

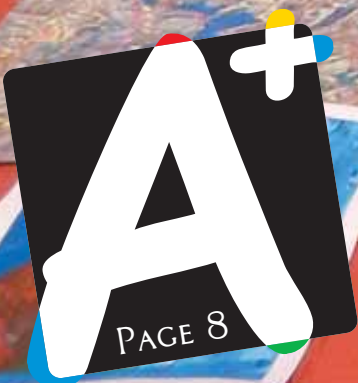
Cannons, Hayrides,  
Music and Fun  
NEWS, PAGE 10

Filmmaker's Work  
Will Help Others  
NEWS, PAGE 9

# Students Shine at Art Show

NEWS, PAGE 4

Senior Munire Yilihamu  
and her artwork exhibited  
at Fairfax High's Pyramid  
Art Show on Tuesday, April  
7.



APRIL 16-22, 2015

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DAVID FRANK  
DESIGN

## WEEK IN FAIRFAX

### Jogger Struck in Crosswalk

A 38-year-old woman was struck while jogging across Ox Road at Zion Drive in the crosswalk on Thursday, April 9. The striking vehicle, described as a small, gray sedan, was making a right turn on red from Zion onto Ox just prior to 6:30 p.m. The driver of the vehicle did not stop to render aid nor exchange information.

The victim, who had the right of way to cross the road, was transported to the hospital where she was treated for non life-threatening injuries.

Anyone with information is asked to call Crime Solvers by phone at 1-866-411-TIPS/8477, email at

[www.fairfaxcrimesolvers.org](http://www.fairfaxcrimesolvers.org) or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

Over the past three years, more than 400 pedestrians have been struck and injured in crashes on Fairfax County roadways. Police note that pedestrians and motorists are equally responsible for observing laws and safety practices related to pedestrian right of way. More information regarding pedestrian safety may be found at <http://www.dmv.virginia.gov/safety/#programs/pedestrian/index.asp>.

### PUBLIC RELEASE FOR FREE AND REDUCED PRICE MEALS

PHILLIPS Programs for Children & Families today announced its policy for free and reduced price meals for needy children under the National School Lunch and/or School Breakfast Programs. A copy of this policy is on file at the school and may be reviewed by any interested party.

Application forms are being sent to the homes of enrolled children with a letter to parents or guardians. To apply for free or reduced price meals, households should fill out the application and return it to the school. Additional copies are available at the office in the school.

The information provided on the application will be used for the purpose of determining eligibility and may be verified at any time during the school year by school or other program officials.

For school officials to determine eligibility, households receiving food stamps or Virginia Temporary Assistance for Needy Families (TANF) must list the child's name, their food stamps or TANF case number and the signature of an adult household member. Households not receiving food stamps or TANF must provide the following: names of all household members; social security number of the adult household member who signs the application or a statement that the household member does not possess one; the amount and type of income received by each household member (such as wages, child support, etc.); and the signature of an adult household member certifying that the information provided is correct. Applications may be submitted at any time during the year as circumstances change.

Applications providing income information will be compared to the Income Eligibility Guidelines, attached.

Under the provisions of the free and reduced price policy, the Senior Accountant will review applications and determine eligibility. If a parent or guardian is dissatisfied with the ruling of the official, he/she may wish to discuss the decision with the determining official on an informal basis. If the parent or guardian wishes to make a formal appeal of the decision, he/she may make a request for a hearing either orally or in writing to: Trixie Herbert, Chief Operating Officer, 7010 Braddock Road, Annandale, VA 22003.

In certain cases foster children are also eligible for these benefits. If a household has foster children living with them and wishes to apply for such meals for them, the household should contact the school for more information.

The information provided by the household is confidential and will be used only for purposes of determining eligibility and verifying data.

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Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish).

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## Family Matters

It's a good feeling to know that help is there when you need it—the assurance that loved ones are cared for by skilled professionals who feel like family—the warm feeling of a neighborhood environment with good friends, brings with it an indescribable peace of mind.

Assisted Living at Westminster at Lake Ridge offers a full complement of engaging activities encompassing fitness, wellness, social, spiritual and educational programming. We provide quality, professional on-site assisted living, as well as short-term and long-term nursing care. Your family will be assured of superlative, compassionate care and an exceptional quality of life at Westminster at Lake Ridge.

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Visit us at [www.wlrva.org](http://www.wlrva.org)





# Holocaust Remembrance

"One of the most important things we do."

BY KEN MOORE  
THE CONNECTION

**H**olocaust survivor Michel Margosis spoke before the Board of Supervisors, Tuesday, April 7, when the Board of Supervisors made a proclamation declaring April 16 as Holocaust Remembrance Day in Fairfax County.

The proclamation serves "to urge all residents to not bear silent witness to injustice and remain always vigilant to the principles of individual freedom and a just society," said Sharon Bulova, board chairman. "It is so important that we not ever forget."

Six million Jewish women, men and children were killed by the Nazis.

"The spark of evil flared into a raging fire that swept over much of Europe, the residual embers of discrimination, bigotry and intolerance have never been extinguished and have been reinvigorated," said Margosis.

Margosis said he joins in mourning the millions of others murdered by the Nazis including gypsies, priests, homosexuals, Jehova Witnesses and political prisoners.

"We must embrace our expanded diversity," said Margosis.

"At some point, there won't be anybody left who actually experienced the horrors of the war at that particular time, but that is part of your legacy to pass that along and to pass that along to younger people so nobody ever forgets," said Supervisor Penelope "Penny" Gross. "What you do makes sure we will always remember and never forget."

**MARGOSIS INVITED** the Board and entire Fairfax County community to an observance at the Jewish Community Center on Sunday, April 19 from 5 to 8:30 p.m.

"We have a responsibility to those who perished as well as those who survived to educate future generations and rededicate ourselves to the history of the Holocaust and its impact on the world," said Chairman Sharon Bulova.



The Board of Supervisors thanks Holocaust survivor Michel Margosis for his work to ensure that no one ever forgets the atrocities of the Holocaust.

## Holocaust Kaddish: Never Forget

Jewish Community Center of Northern Virginia  
8900 Little River Turnpike, Fairfax  
Sunday, April 19, 5-8:30 p.m.  
[www.jccnv.org](http://www.jccnv.org)  
[www.jccouncil.org/Holocaust](http://www.jccouncil.org/Holocaust)

More than two dozens synagogues, houses of worship and nonprofits, plus Holocaust survivors, youth and interfaith leaders will join the Jewish Community Center of Northern Virginia Sunday, April 19 for the annual observance.

The program includes a reading of names of those murdered in the Holocaust, "Unto Every Person There is a Name," a youth workshop and an adult seminar on "The Psychology of Scapegoating."

"I always try to participate in that obser-

vance, it is one of the most powerful things we do," said Supervisor Gross.

"We will consider the intricacies of human nature and social interaction that allow for unspeakable atrocities to be committed by some individuals or groups against others. With hope, we will look at strategies that have succeeded in mobilizing the silent bystander and raising up societies to take a forceful stand against injustice and inhumanity," according to JCC of Northern Virginia.

**THE EVENING** is scheduled to culminate

in a community commemoration with readings, poetry, a community interfaith choir, recitation of the Holocaust Kaddish and the

intergenerational candle lighting and pledges of the children and grandchildren.

"Many of us come to the Jewish Community Center to read the names of individuals who lost their lives,

who perished, who were murdered during the Holocaust," said Chairman Bulova. "I think it is a very powerful thing that our community does, it is so important, so very important not to ever forget what had happened."

