONNIE HOBBS
THE CONNECTION

Uncertainty about whether a priest committed a crime is at the heart of "Doubt: A Parable," the upcoming play by the City of Fairfax Theatre Company. Set in the Bronx, N.Y. in 1964, it won the 2005 Pulitzer Prize for drama and Tony Award for Best Play.

"The author, John Patrick Shanley, uses a story as a parable to demonstrate a point – what do you do when you're not sure?" said Director Ed Zakreski. "That's the first line of the play, and each character faces a moment when they're not sure and have doubt about something. And the choices they make in reacting to it drive the plot forward."

Chris Andersen portrays Father Flynn, a Catholic priest. "He's charismatic and driven to help children," said Andersen. "It's after Vatican II, and he wants to make the church friendlier and more accessible to people. He sees himself as a reformer, in opposition to Sister Aloysius, who's quite conservative and dogmatic. He's accused of molesting a 12-year-old boy, but only by Sister Aloysius, not by the boy, who's a big fan of Father Flynn."

Enjoying his role, Andersen said charismatic religious leaders and conflicted people intrigue him. "[Flynn's] a complicated character and there are clues about struggles he may or may not be going through, such as loneliness and doubt," said Andersen. "And I get to fill in the psychological gaps. Plus, he has a strong agenda and a powerful mission to defend himself."

CALLING THE PLAY "heart-wrenching," he said, "You never know who to believe. Clues suggest both his guilt and innocence, and the audience will like the exciting conflict between Father Flynn and Sister Aloysius. The play asks how are we supposed to judge people and when do we have that right?"

Playing Sister Aloysius is Lisa Bailey, who describes her character as "old-school, stern and a rule-follower. Her life's very organized, and everything has a place and a time and makes sense. I've struggled to find the humanity in her, but I think her humanity is her conviction to follow the rules because of the way she was raised."

Bailey said she likes portraying someone "so solid in her beliefs. She only sees black and white, not gray, so this situation confuses her and she wants to stop it. Besides that, Father Flynn is new to St. Nicholas School and has modern ideas, and she likes the old ways." As for the show, Bailey said, "I believe the audience will like our strong and talented cast. And they'll also like seeing sister Aloysius change and have doubt."

Brenda Parker plays Mrs. Muller, a married mother of two children. Her oldest son is in the military and her youngest, Donald, 12, is an altar boy at St. Nicholas. "He's also the first and only colored child in the school and Father Flynn is one of his teachers," said Parker. "Mrs. Muller is protective, street-smart and

very aware of her surroundings, at all times. She's willing to make sacrifices to protect her family."

Parker said she's enjoying her role's challenges. "It's close to my parenting style," she said. "Mrs. Muller speaks her mind, but within limits – because she knows that any misstep on her part could have repercussions on her son. It takes place at a time when the nation was going through major transitions after John F. Kennedy's and Martin Luther King's assassinations and when integration was starting."

She said the play provides a bird's-eye view of these transitions that bring us to today. And, she added, "The audience will see how much and how little has changed since then."

Portraying Sister James, a young, eighth-grade teacher at the school, is Anna Fagan. She's also a nun and Sister Aloysius is her superior. "Sister James is genuine and innocent," said Fagan. "She has a lightness to her and has a lot of compassion for her students, but Sister Aloysius is trying to make her tougher."

Fagan, too, enjoys her part. "Sister James is complex," she said. "Her journey throughout the play is challenging for an actor because she's caught in the middle of a dispute between Father Flynn and sister Aloysius. And I like playing such an honest, observant character." She said the story will keep the audience members "thinking about who they believe, long after the show has ended. It's a simple play, but it tells a gripping and complex story."

THERE'S A CAST and crew of 12, and the sets showing the school, church and gardens were kept simple because, explained Director Zakreski, "We want the focus to be on the characters and the words." As for his actors, he said, "There's an adage that 90 percent of directing is casting, and my cast is proving that. It's so much easier to focus on the themes and underlying issues of the play when you have actors who show up at the first rehearsal already having an incredible amount of depth."

"Although the play takes place 50 years ago, the issues it presents still resonate today," continued Zakreski. "When you look at recent news stories about fraternities at state universities, or famous entertainers, questions about accusations and veracity still vex us. Our world still struggles with how to find the truth when the facts aren't black and white. I'll feel like our show is successful if people go home arguing about what the truth of the play really is."

To Go:

The City of Fairfax Theatre Company presents "Doubt: A Parable," Thursday-Sunday, March 5-8 and March 12-15, at 3950 University Drive in downtown Fairfax. Thursday, Friday and Saturday performances begin at 7:30 p.m.; Sundays are at 2 p.m.

