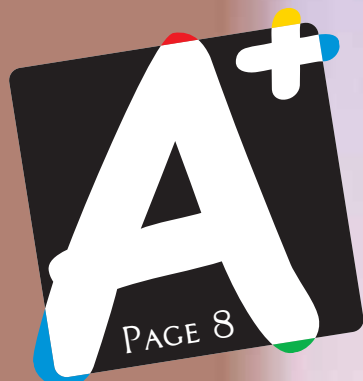


Springfield CONNECTION

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Newington



For Every Action

ENTERTAINMENT, PAGE 11



Junior Scott Burrows (left), senior Mallory Astrow (right) and senior Darion Roberts (center) weigh the consequences of prioritizing money or happiness in West Springfield's production of Stephen Sondheim's "Merrily We Roll Along."

Holocaust Remembrance

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DESIGN

NEWS



PHOTO COURTESY OF NORDSTROM

One of Nordstrom's discounted Rack stores opens at Springfield Town Center April 16 at 9 a.m.

Nordstrom Rack Opens at Springfield Town Center

Seattle-based family clothing retailer Nordstrom will open the 176th location of its Nordstrom Rack discounted store at Springfield Town Center.

The grand opening event is scheduled to take place starting at 9 a.m. on Thursday, April 16 in the store's 33,000-square-foot space.

Springfield Town Center, located at 6500 Springfield Mall in Springfield, joins seven other Nordstrom Rack locations in the Washington, D.C. metropolitan region.

For more information visit www.nordstromrack.com or www.springfieldtowncenter.com.

— TIM PETERSON

BULLETIN BOARD

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

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 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.scfba.org for more information.

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.

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Holocaust Remembrance

"One of the most important things we do."

BY KEN MOORE
THE CONNECTION

Holocaust 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
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 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 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 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 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.

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.

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.



(From left) Grace Belisle, Springfield; Mia Delmonico, Springfield; Lee Tran, Springfield, are some of the students who represented West Springfield High School in this year's Japan Bowl.



Competing students designed posters and the winning entrants also earned prizes as part of this year's Japan Bowl.

High School Students Compete in Japan Bowl

Competition tests students' knowledge of history, language, culture and more.

BY MARISSA BEALE
THE CONNECTION

Every year, high school students studying Japanese have a chance to participate in the National Japan Bowl, a competition that tests their knowledge of Japanese history, language, culture and more. Some of the country's top language students make it to D.C. to compete; however, more than just classroom attendance is required in order to do well.

"The Japan Bowl has never had a focus on just textbook knowledge," said Ambassador John Malott, president and CEO at the Japan-America Society in Washington, D.C. As much as 80 percent of the questions asked go beyond what students study in class, requiring them to have a truly in-depth understanding of Japan as a whole.

In the preliminary rounds of competition, the students are divided into levels based on how long they have studied Japanese. These initial rounds consist of 100 questions that the students answer in teams. The three teams with the top scores from each different level face off in a National Championship round.

IN THIS YEAR'S COMPETITION, held at the National 4-H Youth Conference Center in Chevy Chase, Md., 185 students from 36 high schools across the country participated.

The National Japan Bowl has captured the attention of Japanese audiences, including Japan's largest broadcasting network, NHK. Portions from this year's competition were broadcast in Japan via the Network as well.

Thomas Jefferson High School for Science and Technology (TJHSST) student, Austin Riopelle, from Ashburn, was filmed by NHK,

Special guest Mutsumi Stone instructed students on how to play Karuta, a card game using ancient Japanese poems. Karuta was one activity exposing students to Japanese culture while they were at the Japan Bowl.

for his Japanese studies. He also competed in this year's Japan Bowl with other students from his school.

"They interviewed Austin showing how American students prepare for the competition," said TJHSST Japanese language teacher Koji Otani. "They are interested in schools that regularly appear in the Japan Bowl." In the 2014, TJHSST students competing at Level II of the competition earned second place overall, and won a trip to Japan.

This year, representing the state of Virginia were students from Falls Church High School, Hayfield Secondary School, Lake Braddock Secondary School, Langley High School, Oakton High School, South Lakes High School, TJHSST, Westfield High School and West Springfield High School.

OVERALL, students from Lake Braddock Secondary School, Hayfield Secondary School and TJHSST all were named among the top five winning teams for their different levels.

The Level 2 team from Lake Braddock Secondary School, made up of Sophia Cheung, Angela Wang and Rachel Blatt was awarded second place.

Lake Braddock's Level 3 team, which included Aven Kelly, Mimi Le and Chaeun Park, received third. Hayfield Secondary School's Level 4 team, made up of Michael Chong, Suji Lee and Suyun Lee, also placed third; and, TJHSST's Level 4 team, made up of Katie Shen, John Serger and Zeal An,



placed fourth.

And while victory is exciting, winning is not the only goal teachers have for their students.

"This is a really good opportunity for students to learn something that is impossible in the classroom," said Hayfield Secondary Japanese teacher, Kyoko Vaughan. "My goal is for my students to be interested in Japan throughout their life."

Each year, the Level 4 National Champions are awarded a trip to Japan. In 2014, multiple teams were able to go thanks to an invitation from the Government of Japan under the "Kakehashi Project." The announcement has yet to be made about whether as many students will be going to Japan this year.