**"At some point, there won't be anybody left who actually experienced the horrors of the war at that time."**

— Supervisor Penelope "Penny" Gross

## CAREGIVING

Have fun, learn something new, and unleash your creative spirit! Fairfax County, the Arts Council of Fairfax County, and AARP Virginia invite you to celebrate the **Creative Aging Festival in May 2015**. This month-long festival features over 100 events including art exhibits, dance, musical performances, poetry readings, lectures, wellness programs and classes in watercolor, wood-working, knitting, clogging, tap, piano, photography, & more! Find the events calendar at [www.fairfaxcounty.gov/OlderAdults](http://www.fairfaxcounty.gov/OlderAdults) and click on Creative Aging Festival!

Fairfax County presents **Legal Tools for Caregivers: WEBINAR**. As a family caregiver you may need to make legal and health care decisions for a loved

one.

This free Webinar will cover durable powers of attorney, trusts, guardianship, and advanced medical directives. Join us on Wednesday, May 6, Noon-1 p.m. Find out more and register at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm) or call 703-324-5205, TTY 711.

Fairfax County will sponsor **Strategies for Managing the Stress of Caregiving** on Tuesday, May 12, 7-8:30 p.m. at Tysons-Pimmit Regional Library, 7584 Leesburg Pike, **Falls Church**. Find out more about this free event and register at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm) or call 703-324-5205, TTY 711.

Fairfax County presents **"Alive Inside"**

Movie and Discussion on Saturday, May 16, 10 a.m.-Noon.

This free movie focuses on the Music & Memory program's ability to combat memory loss and restore meaning to the lives of those with Alzheimer's disease. Insight Memory Care Center, 3953 Pender Dr., Ste. 100, **Fairfax**. Find out more and register at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm) or call 703-324-5205, TTY 711.

Get the facts about health insurance for older adults at Fairfax County's free presentation on **Medicare 101**. Tuesday, May 19, 3-4:30 p.m. at the City of Fairfax Regional Library, 10360 North St., **Fairfax**. Register beforehand at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm).

Learn about **Medicare Part D pre-**

**scription drug coverage** and receive expert assistance in choosing and signing up for a plan for you or your loved one.

Wednesday, May 20, 3-4:30 p.m. at Martha Washington Library, 6614 Fort Hunt Rd., **Alexandria**. Register beforehand at [www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm).

Fairfax County is offering a free **Independent Living Project Series** (Sessions are 8 weeks). Programs start Friday, May 1, 1-3 p.m. at Kingstowne Library, 6500 Landsdowne Centre, **Alexandria** and Friday, May 22, 10 a.m.-Noon. at Our Lady of Good Counsel, 8601 Wolftrap Rd., **Vienna**. Register at [www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm).





Sophomore Deama Habibi and her portfolio.



Namita Kekre, a sophomore, displays her art.



Sophomore Destinee McDonald and her fashion photography.

## Students Shine at Art Show

Fairfax High's Pyramid Art Show was Tuesday, April 7.



Danny Porras, a sophomore, with his nature photos.



From Willow Springs Elementary, second-grader Blair Holland and third-grader Ellie Heslep made a clay monster and clay turtle, respectively.



Senior Bryce Riden stands beside his artwork.



Senior Julian Satalia did the top row and the right side of the middle row.



Providence Elementary first-grader Isabella Benavides made ink prints of her house.



Senior Phillip Wilkowske did the bottom row and the left side of the middle row.



Photo by Ed Knepley

## Community Open House

Put yourself in this picture • Come Live Your Dream!

**Sunday, April 19, 2015, Noon – 4:00 p.m.**

**55+ Active Adult Community (20% between 50-54)**

- Arrange for a short tour of our golf course (Non-resident Memberships Available)
- Meet a volunteer resident, tour the facilities, obtain information package, enjoy a relaxed environment!
- Realtor and FSBO Open Houses 1–4 p.m. (Independent of Community Open House)

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Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

### TUESDAY/APRIL 21

**Connected on the Homefront.** 7-9 p.m. Immanuel Bible Church, 6911 Braddock Road, Springfield; Terrace Room. Monthly meetings that provide dinner, fellowship and guest speakers to minister to wives of active duty, reservists and retired military. Linda Geel will be speaking this month on "Think About Such Things." Visit [www.immanuelbible.net](http://www.immanuelbible.net) or 703-941-4121.

### THURSDAY/APRIL 23

**Annual Meeting of the Friends of the Burke Centre Library Meeting.** 7:30 p.m. Burke Centre Library, 5935 Freds Oak Rd., Burke. Stone Brooks, Manager, Richard McKay Used Books, Inc. — discussing the landscape of book stores in today's environment.

### SUNDAY/APRIL 26

**Burke Historical Society Meeting.** 4:30 p.m. Abiding Presence Lutheran Church, 6304 Lee Chapel Road, Burke. Debbie Robison, a Fairfax County History Commissioner, will give a presentation entitled, "Discover the Mills of Fairfax County." Now that the streams have thawed, and to ensure that your molinological needs are met, it seems like a good time to consider the wealth of historic mills around us. Before being displaced by fossil fuel combustion and the Second Industrial Revolution, these fascinating structures served as the engines, both mechanical and economic, of the local area. Debbie Robison's talk will survey the County's mills (including Silas Burke's and William Holsapple's mills here in Burke) and will also describe what to look for in stream valleys if searching for a mill site.

### SATURDAY/MAY 2

**6th Annual Community ShredFest & Electronics Recycling Day.** 9 a.m. - 1 p.m. 5501 Backlick Road, Springfield RE/MAX 100 Agents & staff cordially invite you to this event. All-Shred truck will destroy your old documents securely, right here. 123JUNK will take any electronics, even those old bulky TVs. Join in for a free Home Ownership Seminar, 9:30 - 11a.m.

### THURSDAY/MAY 21

**Lunch 'N Life.** 12-2 p.m. St. Mary of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax. Are You 50 or Better? Join for the next Lunch 'N Life sponsored by the Shepherd's Center of Fairfax-Burke. The program will feature Mr. Knox Singleton, CEO of INOVA Health Systems speaking on Current Health Issues.. For reservations, call Faye Quesenberry, 703-620-0161, by May 15. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit [www.scfbva.org](http://www.scfbva.org) for more information.

### ONGOING

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



## PHOTO GALLERY!

### "Me and My Mom"

To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

[editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com)

Or to mail photo prints, send to:

The Fairfax Connection, "Me and My Mom Photo Gallery,"  
1606 King St., Alexandria, VA 22314

Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

<b>Tomatoes &amp; Peppers Are Here!</b>	<b>Free Estimates</b> Patios, Walkways, Retaining Walls, Paver Driveways, Landscaping!	
<b>Beautiful Citrus &amp; Flowering Tropicals are Here!</b>	<b>60-75% Off Pottery</b> Lowest Prices Since 2008!	
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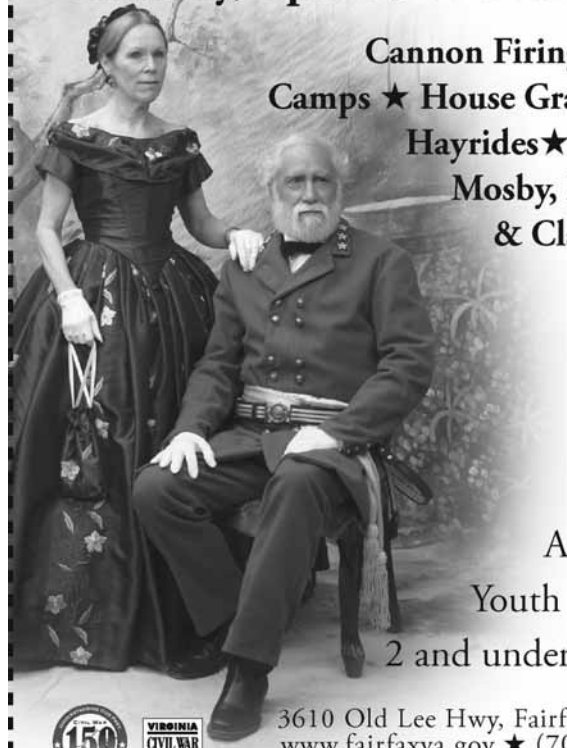
Rev. Dr. Marshal L. Ausberry, Sr., Senior Pastor