Tickets are \$17 in advance. Remaining seats, if available, will be \$20 at the door, one hour prior to the shows. Free parking is available, and a brief "talk-back" session with the actors and directors will follow each performance. Buy tickets at: <http://fairfaxcitytheatre.ticketleap.com/doubt-a-parable/>.



PHOTO BY CHIP GERTZOG/COURTESY OF PROVIDENCE PLAYERS OF FAIRFAX

From left - cast of the Providence Players of Fairfax "Other Desert Cities" in an early rehearsal: Andra Whitt (Brooke Wyeth), Bobby Welsh (Trip Wyeth), Tina Thronson (Polly Wyeth), Barbara Gertzog (Silda Grauman) and John Coscia (Lyman Wyeth).

Family Ties Face the Unexpected

Providence Players of Fairfax to present 'Other Desert Cities.'

BY DAVID SIEGEL
THE CONNECTION

Where and When

Does a daughter have the right to write a family "tell-all" memoir that will upset her orderly, well-to-do family? The Providence Players of Fairfax County invite you to reflect on that question with its next production, "Other Desert Cities."

The drama-comedy was nominated for multiple 2012 Tony Awards including Best Play and was a finalist for the 2012 Pulitzer Prize. Written by Jon Robin Baitz, the show focuses on the well-connected Wyeth family as daughter Brooke returns home to celebrate Christmas. Soon enough family life unravels as political views clash and family differences and secrets are brought to the light of day.

"This play has plenty of comedy, has a great plot and wonderfully, clearly drawn characters. They are clever people. The audience will care about them even if they don't agree with their points of view," said Tina Thronson, director of "Other Desert Cities."

"The Wyeth family is obsessed with privacy. There is a sense of betrayal when the parents learn one of their two daughters wants to write about family secrets," added Thronson. What is unique about this Providence Players production; Thronson will also play Polly Wyeth, one of the two

Providence Players of Fairfax County present "Other Desert Cities" at the James Lee Community Center Theater, 2855 Annandale Road, Falls Church. Performances: March 13-28. Thursday, Friday and Saturday 7:30 p.m. Matinees at 2 p.m. March 15 & 22. Tickets: \$17-\$20. Call 703-425-6782 or visit www.providenceplayers.org.

sisters as well as directing the five member cast.

Brooke Wyeth is portrayed by Andra Whitt. "My character is so needy; yet so feverishly independent in her attitude. She is a collection of opposites; loving and selfish, incredibly uncertain yet thinks she knows who she is," said Whitt in a recent interview.

"This is a wonderfully absorbing show with great storytelling and characters that are not clichés," said cast member Barbara Gertzog as she described "Other Desert Cities."

John Coscia plays the father, Lyman. "This is an actor's dream of a well-written play," noted Coscia. "The role is so different from who I am. And it's great to have an opportunity to expand upon what I have done in the past."

"Other Desert Cities" delves into a family life with characters that are penetrating along with plenty of comedy and barbed words. They have become their own family, giving their stage characters a sense of family for the audience.

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 SUNDAY/APRIL 5

Reference. W-16 - Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Reference is a multi-media exploration of the various modes of influence that inform visual artists in both content and process. In Reference, participating artists incorporate performance, sound, process, and imagery to address the strong influence of other artists, visual and otherwise, upon their creative output as well as their deepest philosophical and spiritual understandings. No ticket required. www.workhousearts.org. 703-584-2900.

THROUGH SUNDAY/MARCH 8

Julia Galloway. Building W-8, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Julia Galloway is a utilitarian potter and professor. She is currently the Director of the School of Art and Professor at the University of Montana, Missoula. Julia makes useful pottery working at a mid-range firing at c6 in a soda kiln and re-firing her pottery at low temperatures to develop rich glaze surfaces. She combines wheel throwing and hand building techniques to make her pottery. No ticket required. 703-584-2900.

FRIDAY/MARCH 6

Cool Cow Comedy Presents: Tony Deyo. Workhouse Arts Center, 9601 Ox Road, Lorton. 8 p.m. Come to Cool Cow Comedy's for entertainment! Each month headliners and featured performers take the stage in the W-3 Theatre. Host and Comedian Rahmein Mostafavi performed outstanding stand-ups in the DC Improv, Richmond Funny Bone and Caroline's on Broadway.

SATURDAY-SUNDAY/MARCH 7-8

SPRINGPEX '15 Stamp Exhibition. Saturday, 10 a.m. - 6 p.m., Sunday, 11 a.m.-4:30 p.m. Robert E. Lee High School Cafeteria, 6540 Franconia Road, Springfield. 45th Annual Philatelic Stamp Show hosted by the Springfield Stamp Club. Features free kids stamp activities, show covers, 26+ dealers, U.S. Postal Service Station and club tables. Free. www.springfieldstampclub.com.