**Antioch Baptist Church**  
6531 Little Ox Road  
Fairfax Station, VA 22039  
703-425-0710 • [www.antioch-church.org](http://www.antioch-church.org)

## 15<sup>th</sup> Fairfax Civil War Day Historic Blenheim

Saturday, April 25 ★ 10am – 5pm

Cannon Firing ★ Music  
Camps ★ House Graffiti Tours  
Hayrides ★ Meet Lee,  
Mosby, Longstreet  
& Clara Barton



Adults...\$5

Youth 3-12...\$3

2 and under...**FREE!**



3610 Old Lee Hwy, Fairfax, VA 22030  
[www.fairfaxva.gov](http://www.fairfaxva.gov) ★ (703) 591-0560

No parking at Blenheim site, shuttle from  
Fairfax High School (3501 Rebel Run)

Proceeds benefit restoration of Historic Blenheim.

Kids under 12 Free When You Bring This Ad.

Limit One Ad Per Family



# Counting Homeless; Solution Is Housing

Results of the annual census of homeless show progress, persistence of the problem, and some worrying trends.

**O**n the night of Jan. 28, 2015, there were 1,204 people who were literally homeless in the Fairfax County area. Of those, 715 were people in 213 homeless families, with 431 homeless children; 347 of those children were under 12. Sixty-two percent of the adults in these homeless families are employed, but don't earn enough to avoid becoming homeless. Domestic violence was identified as the cause of homelessness for 41 percent of the people counted in homeless families. Women made up 78 percent of the adults in homeless families.

Men accounted for 77 percent of the single homeless people.

Of the single homeless people, 55 percent, 268 people, are identified as having serious mental illness; 203, or 42 percent were identified as chronically homeless.

Twenty-five percent of the single homeless individuals were employed.

Eight percent were veterans. Four percent, or 21, were former foster children.

Some troubling trends:

This year, 123 or 25 percent of the single homeless people were over 55.

This year, 52 or 11 percent of the single

homeless people were transitional adults, aged 18-24.

This year, 58 percent of homeless individuals in families and 43 percent of single homeless people counted were African American. This is disproportionate to the overall African American population of 9.7 percent.

This year marks a reduction of 21 homeless people, or approximately 2 percent reduction over the previous count in 2014. It is a decrease of 34 percent since 2008 when there were 1,835 literally homeless people counted, including 1,091 in families. The Fairfax County Office to Prevent and End Homelessness credits adoption of housing first and rapid rehousing models, heightened prevention efforts and prioritizing housing for longest and most vulnerable homeless for continuing decrease.

What's needed is more affordable housing, more housing affordable to those with very low income, more affordable housing designated for formerly homeless people with the supports they need. Without a commitment to more affordable housing, it will be impossible to continue to reduce the number of homeless people in the region.

It's critical to note that those who are literally homeless are a small part of the prob-

lem. In terms of preventing homelessness, literally thousands of families live at risk of becoming homeless in our region. Very high housing costs combined with the growth of low-wage service jobs mean that many families are one unexpected bill away from homelessness. Nonprofits in the county play a huge role in preventing homelessness by responding to crises.

As the development of the Silver Line brings a wave of new residential construction in the county, we must insist that affordable housing be a part of that growth.

## Mother's Day Photos

Mother's Day is May 10 and, every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly to [www.connectionnewspapers.com/mothersday/](http://www.connectionnewspapers.com/mothersday/) or email to [editors@connectionnewspapers.com](mailto:editors@connectionnewspapers.com).

— MARY KIMM

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM),

@MARYKIMM

## LETTERS TO THE EDITOR

## Inappropriate 'Choices'

To the Editor:

My name is Donna McHugh and I am writing in response to your article ["Moving: From Institution to Community"] printed on April 2 regarding the Northern Virginia Training Center.

I am the sister and co-guardian of my 58-year-old brother Joseph F. McHugh (Joe) discussed in the article. He lives at the Northern Virginia Training Center (NVTC). Joe is minimally verbal, non-ambulatory, has serious digestive issues with spasticity and without continual preventative medical routines, performed by others at NVTC, he would be dead.

The article states that we have been provided a multitude of community placement choices. The choices presented to me and Joe's other legal guardians have been inappropriate. The community does not have the skills or supports necessary for his real medical needs for his survival. We are actively investigating and reviewing choices — but nothing is available. There are not comparable and appropriate choices in Northern Virginia like we were promised. Cur-

rently, my only choice is the Central Virginia Training Center in Lynchburg, Va., which is slated to close in 2020 and go through the process of placement/discharge all over again which is stressful and full of anxiety.

No one can predict the future of the state-funded a-la-carte waiver, currently funded at 60 percent, which is being offered as my brother's source of funding while currently he has a fully-funded (100 percent) Medicaid/Medicare federal waiver which means whatever his needs are they are met, so from a fiduciary standpoint as a legal guardian why would I change that? I can't predict how he will react to a new home, staff and routine. My hope is this will be a positive transition. But, I strongly feel that the impending closure date is unrealistic and makes me wonder if the department/state is more interested in "discharge" and closure than fostering the correct and appropriate placements.

Finally, the Commonwealth of Virginia has had 40 years to develop community homes and re-

sources. Virginia has the solution to serve many of its citizens including the medically fragile by using the property they already have and renovating it to meet individual/group needs. This is a solution that involves compromise and cooperation and would have Virginia lead-

ing the country.

I fear that my brother as well as many of the remaining residents will not find good, appropriate placements.

**Donna McHugh**  
Centreville

## Battle of Brimstone Hill

To the Editor:

On April 10, Cavalry skirmish occurred at Brimstone Hill, which is thought to be the last Civil War action in Fairfax County

<http://braddockheritage.org/timeline-part-i>

With Mosby, they were formally made Company H at North Fork in Loudoun County on April 5, 1865.

They then rode under their new Captain, Captain George Baylor, and went first to Keyes Switch on the Shenandoah River. There they attacked a camp of the Loudoun Rangers and completely defeated them not far from Halltown, West Virginia. Five or six Federals were killed, forty-five prisoners were

captured, seventy horses were taken as well as a number of arms and a lot of equipment. Their last engagement was with the 8th Illinois Cavalry in Fairfax County at Arundel's Tavern, now known as Brimstone Hill, on April 10, 1865. This occurred one day after General Robert E. Lee surrendered. It was the last engagement of the War Between the States in Virginia. The last casualties of the war in Virginia occurred during this fight.

<http://www.serpentina.khosravi.net/?tag=fairfax-county>

**Dr. Larrie D. Ferreiro**  
Fairfax

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## PEOPLE

# This One's for Morgan

Brain cancer survivor to compete in the 119th Boston Marathon in honor of pediatric brain tumor patient.

BY BETHANN TELFORD

**O**n April 20 of this year, I will be running my fourth Boston Marathon in honor of a beautiful little girl who is 6 years old and battling brain cancer from Center Moriches, New York (Suffolk County). Her name is Morgan Leary and she was suddenly and unexpectedly diagnosed with a PNET brain tumor (Primitive Neuroectodermal Tumor) on Aug. 15, 2014. Unfortunately, her tumor is aggressive and she has undergone several brain surgeries to remove as much of the tumor as possible. She is also currently undergoing chemotherapy and radiation in the hopes of controlling her disease.



PHOTO CONTRIBUTED  
BethAnn Telford

Like Morgan, 10 years ago I was diagnosed with a brain tumor in the spring of 2005. I was scared and thought my life would never be the same again. I had my first surgery in the spring of that year and was determined to not let my illness limit what I could do in the future. I would fight to regain my abilities and to push my boundaries, if only to say I am still here and fighting. Having run several marathons before my diagnosis, I slowly learned to walk and run again and was able to complete the Marine Corp Marathon six months later. Since then, I have run many marathons, the Boston Marathon, and finished three Ironman Triathlons, including the 2012 Kona Ironman World Championships.

Along the way, I have had two brain surgeries and multiple surgeries related to my bladder function including a bladder augmentation and a neurostimulator. I have also dedicated myself to help raise brain

cancer awareness and toward finding a cure, especially for pediatric brain cancer, which is the second leading cause of death for children.

In September of 2014, I met Morgan Leary and her twin sister, Emma, and immediately fell in love with this wonderful family. Being a typical young girl, Morgan loves to take swimming lessons, play soccer, and especially to run,

which she does according to her grandmother, "with her arms pumping and running with all her heart." Now she is confined to a wheelchair and spends all of her time inside the NYU Medical Center and has not been outside the hospital since August. Morgan should be attending first grade at Clayton Huey Elementary School in Center Moriches, N.Y.

As I push my physical boundaries and continue to run, I hope to use my abilities for those that are not able to walk or run, and to bring attention to the need for increased research funds to help cure brain cancer. To help raise awareness for herself and the many other children, Morgan has graciously and beautifully decorated my New Balance 880v4's, with which I will run the 119th Boston Marathon. It will be my honor to wear the shoes and when I push through the difficult sections of the run and climb Heart Break Hill, I will think of Morgan and the many other children and young adults I have met that struggle with this disease with a smile on their face and hope in their hearts.

For more information about BethAnn Telford or to contribute to her fundraising efforts, go to [www.teambt.org](http://www.teambt.org).

## County Task Force to Recommend Sexual Assault Education Reforms

Fairfax County is examining how it prepares students to prevent and respond to sexual assault. In December, Supervisor John Cook (R-Braddock) brought forward a board matter concerning sexual assault culture. County staff responded in March with a report that assesses what Fairfax County Public Schools is doing in this area.

The County has moved forward then, according to an April 7 statement from Cook's office, to create a task force that will recommend changes to improve "students' attitudes of acceptance and apathy toward sexual assault."

"County staff's feedback is that Fairfax County Public Schools provide a significant foundation of these efforts, but it is a foundation that should be further expanded upon," Cook said in the statement. "There is more work to be done in order to reverse the course

of our culture and County staff's report is an important first step in that direction."

Staff reported that educating students on the culture of respect begins in kindergarten in Fairfax County Public Schools and develops over the years with teaching the school system Code of Conduct. Dating violence and sexual harassment are covered in high school as part of Family Life Education, though the staff report raised concern that the amount of instruction in these areas might be insufficient.

The County task force will comprise Fairfax County Public Schools, George Mason University and Northern Virginia Community College representatives. Before making recommendations to the Board over the summer, the task force members will examine data from the Fairfax County Youth Survey and take community input.

—TIM PETERSON

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# Moving for Academic Excellence

**Researchers say frequent physical activity can lead to success in school.**

BY MARILYN CAMPBELL  
THE CONNECTION

**I**nside an elementary school classroom in Bethesda, Md., a class of third grade students is divided into small groups and given a task: to cross a desert using a limited supply of tools that often include a jump rope, a foam noodle or a scooter. Their mission is to devise a plan to cross the desert without touching the sand.

This classroom exercise at Norwood School requires cohesive collaboration, quick analytical skills and, most of all, creative physical movement.

"This type of activity is so much more than who has the most points on the scoreboard or how to kick a football," said Jane Martens, physical education coordinator at Norwood School. "It shows the direct relationship between movement and academic success, particularly when it comes to focus. Twenty minutes is long enough for little ones to sit and focus on academics. After that they need movement to refocus their attention."

Martens and other educators and researchers cite substantial evidence that physical activity can boost academic performance, including grades and test scores. In fact, many say the recent trend of sacrificing physical education for the sake of academics is counterproductive.

"Unfortunately, with an increased focus on academic standards of learning and budget dilemmas, physical education and outdoor play have often been among the first things to be cut," said Ivy Beringer, Ph.D., assistant dean, early childhood education and substance abuse, Northern Virginia Community College in Alexandria. "Based on research findings this appears to be counterproductive to the development of the



PHOTO COURTESY OF NORWOOD SCHOOL

**Students at Norwood School engage in a movement exercise during the school day. Researchers say physical activity can boost academic performance.**

**"The more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read, or that essay they need to write."**

— Dominique Banville, Ph.D., George Mason University

whole child. Even when there is limited time in the daily schedule for physical activity and outdoor play, teachers can engage children in classroom activities designed to get them moving."

Experts say aerobic exercise has the greatest effect on academic performance, and elementary school students benefit most from being physically active.

"Some of the largest cognitive benefits were linked, in order of importance, with mathematical achievement, IQ and reading achievement, all critical components of the standardized testing movement," said Dominique Banville, Ph.D., director, division of health and human performance at George Mason University in Fairfax. "Physical education is the only subject in school specifically dedicated to not only make students move during class time, but also to provide them with knowledge that will allow them to be active outside of school."

"Based on the most recent research, the more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read or that essay they need to write."

The effect is physiological as exercise increases one's energy level, increasing one's capacity for cognitive activity. "Exercise increases blood flow to the brain and has been shown to increase one's ability to focus," said Beringer.

The lessons that students learn from physical education are life-long and extend beyond an elementary school spelling test or a middle school science project.

"In addition to promoting concentration in the classroom, it gives children an opportunity to develop competence in using their growing bodies," said Christine Pegoraro Schull, Ph.D., professor, early childhood education, Northern Virginia

## Resources for Movement Activities

**Recessitate**, a box of cards that have movement activities can be used quickly during breaks and transition times. Visit <http://oranda.org/products/recessitate>.

**"10 Simple Ways to Encourage Physical Activity in the Classroom."** These suggestions do not require equipment and are easy to incorporate throughout the day. Visit [www.yourtherapysource.com/10simple.html](http://www.yourtherapysource.com/10simple.html).

COMPILED BY IVY BERINGER, PH.D. NORTHERN VIRGINIA COMMUNITY COLLEGE

Community College in Alexandria. "Everyone needs to learn how to run, stretch, climb, be agile and use rules in a group. In a fundamental way, it teaches children to not be sedentary."

**ONE SOLUTION** for a lack of time or space for activity is melding it with academic subjects.

"Teachers and school leaders need to see movement and play more through an interdisciplinary lens," said Glenn Whitman, director, Center for Transformative Teaching and Learning and girls' varsity soccer coach at St. Andrew's Episcopal School in Potomac, Md. "Teachers need to recognize that regardless of the length of a class period, students need to move."

"Simple solutions are to have students move among different workstations in class or to collaborate with their peers while standing up," Whitman added. "Students can recreate the movements of historical battles. Before an assessment, students can do some jumping jacks or stretches, which elevate dopamine levels in the brain and have been shown to lead to increased academic performance. Building movement into class is only limited by the level of a teacher's willingness to be creative."

Parental involvement is critical, say educators, particularly in schools where physical education is limited. For example, parents can suggest ideas for brief movement activities that are interspersed with academics, volunteer to lead such activities or form focus groups to brainstorm ideas to increase movement.