SATURDAY/MARCH 7

Workhouse Cabaret Series: Heroines of the Stage and Screen! Workhouse Arts Center, 9601 Ox Road, Lorton. 8 p.m. Some of Broadway's most beloved characters and some of the most memorable music are written for the leading ladies.

Garden Under Glass: Terrarium Workshop. 9:30-11:30 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Miniature plants, lush mosses, stones and whimsical figures will bring a smile and remind you of warmer days. Care instructions included. \$38/person plus \$25 supply fee. Register at www.fairfaxcounty.gov/parks/greenspring using code 290 185 8201 for the program and code 290 185 8202 for the supply fee or call 703-642-5173.

Garden Sprouts: Hot and Cold. 11 a.m.-12 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. While it's winter in Virginia, it's summer in the Southern Hemisphere. Learn why seasons differ around the globe. Sample chocolate treats, both icy and hot. Enjoy a story about



Frozen Potomac on Sunrise by artist Glen Cook. View more of his work at the Workhouse Arts Center exhibit "Landscapes, Dancers & Other Things I See." Cook will be on hand to talk about his work at the opening reception on March 14, from 6-9 p.m. in Gallery 9 at The Workhouse Arts Center, 9601 Ox Road, Lorton.

chocolate, then scout the gardens for signs of winter and spring. \$6 per child. Register online at www.fairfaxcounty.gov/parks/greenspring using code 290 102 8901 or call 703-642-5173.

Winter Lecture: Hellstrip

Gardening. 1:30-2:30 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Improve that patch of old turf on the streetside of the sidewalk by growing a hellstrip garden. Evelyn Hadden offers guidance on turning languishing, neighborhood parking strips into thriving, curbside gardens. A book signing follows the lecture. \$10 per person for advance registration, \$12 for out-of-county registrants or at the door. Register at www.fairfaxcounty.gov/parks/greenspring using code 290 185 6501 or call 703-642-5173.

THURSDAY-SUNDAY/MARCH 5-8

"Doubt: A Parable." 7:30 p.m. Old Town Village, 3950 University Drive, Fairfax. Tickets are \$17 in advance. Remaining seats, if available, will be \$20 at the door, one hour prior to performance times. A brief, talk-back session with the actors and directors will follow each performance. Buy tickets at: <http://fairfaxcitytheatre.ticketleap.com/doubt-a-parable/>.

SUNDAY/MARCH 8

Workhouse Cabaret Series:

Heroines of the Stage and Screen! Workhouse Arts Center, 9601 Ox Road, Lorton. Matinee 1 p.m. Some of Broadway's most beloved characters and some of the most memorable music are written for the leading ladies.

Film: An Ordinary Hero: The True Story of Joan Mulholland.

2 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. You'll hear firsthand from the Freedom Riders that took part in this movement including: Joan Mulholland, Reverend Reginald Green; Dion Diamond; Joan's son, Loki Mulholland producer of the film; and Michael O'Brien, author of *We Shall Not Be Moved*. Dessert reception will follow the film. All are welcome. \$15 in advance/ \$18 at the door/ Students Free. Contact Carla.Rosenfeld@jccnv.org, 703-537-3060.

Fairfax Presbyterian Church Concert Series. 4 p.m. Fairfax Presbyterian Church, 10723 Main Street, Fairfax.

THURSDAY-SUNDAY/MARCH 12-14

"Doubt: A Parable." 7:30 p.m. Old

Town Village, 3950 University Drive, Fairfax. Tickets are \$17 in advance. Remaining seats, if available, will be \$20 at the door, one hour prior to performance times. Buy tickets at: fairfaxcitytheatre.ticketleap.com/doubt-a-parable/.

FRIDAY/MARCH 13

Military and the Arts Reception. 7-9 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. The event is the culminating performance of a Music & Writing workshop offered at the USO Warrior and Family Center at Fort Belvoir. In that workshop, local Service Members will collaborate with internationally touring poet Mahogany L. Browne as well as Christylez Bacon and Wytold to compose original songs that speak to the theme of origins and place. The event will also feature remarks by Colonel Gadson (USA, Ret.), and the launch of the Workhouse Military and the Arts Initiative. This event is sponsored by the USO of Metropolitan Washington-Baltimore.