"Movement is so important that parents need to be more vocal about it," said Martens. "Parents need to be informed about what they're losing when they take away physical activity and movement."

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## PEOPLE

Fairfax Academy grad Monica Zinn is an independent, documentary filmmaker.



PHOTO  
CONTRIBUTED

# Filmmaker's Work Will Help Others

Zinn's documentaries going to schools, hospitals and rehab centers.

BY BONNIE HOBBS  
THE CONNECTION

Monica Zinn is just 21, but she's already made two documentaries with the potential to change people's lives for the better. And now, both have been selected for distribution to K-college schools, hospitals, clinics and rehabilitation programs in English-speaking countries worldwide.

A part-time resident of both Burke and Los Angeles, she graduated from Lake Braddock Secondary School in 2011. But she attended the Fairfax Academy from 2009-11, where she learned and honed the skills she uses as a successful, independent, documentary filmmaker.

Zinn always loved stories and wanted to write them, herself. But a tragic event in her own life made her focus take a serious turn.

"In my junior year in high school, there was a death in the family and that changed my perception on stories," she explained. "I no longer wanted to make films about fictitious subjects and moved toward non-fiction – the stories that are right in front of people, but are ignored."

And at the Fairfax Academy, Zinn found the support, guidance and encouragement to follow her dreams. "I credit any success I have to the Fairfax Academy, where I took professional Television Production classes for two years," she said. "They really gave me the resources and environment I needed and nurtured my creativ-

ity. They promoted professionalism and helped jumpstart my career."

**SHE MADE HER FIRST FILM in 2011** at age 17. Titled "Perfection," it's a documentary about eating disorders in young women. The film focuses on three such women, examining prominent themes they share that led to their disorders. It screened at seven film festivals across the country, including the Santa Cruz Film Festival, and won Best Documentary at the Virginia Student Film Festival in 2012.

Zinn's most recent film, "Self-Inflicted," on non-suicidal self-injury, was completed while she continued to pursue her communications degree at the University of Southern California in Los Angeles. Slated for wide release later this year, it examines the psychology behind this type of behavior and the environmental factors that can influence it.

"The film also shines a light on the sociological manner in which people react to different types of mental illness and so-called odd behaviors," said Zinn. "And it features top researchers in non-suicidal self-injury, as well as a range of self-harmers."

Both her films caught the eye of Human Relations Media (HRM), a leading publisher of educational materials for students in grades kindergarten through college. Its programs help young people learn the essentials of health, substance-

SEE DOCUMENTARIES,  
PAGE 11

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# CALENDAR

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

## FRIDAY/APRIL 17

**NoVa-Annandale Symphony Orchestra.** 8 p.m. Richard J. Ernst Theater, 8333 Little River Turnpike, Annandale. Christopher Johnston, conductor. Music by Haydn, Mendelssohn, Holst, and Scott Joplin. Tickets at the door \$15, students \$10, children 12 & under free. Sponsored by NOVA College and the Reunion Music Society. Call 703-569-0973 for information.

## SATURDAY/APRIL 18

**Way Out West.** 2 and 7 p.m. The Fairfax Jubil-Aires, 13421 Twin Lakes Drive, Clifton. The Fairfax Jubil-Aires will perform their annual show, this year entitled "Way Out West." A Western tale surrounded by songs of the American West, and supported by guest artists including international level quartets and the Bella Nova women's chorus. Visit [www.fairfaxjubilaires.org](http://www.fairfaxjubilaires.org) for details and tickets.

**Ballroom Social Dance.** 7:30-10:30 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Get on your dancing shoes and come out to the Workhouse for an evening of social ballroom dance led by one of our instructors. Bring a friend, a date or a group and enjoy a casual, fun night out.

**Springfield Community Day: Health Fair.** 11 a.m. - 3 p.m. Northern Virginia Community College, Medical Education Campus, 6699 Springfield Center Drive, Springfield. Health screenings, blood pressure screening, nutritionist presentation, farmers market, food, music and much more.

**Mark your calendars: The Virginia Historic Garden Tour - an 8-day event that stretches across the Commonwealth. Each spring visitors are welcomed to Virginia's most beautiful gardens, homes and historic landmarks. The Clifton and Fairfax Station Garden Tour is on Tuesday, April 21. This self-drive tour features stables, vineyards, a world-class garden, Georgian-revival architecture, and a 10,000 square-foot contemporary home with a vanishing edge swimming pool - four private homes with gardens and two stables in all. Tour ticket includes a tea at the Clifton Presbyterian Church. Advance Ticket Sales: \$30. [www.vagardenweek.org](http://www.vagardenweek.org). Mail a self-addressed, stamped legal-size envelope, along with your check, payable to The Garden Club of Fairfax by April 1 to Marty Whipple, 11508 Yates Ford Road, Fairfax Station, VA 22039 703-978-4130 or email [fairfaxtickets@vagardenweek.org](mailto:fairfaxtickets@vagardenweek.org). Visit [www.gardencluboffairfax.blogspot.com](http://www.gardencluboffairfax.blogspot.com) for a list of local retailers selling tickets.**



PHOTO BY DONNA MOULTON

**Earth Day Climate Jam.** 7:30 - 10 p.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Performers will include: Craig Phillips, Debu Nayak,

and Soumya Chakraverty (Indian Classical); SongRise (Progressive Acapella); Kofi Dennis (African Percussion); and UUCF Earth Band (Green Rock). Refreshments and

light snacks will be provided. Suggested donation at the door: \$10. Children Free; and free child-care provided. (RSVP to [childcare@uucf.org](mailto:childcare@uucf.org) by April 15). For more information and to RSVP, see [www.faithforclimate.org](http://www.faithforclimate.org).

## SUNDAY/APRIL 19

**NTRAKScale Model Train Show.** 1-4 p.m. 11200 Fairfax Station Road in Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge model train show. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at [www.fairfax-station.org](http://www.fairfax-station.org)

## TUESDAY/APRIL 21

**House and Garden Tour hosted by the Garden Club of Fairfax for Historic Garden Week in Virginia.** 10 a.m.-4 p.m. Clifton/Fairfax Station area. With the coordinated effort of 47 member clubs, 3,400 volunteers statewide, 32 house and garden tours featuring 200 private home and gardens and 50 historic landmarks take place over 8 consecutive days. All proceeds fund the restoration and preservation of Virginia's historic public gardens such as Mr. Vernon, Kenmore and Monticello. Tickets: [www.vagardenweek.org](http://www.vagardenweek.org).

## SATURDAY-SUNDAY/APRIL 25-26

**The Emperor's New Clothes.** 1 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. In this musical adaptation of the classic tale, Emperor Augustus has been led astray of his once kind-hearted nature by a villainous duo who are eager to take over the throne. In his newest quest to be the best-dressed man in town, Augustus seeks the help of two mysterious tailors who promise a magical Suit of Honor that is sure to amaze. Running time

approximately 75 minutes, with one intermission. Appropriate for all ages.

## SATURDAY/APRIL 25

**Model Classic 2015.** 9 a.m. - 4 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Annual exhibit of scale models. Event will feature: A display of hundreds of museum quality scale models. A modeling contest consisting of over 80 categories. 1st, 2nd, & 3rd place awards in each category. Admission Fees: Adults \$8 ( \$10 entire family). Junior (Under 18) free. Adult Contestant \$10 (includes admission). [www.novaimps.org](http://www.novaimps.org)

**Mothers, Daughters and Special Friends Tea.** 2-4 p.m. Historic Pohick Church, 9301 Richmond Highway, Lorton. Join the Historic Pohick Church Docent Guild for their annual Signature Tea. The theme this year will be "Mothers, Daughters, and Special Friends." Tickets are \$25 for adults and \$15 for children under 12. RSVP to Helen Parker at 703-497-5927 or email at [helenandjeffp@verizon.net](mailto:helenandjeffp@verizon.net).