SATURDAY/MARCH 14

Burke Racquet & Swim Club's 30th Birthday Celebration with Health Fair & Inova Blood Drive. Blood drive: 8 a.m. - 12 p.m. Health Fair: 9 a.m. -12 p.m. 6001 Burke Commons Rd., Burke. Come and visit with your local doctors and health presenters. Free morning exercise classes, seated massages, rock climbing and more. You can even save a life by donating blood.

History Symposium: Food in America. 9 a.m.-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Explore historical influences on the American dinner table through lectures, exhibits and living history. Lunch included. Call site for vegetarian request. \$75. www.fairfaxcounty.gov/parks/greenspring using code 290 183 3101 or call 703-642-5173.

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

2nd Saturday Art Walk. Workhouse Arts Center, 9518 Workhouse Way, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community.



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SPORTS

Woodson Unfazed by 30T Loss in Conference Final

Cavaliers beat Robinson, Hayfield to reach region semifinals.

BY JON ROETMAN
THE CONNECTION

A triple-overtime loss in the Conference 7 championship game might have been a confidence crusher for less-experienced squads.

For the two-time defending region champion Woodson boys' basketball team, it was merely a bump in the road — and added motivation — en route to a bigger and brighter stage on which the Cavaliers are used to thriving.

Three days after losing to South County in the conference final, Woodson responded with a 70-55 victory over Robinson on Feb. 27 in the opening round of the 6A North region tournament at W.T. Woodson High School.

The following day, Conference 7 Player of the Year Eric Bowles carried Woodson to victory in the quarterfinals, scoring a career-high 38 points during a 69-62 overtime win over Hayfield at Hayfield Secondary School. The Cavaliers advanced to semifinals and were scheduled to face Battlefield on Wednesday, after The Connection's deadline. The winner would secure a state berth and advance to the region final, scheduled for 8 p.m. on March 6 at Robinson Secondary School.

BOUNCING BACK after a tough loss is nothing new to Woodson. The Cavaliers failed to win a conference/district title during their region-championship runs of the last two years, helping to lessen the blow of their triple-overtime loss to South County on Feb. 24.

In 2013, Woodson lost to Lake Braddock in the Patriot District semifinals, but responded with five straight victories. Woodson overcame a 19-point fourth-quarter deficit to defeat Wakefield in overtime of the AAA Northern Region final and beat Battlefield in the state quarterfinals before falling in the state semis.

In 2014, the Cavaliers suffered a one-point loss to Lake Braddock in the Conference 7 final — their third loss to the Bruins that season — before winning a fourth meeting with Lake Braddock in the 6A North region final.

"Conference tournament; that's numbers on a banner," Woodson head coach Doug Craig said. "We're geared toward winning the big games. If we get the conference [title, it's a plus] — we tried to — but it is what it is."

Woodson took control of Friday's game against Robinson midway through the sec-



Eric Bowles led Woodson with 27 points during the Cavaliers' 70-55 win over Robinson on Feb. 27 in the opening round of the 6A North region tournament at W.T. Woodson High School. The following day, he scored a career-high 38 points in an overtime win over Hayfield.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

ond quarter. Trailing 21-19, the Cavaliers closed the first half on a 14-1 run. Senior guard Jackson Boehman buried a 3-pointer at the buzzer, giving Woodson a 33-22 advantage while causing a fired-up reaction from Craig as the Cavaliers headed to the locker room.

Woodson led by at least seven points throughout the second half. The Cavaliers' largest lead was 22.

"It's a [downer] to not win the district championship, but it's also a positive because it's going to make us play harder."

— Woodson senior Eric Bowles

"I thought we were fine," Craig said of the way the Cavaliers handled the conference final loss. "The one nice thing is we've been kind of through the ringer the last couple years — really big games, big losses, big wins. I think we have a very mature group that understands that this time of year you've got to play really well, you've got to do all the little things right and we didn't do that really against South County."

Bowles led Woodson with 27 points.

"I feel like ... the past three years [when we fell short in the district tournament],



Woodson senior Tyler Wilson scored nine points against Robinson on Feb. 27.

we've come out and played harder and worked hard to try to get the region championship," Bowles said. "It's a [downer] to not win the district championship, but it's also a positive because it's going to make

us play harder."

Matt Ayoub scored 13 points for Woodson, and Tyler Wilson finished with nine.

"We're a really resilient team," Wilson said, "and we're really good at taking that loss like we had the other night and flipping it into positive energy coming out in region tournaments."

Boehman also had nine points for Woodson. The senior knocked down a trio of 3-pointers, the final one giving the Cavaliers a 57-37 lead early in the fourth quarter.