**Spring Fest Fairfax 2015.** 10 a.m. - 4 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Spend the day learning about environmental projects and programs, tasting food from around the world, playing games, and riding ponies. Admission is free; some activities require a \$5 wristband. <http://www.springfestfairfax.org/>

## WEDNESDAY/APRIL 29

**Prison Lecture Series: Life After Prison.** 7:30 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Many prisoners gained new vocational and academic skills while incarcerated. The first panel consists of former officials who share their experiences with prison industries. The second panel will include parole officers who describe the reintegration of inmates into the real world community.

# Cannons, Hayrides Music and Fun

Civil War camp life and weapon-firing demonstrations are among the highlights of the 15<sup>th</sup> annual Fairfax Civil War Day. It's set for Saturday, April 25, from 10 a.m. to 5 p.m., at the Historic Blenheim Estate, 3610 Old Lee Highway in Fairfax. Courtesy of the City of Fairfax, Historic Fairfax City Inc. and the Fairfax Rifles - Company D of the 17th Virginia Infantry Living History Organization - residents will be able to step back in time for a glimpse of life here in the early 1860s.

Activities include demonstrations of cannon and rifle firing by Union and Confederate re-enactors, youth "boot camps," wagon rides through soldier camps, author/vendor tents, blacksmithing, medicine and food demonstrations, plus period music. Talks inside the award-winning Civil War Interpretive Center will cover women's fashions, the role of the banjo in the Civil War, the Old Capitol Prison, and Lincoln assassination conspirator Mary Surratt.

Attendees will also be able to visit with costumed people portraying Gen. and Mrs.



PHOTO BY BONNIE HOBBS/THE CONNECTION

**Civil War re-enactors prepare to demonstrate the firing of a cannon during last year's event.**

Robert E. Lee, Col. John S. Mosby, Clara Barton, Gen. James Longstreet, reconnaissance balloonist Thaddeus Lowe, Chief Surgeon Rauh, Union nurse Marilla Hovey and the Black Horse Cavalry.

Cost is \$5 for adults; \$3, children ages 3-12; and free for children 2 and younger. Proceeds benefit Blenheim's renovation. Free shuttle service will be provided from Fairfax High School; no parking will be available at the event site. Food will be offered by Red Hot & Blue and Historic Fairfax City Inc.

## Schedule of Events

- ❖ Activities
- Historic Blenheim House (First Floor) Tours (11 a.m. - 3 p.m.)
- Grandma's Cottage Open for Self-Guided Tours (1 p.m. - 4 p.m.)
- Civil War Interpretive Center Gallery Open (10 a.m. - 5 p.m.)
- ❖ Exhibits: Blenheim's Civil War Soldier Graffiti plus Images of Mosby
- Civil War Authors Tent (10 a.m. - 5 p.m.)
- Wagon Rides (noon - 4 p.m.)
- ❖ Living History Presenters and Displays (10 a.m. - 5 p.m.)
- 10 a.m. Camps Open - Civil War Balloon Inflation with Thaddeus Lowe
- 10:30 a.m. Beginners Boot Camp - Youth Program - 17th Virginia Infantry, Co. D, and 28th Massachusetts Infantry, Co. B
- Civil War Music - HomeFront
- Living History: "Talk with a General" - Gen. James Longstreet, Confederate Camp
- Film: "The Spy Within" - Women of the Civil War, Civil War Interpretive Center
- 11 a.m. Talk: "Times, Toils, and Tribulations at the Old Capitol Prison" - Jon D.Vrana, Civil War Interpretive Center
- Living History: "Caring for the Sick and Wounded" - Federal Military Hospital, Union Camp
- 11:30 a.m. Cannon Firing Demonstration - Carpenter's Battery and Battery B, 1st Connecticut Light Artillery
- Noon: Civil War Music - HomeFront
- Living History: "The Arrest and Incarceration of Mary Surratt" - Carol Polkinghorne, Denise Winter and Jon D. Vrana, Grandma's Cottage front porch
- Living History: "Ask the General: The End of the

War" - Gen. Robert E. Lee, Confederate Camp

12:30 p.m. Talk: "Civil War Women's Fashions" - Amy Beechler, Civil War Interpretive Center

Beginners Boot Camp - Youth Program - 17th Virginia Infantry, Co. D and 28th Massachusetts Infantry, Co. B

Living History: "Meet the Officers and Engineers" - 2nd Corps Camp

Demonstration: "Cooking Up the Past" - Joyce White, food historian

1 p.m. Living History: FREED—Portrayals of African American Women and Mourning Lincoln - Civil War Interpretive Center

1:30 p.m. Cavalry Tactics Discussion - Black Horse Cavalry, 4th Virginia Cavalry, Co. H

2 p.m. Cannon and Firing Demonstrations - 17th Virginia Infantry, Co. D, Carpenter's Battery, and 1st Connecticut Light Artillery

2:30 p.m. Civil War Music - HomeFront

Living History: "Caring for the Sick and Wounded" - Federal Military Hospital, Union Camp

3 p.m. "17th Virginia Infantry, Co. D, Then and Now" - Paul Goss and Chris Hoehne, Confederate Camp

- ❖ Demonstration: "Cooking up the Past" - Joyce White, food historian
- 3:30 p.m. Beginners Boot Camp - 28th Massachusetts Infantry, Co. B
- ❖ Talk: "The Banjo in the Civil War" - Greg Adams, Civil War Interpretive Center
- ❖ Living History: "Meet the Officers and Engineers" - 2nd Corps Camp
- 4:00 p.m. Cannon Firing Demonstrations - Carpenter's Battery and Battery B, 1st Connecticut Light Artillery
- 4:30 p.m. Music and Dancing - HomeFront.

For more information, go to [www.fairfaxva.gov](http://www.fairfaxva.gov) or call 703-591-0560.



## PEOPLE

# Documentaries Helping in Schools

FROM PAGE 9

abuse prevention, math, science, career planning and character. Toward this end, it's chosen Zinn's films to distribute to schools, hospitals, clinics and rehab centers both in the U.S. and internationally.

**SHE EDITED** the films down to 20 minutes for HRM's distribution, but both "Perfection" and "Self-Inflicted" will be available online later this year in their extended versions. Each film will come with a resource packet for teachers, filled with discussion points and in-depth information on the films' topics to better help reach viewers. For more information, go to <http://www.moniczinn.com/self-inflicted.html>.

And Zinn couldn't be happier. "What's happening with the films is everything I could have ever wanted for the both of them," she said. "It's better than getting into any film festival or winning any awards, because — while those things make me look good and are fun experiences — this is the

widest platform possible for my target audience. So it feels pretty amazing to know that films I've created while in school will be shown in schools, hospitals and rehabilitation facilities around the world."

As a bonus, HRM has already indicated its interest in funding her next project, whenever she decides to do another one. Meanwhile, though, Zinn's delighted that her work is considered substantial and important enough to be used to help people struggling with whatever challenges they face.

"I'm excited to hopefully hear how these films are affecting others," she said. "I certainly hope they cause a big change in the way we all think about ourselves and mental illness. I hope they create more avenues for recovery and support for those who need it. Mainly, I hope they just help us all be more honest with ourselves and each other — to share what we're feeling and know that it's OK. Surely, if they give anyone any semblance of hope, I'm satisfied," Zinn said.

**"... It feels pretty amazing to know that films I've created while in school will be shown in schools, hospitals and rehabilitation facilities around the world."**

— Monica Zinn

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# Woodson Boys' Soccer Blanks Lake Braddock

Yaglou, Clark score goals for Cavaliers.

BY JON ROETMAN  
THE CONNECTION

**T**he Woodson boys' soccer team is still learning the possession style first-year head coach Andrew Peck is trying to teach, and the Cavaliers spent much of Tuesday's match against Lake Braddock on the defensive.

But after capitalizing on a pair of opportunities and dodging a few Bruin chances, Woodson emerged feeling pretty good about its place among Conference 7 contenders.

Zach Yaglou flicked in a header in the 17th minute, JW Clark found the back of the net with a free kick in the 66th minute and the Cavaliers blanked Lake Braddock 2-0 on April 14 at Woodson High School.

The Bruins were on the attack for most of the match, but Yaglou's goal, assisted by a Connor Werrlein throw, gave the Cavaliers the confidence of playing from ahead.

"It was huge," Yaglou said. "If we go down 1-0 ... we put our heads down. ... We were talking about how this game could be what decides who wins our conference and gets that bye to regionals. Since we beat [Lake Braddock], we have to worry about T.C. [Williams], Annandale, South County — all those other teams — [but] if we keep getting the wins, we'll be able to get the bye to regionals."

**THE VICTORY** improved Woodson's record to 3-2, including 2-0 in the conference. The Cavaliers defeated West Potomac, where Peck spent the previous eight seasons, 3-1 on April 7.

Lake Braddock (4-2) had its four-match win streak snapped and fell to 1-1 in the conference.

"This ... is kind of like a ramp-up stage [of the season], and they came up big when it counted," said Peck, who guided West Potomac within one win of the state tour-



**Woodson senior Zach Yaglou (11) scored a goal in the first half of Tuesday's match against Lake Braddock.**

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



**JW Clark (5) and the Woodson boys' soccer team defeated Lake Braddock 2-0 on Tuesday.**

namment in 2014. "Lake Braddock kept pressing, but [the Cavaliers] kept their composure."

Woodson carried a 1-0 advantage into the

second half before Clark converted a set piece into an insurance goal.

Clark sent a free kick goal-ward from inside 30 yards with the intention of finding

a teammate. Instead, the ball skipped across the wet turf and into the net.

"I was amazed," Clark said. "I thought somebody hit it. When I hit it, it felt really good. ... I'm happy it just went through."

Peck, a former collegiate goalkeeper, said defending that particular set piece can be difficult.

"It's almost like a screenplay, because the keeper's lost," Peck said. "You can't see."

Woodson made the most of its limited scoring opportunities and the Cavaliers defense held strong, led by the aggressive play of senior goalkeeper Brian Breslin.

"Brian, our keeper, he played outstanding tonight," Peck said. "He came up with some huge, game-changing saves because he's quick off his line. It doesn't matter if the guy is 7 feet 2, he'll go in and challenge you."

Breslin, who is 5 feet 7, said he is aggressive to compensate for his lack of size. He also complimented Peck's no-nonsense approach to coaching.

"He gets you going," Breslin said. "He's really good at motivating. He got us really hyped for this game and ... prepared."

While Woodson is off to a good start in conference play, the Cavaliers have their work cut out for them. Woodson will travel to face South County at 7 p.m. on Friday, April 17. The Stallions started the season with a 1-2-1 record, but proved last year they can overcome a slow start, reaching the conference championship match after entering the tournament as the No. 7 (lowest) seed.

**WOODSON** will also have to face defending 6A state champion T.C. Williams, which is off to a 5-0-1 start, on May 4.

"We're still not totally getting it — the style," Peck said. "It took me eight seasons to get it at West Potomac, so I don't expect it to happen in five games here. But right now, if these guys can kind of keep this momentum going, with the guys who are in place — and we've got a deep bench right now — it's going to start pushing in the right direction."

## SPORTS ROUNUPS

### Robinson Boys' Tennis Beats Chantilly

The Robinson boys' tennis team recently defeated Chantilly 5-4.

Robinson clinched the victory with a big win at No. 3 doubles. Evan Schreiman and Wesley Ravich took over the match with a break of serve at 3-3 and won, 10-5.

### Lake Braddock Softball Beats South County

The Lake Braddock softball team knocked off defending state champion South County for the second time this season and remained undefeated with a 4-0 victory on April 13.

The Bruins also beat the Stallions 3-0 on March 25.

Lake Braddock improved to 8-0 with Monday's victory. The Bruins were scheduled to face Woodson on Wednesday, after The Connection's deadline.

Lake Braddock will host Annandale at 6:30 p.m. on Friday, April 17.

### Oakton Girls' Tennis Beats Chantilly

The Oakton girls' tennis team on April 13 finished its match against the Chantilly Chargers that was interrupted by Friday's rainstorms.

The Oakton Girls Varsity Tennis team won 6-3.

Oakton's Annie Clark (10-6), Lindsey Le (10-7), Alekhya Nanduri (10-4) and Kaitlyn Hyun (10-4) won singles matches. The Cougars' doubles teams of Clark/Le (10-4) and Andie Carroll/Anna Klinker (10-4) were also victorious.

### Oakton Baseball Topples Madison

The Oakton baseball team defeated Madison 11-3 on April 18, improving its record to 7-0.

Madison fell to 7-3, dropping three of its last four.

Oakton will travel to face Centerville at 6:30 p.m. on Friday, April 17. Madison will travel to face Langley.

### McLean Boys' Lax Improves to 6-0

The McLean boys' lacrosse team improved to 6-0 with a 7-6 triple-overtime victory over Stone Bridge on April 9.

The Highlanders faced Yorktown on Tuesday, after The Connection's deadline. McLean will travel to face Thomas Jefferson at 7:15 p.m. on Thursday, April 16.

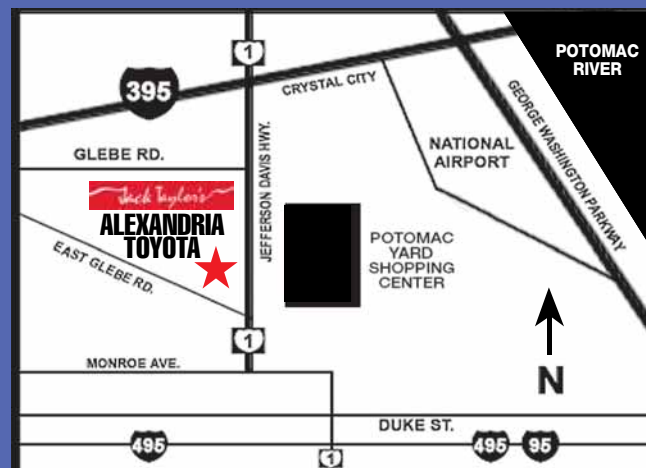


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### Janet L. (Emery) English

Age-79 Wyomissing, PA  
Date of Death-Apr. 8, 2015  
Place of Death-The Highlands at Wyomissing  
Birthplace-Birdsboro, PA  
Father-the late Edward H. Emery  
Mother-the late Edna M. (Fick) Emery  
Spouse-the late Curtis R. English, Jr., CAPT, In the USNR-Ret. Church-Cedarville United Methodist Church, Pottstown, PA  
Employment-registered nurse for 20 yrs. at The Hermitage Methodist Nursing Home in Alexandria, VA  
Memberships-P.E.O. International Women's Organization  
Surviving are: 3 Sons-Curtis R. English, III, husband of Pamela M. Long-Phoenixville, PA, Gary E., husband of Rebecca C. English-Summerville, SC, Scott T., husband of Gretchen A. English-Rockwall, TX 6 Grandchildren-David, Elizabeth, Justin, Stephanie, Savanna & Addison (AJ) 2 Great Grandchildren Predeceased by 2 brothers, Edward Emery, Jr. & Robert Emery and 2 sisters, Dolores Emery & Margaret Yoder A viewing will be held on Friday, April 10, 2015 from 6:00-8:00 PM in the Dengler Funeral Home, Inc., 144 N. Spruce St. Birdsboro, PA. A Memorial Service will be held on Saturday, April 11, 2015 at 11:30 AM at Cedarville United Methodist Church, 1092 Laurelwood Rd., Pottstown, PA 19465. In lieu of flowers, memorial contributions may be made to the American Lung Association, 55 West Wacker Dr., Suite 1150, Chicago, IL 60601 or to Cedarville United Methodist Church at the above address. Dengler Funeral Home, Inc., Birdsboro, PA is in charge of the arrangements.