"He probably will tell you he didn't have the year he was hoping to have," Craig said. "He's worked really, really hard in our program and he's done everything right. Some other guys just played a little bit better than he did this year so they kind of supplanted him. He really stayed with it, though. As a senior who didn't play a lot the last four or five games, he could have kind of pouted and not worked hard, but he kept practicing really hard and working so he'd stay ready and I think it showed tonight."

On Saturday, with his teammates misfiring or shying away at the offensive end, Bowles put Woodson on his back, almost single-handedly erasing a seven-point fourth-quarter deficit to force overtime.

"When all of us are struggling, we can always count on Eric," Ayoub said. "He's a great player."

BOWLES, who will play collegiately for Central Connecticut State, scored 15 of Woodson's 18 fourth-quarter points. He attacked the basket and drew contact at the end of regulation, but officials did not call a foul and the game went to overtime tied at 60.

"Especially after the fourth quarter, [when I felt] I got fouled, I'm not going to lie, I got pissed," Bowles said. "I just came out like: I'm just going to go up like I don't care — nobody's going to help me. That was my mentality — just go. Don't let anybody stop me."

Bowles scored five points in overtime, including a three-point play that put the Cavaliers ahead to stay with 3:42 remaining.

Woodson closed the game on a 9-0 run.

"He's fearless," Craig said. "He wants the ball at the end of the games. He's a great

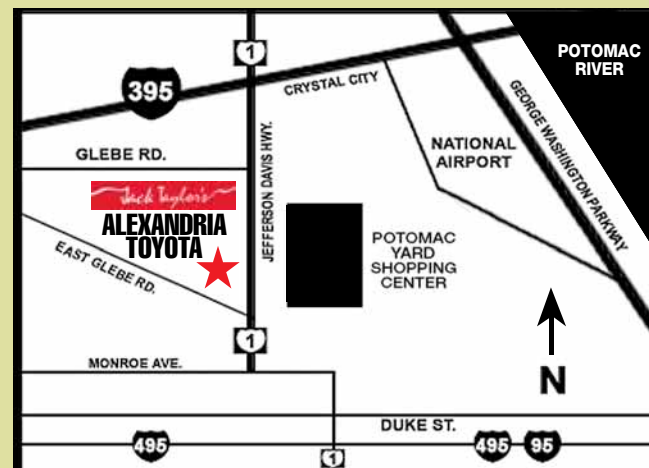
teammate and his teammates trust him. He seems to be one of those guys when he gets tired, he just can always reach down for a little bit more and make tough shots and tough plays in tough situations."

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TUESDAY/MARCH 10

March NARFE Fairfax Chapter 737 Meeting. 11:30 a.m. American Legion Post 177, 3939 Oak Street, Fairfax. The National Active and Retired Federal Employees Association (NARFE) luncheon meeting. Lunch at noon (cost-\$11), followed by a presentation on "Elder Law" given by Evan Farr, Certified Elder Law Attorney & Three-time Best Selling Author. Chapter 737 meets on the second Tuesday of each month, except July and August. Membership is open to all federal employees, retirees, spouses and survivors. For more information on the benefits of NARFE membership visit www.NARFE.org.

THURSDAY/MARCH 12

Caregiver Bootcamp! Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Join IMCC for a special day-long training event. The bootcamp will include presentations from experts in the fields of financial planning, medical issues, legal needs, and caregiver support. There will be a small fee for this session and lunch is provided. Call 703-204-4664 to RSVP and for more information.

SATURDAY/MARCH 14

Speak Up for a Child. 11 a.m. - noon. Fairfax CASA office, 4103 Chain Bridge Rd., Suite 200, Fairfax. Fairfax Court Appointed Special Advocates (CASA) is hosting an information session. If you would like to learn more about advocating for abused or neglected children, please call 703-273-3526, x22 or email ekosarin@casafairfax.org for more information.

SATURDAY/MARCH 21

Opportunity Expo and Job Fair. 1-5 p.m. West Springfield High School, 6100 Rolling Road, Springfield. The Greater Springfield Chamber of Commerce has partnered with Supervisor Pat Herrity and West Springfield High School PTSA to host a job fair for local job seekers. Although the job fair is not strictly for students and young job seekers, area high schools are making a push for students and parents to take advantage of this event to line up after-school employment, an internship, volunteer opportunities or a seasonal position for the summer.

ONGOING

Volunteer Fairfax seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at www.volunteerfairfax.org or call 703-246-3460.

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

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

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

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

Dementia Care Givers Support Groups. Various times, at Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. The groups are for those caring for someone with dementia or for those interested in learning more about providing care giving to a person with a disorder that affects memory and cognition and may impact behavior and physical abilities. 703-451-8626 or Eileen.thompson1@gmail.com.

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