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## TREE SERVICE

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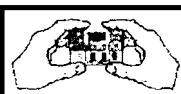
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**Centreville** **\$339,999**  
Gorgeous 3 BR/2.5BA home with a rear loading one-car garage. Beautiful hardwood floors on main level. Open concept. Kitchen has stainless appliances & granite countertops. Big bedrooms! Upper level laundry. Luxury master bathroom. Move-in condition. Location can't be beat!  
**Diane Sundt 703-615-4626**



**Fairfax/Kings Park West** **\$525,000**  
4BR, 3.5BA SFH. Newer hardwoods top 2 levels; replacement windows; granite counter tops; stainless steel appliances. New carpet in finished rec room. Laundry kitchen level.  
**Courtney Jordan 703-786-5330**



**Lorton** **\$849,900**  
Stunning 4 bedroom, 4 and 1/2 bath colonial with 3 finished levels, approximately 4600 sq. ft. Lake view all year! Open floor plan, hardwoods on top two levels, gourmet kitchen, sunroom, large family room, and so much more!  
**John Astorino 703-898-5148**



**Burke** **\$409,900**  
3.3.1 Bedroom/Bath; light filled, large townhouse, many upgrades & custom items, hardwoods, huge eat in kitchen, slate patio, fenced, private, backs to woods, large rec room & workshop, walk to express bus to Pentagon, 5 minutes to VRE.  
**Mary FitzHenry 703-250-8915**



**Alexandria** **\$799,900**  
Expanded and renovated 5BR, 3BA, 2 fpl on almost 0.5 acres. Updated baths and kitchen. Refinished hardwoods and fresh paint throughout. Double decks and oversized attached 2 car garage.  
**Courtney Jordan 703-786-5330**



**Fairfax** **\$529,900**  
Great Location and neighborhood in Woodson HS pyramid and easy commute to Pentagon. Formal living and dining room, new carpet, brick fireplace. A screened porch perfect for entertaining. Won't last long!  
**Joyce Wadle 703-403-3058**



**Woodbridge** **\$271,900**  
Immaculate 3 Level, 3 Bedroom, 3.5 Bath end unit condo in popular Woodbridge community. 3 Master Bedrooms, Hardwoods on Main & Lower Level. 1 Car Garage. Low Condo & HOA fees.  
**David Levent 703-338-1388**



**Gainesville** **\$529,000**  
Space & upgrades you have been looking for in Heritage Hunt - 3BR/3BA with loft & walk-out LL. Built 2008. Granite, SS appliances, designer tile & more. Deck & patio. See photos: 6840-tred-avon.LFlisting.com  
**Mary LaRoche 703-919-0747**



**Lake Anna** **\$250,000**  
Relax along 160 ft. of waterfront. Boat house with lift, pier, deck, and electricity. Bring your plans: property percs for a 3 bedroom house. Great fishing; easy, quick access to private side of Lake Anna; beautiful, peaceful view.  
**Dana-Jean LaFever 703-609-3479**



**Woodbridge** **\$425,000**  
Private oasis nestled on a treed acre lot. Over \$100,000 worth of updates and upgrades. Main level with library, formal dining room and living room, spacious kitchen with center island and breakfast area, large family room with fireplace. 4 bedrooms, 2.5 full baths. 2 car garage. Huge deck overlooking landscaped backyard.  
**Claudia Callis 703-620-2790**



**Stafford** **\$435,000**  
Beautiful Colonial with covered front porch on cul-de-sac, large back yard, deck, gazebo, w/security & sprinkler systems. 4 large bedrooms, 3.5 baths, hwd floors on main level, new carpet, fresh paint, recessed lights, built-ins, and much more.  
**Judy McGuire 703-581-7679**



**Fairfax** **\$549,000**  
New Listing in Fairfax Club Estates! Beautiful updated Beech model features new open-concept kitchen with granite, and stainless steel. Gorgeous hardwood floors, ceramic tile, and luxurious master bath. Two car garage. In-ground sprinklers, deck, and landscaped private yard.  
**Teresa Bosch 202-368-1144**



**Burke** **\$585,000**  
Location & Community. Hardwood main level, new carpet up, sunlit eat-in kitchen, custom pantry, updated kitchen cabinets. Lovingly upgraded/maintained by original owner. Deck, fenced, treed backyard.  
**Melody Elliott 703-963-8074**



**Lorton** **\$367,500**  
New 2BR, 2BA condo with beautiful hwd floors, cozy sun room, upgraded kitchen, large LR & MBR, bright open interior & elevator access. Garage plus reserved parking space. Gated retirement community with club house, indoor pool, exercise room & much more.  
**Eddie Bierly 703-690-1257**



**Alexandria \$929,000**  
Spacious Custom Colonial (>6000 sq ft!) w/5 bedrooms & 4 1/2 baths on .63 acre lot backing to woods. Finished basement - perfect for in-law or nanny suite. Open concept kitchen, walls of windows, entire interior freshly painted + convenient location.  
**Kathrine Lambiasi 703-618-7223**



**Manassas** **\$749,000**  
Beautiful 7100 sq. ft. 5 bedroom Colonial on 2 acres in Ellis Plantation. Spacious rooms, beautiful kitchen, separate suite in basement and manicured, partially wooded lot. Garage holds 3 cars. In ground sprinkler system and in ground pet fence.  
**Susan Heflebower 703-786-3196**



**Fairfax Station** **\$858,000**  
Lovely French Country Colonial with 4 bedrooms, 2.5 baths on 5 prime acres. Open floor plan with 2-story foyer. Hardwood floors on both levels. Large eat-in kitchen with tile floor, granite counters & walk-in pantry. Multi-level deck & Lanai, 2 car garage with built-ins.  
**Eddie Bierly 703-690-1257**



**Fairfax Station** **\$1,049,000**  
Large Colonial approx. 5400 sq. ft. sits on 6 manicured and beautifully landscaped acres. Multi-tiered deck with awnings overlooks large back yard and wooded area. Basement is finished with full bath, 5th bedroom, fireplace and rec area.  
**Susan Heflebower 703-786-3196**



**Burke** **\$619,900**  
Stunning Home! Amazing Home in a Fantastic location! New Windows, Siding, Hardwood Floors, New HVAC, Driveway, Garage Doors and all Fresh paint. This is a must see!  
**Diana Khoury 703-401-7549**



**Fairfax** **\$700,000**  
Lovely updated Colonial features 9 ft ceilings, lots of natural light & open floor plan to include a large kitchen w/island & breakfast room adjoining the family room; 4 BRs to include fabulous master suite and walkout LL recreation room, as well as media room. Close to Fairfax County Pkwy, Rt 50, & Dulles Toll Rd. Wonderful neighborhood & top-rated community schools!  
**Mary Hovland 703-946-1775**  
**Cathy DeLoach 571-276-9421**

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