"At least two teams will be able to go to Japan this year, thanks to a grant from the Mazda Foundation," said Ambassador Malott. "There is a possibility that we might be able to obtain additional funding (from another source), and if we do, more students can also join the trip."

Students are excited about their language studies and would love for the program to continue.

"The language is not as hard as people make it out to be," said sophomore Mia Delmonico, who was on West Springfield High School's Level 4 team in Friday's competition. "People are intimidated by Kanji."

The Japan-America Society created the Japan Bowl in 1992 to encourage students studying Japanese. According to the Japan Foundation, there are over 60,000 American high school students learning the language, and the largest numbers of Japanese learners today are in high school, not college.

"When you look at the number of jobs directly related to Japan and the amount of direct investment, the number of Japanese speakers outside of Japan is increasing," said South Lakes Secondary School Japanese language teacher, Adam Podell. "Japan is a huge contributor to international development."

This year the Board of Trustees granted their permission for the Japan Bowl to expand overseas. The competition has already grown across the country, with local competitions in California, Utah, Wisconsin, Kentucky and Illinois.

"The goal is to have a Japan-America Society in each state," said Risa Kamio, director of Educational Programs at the Japan-America Society of Washington, D.C.

"We've been participating since the first year," said Lake Braddock Secondary School Japanese language teacher, Keiko Abrams. "Last year, [our level 2 team] was third, so they went to Japan. They get to visit many places that tourists can't go. They got to stay with a host family."

The annual Japan Bowl is an official event of the Cherry Blossom Festival, and made possible through support from the United States-Japan Foundation; the Embassy of Japan; the Ministry of Foreign Affairs; the Ministry of Education, Science and Technology; the Japan Foundation; and the American Association of Teachers of Japanese.

For more information, visit <http://www.jaswdc.org/>

Creating Fun and Awareness

Three high school young men designed and implemented a drug and alcohol prevention event at the Mott Community Center April 4 with help from FACETS. FACETS is a nonprofit organization developed to improving the lives of thousands of Fairfax County families and individuals. The organization helps with emergency shelter, food and medical needs, and working with families to end the cycle of poverty. FACETS Education and Community Development program focuses on academics, building self-esteem, and developing healthy relationships. Over 180 youth participate in FACETS' community programs. Kaleabe Tewolde, Stephen Amoako and Corey Lucas of Fairfax hosted a 3 on 3 Basketball Tournament as a way to bring back to the community awareness of the dangers of drug and alcohol use. They designed this program after attending a weeklong leadership program at Longwood University in Farmville, Va., last summer. Their flyer highlighted a family friendly event with food, games, music and prizes and they didn't disappoint.

The registered teams took the courts to showcase their talents, with music pumped out on background. The championship game was intense yet it was the height advantage that led Peter Klosky, Nathan Roberts and Jibril Ahmed from Fairfax to victory.

FACETS is always looking for volunteers and mentors to help with their community and youth support programs. If you're interested in sharing your knowledge as a mentor or after school advisor contact James Williams, Community Advocate at jwilliams@facetscares.org or 703-352-3269.

— TERRANCE MORAN



PHOTOS BY TERRANCE MORAN/THE CONNECTION

These young men took their idea and made it happen. Event creators (from left): Kaleabe Tewolde, Stephen Amoako, and Corey Lucas from Fairfax.



Maria Rink from Fairfax leads the brave with some advanced exercises using stretch ropes.

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Photo by Ed Knepley

OPINION

Counting Homeless; Solution Is Housing

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

On 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.

COMMENTARY

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/ or email to editors@connectionnewspapers.com.

— MARY KIMM

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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PHOTO BY MARISSA BEALE/THE CONNECTION

The front of the 7000-series train.

New Train Debuts on the Blue Line

7000-series train gets positive passenger reviews.

BY MARISSA BEALE
THE CONNECTION

It is a project that has been five years in the making. On April 14, the Washington Metro's new 7000-series train debuted, transporting passengers from the Franconia-Springfield Station on Tuesday morning.

"Good morning, customers. Welcome aboard Metrorail's new 7000-series train," said the operator as the train pulled into the station.

"The ride was so nice. It is smooth, spacious and beautiful," said Goodie Da've, from Kingstowne. The new train serviced the Blue Line during rush hour starting at 7:12 a.m., and did so again during the evening rush hour. It was taken out of service in the afternoon for training purposes.

"It's all silver," said Franconia station manager, B.J. Robinson about the train.

But some who did not expect to see a new train were hesitant.

"A lady wouldn't get on at Van Dorn at first because she didn't recognize the train. It is so nice," Robinson continued.

The new trains ran from Springfield to Largo, Md., and are described as "the most significant milestone to date." They have also been redesigned to ensure passenger safety.

"The trains are built by Kawasaki," said Robinson. Metro voted to purchase the 7000-series cars, built by Kawasaki Heavy Industries Rolling Stock Company, back in 2010 in light of the 2009 crash that resulted in nine deaths. It was decided, then, that the 1000-series cars being used were not



Goodie Da've boarded the new 7000-series blue line train when it departed from Franconia-Springfield on April 14.

able to protect passengers. Metro has ordered 528 new cars, enough to replace all of its 1000 and 4000-series cars. The trains include upgraded safety features as well as an improved and entirely digital PA system. New technological updates caught the attention of riders.

"It has flat screens and also showed costs, bus routes. There's no need to leave your seat to look at the map anymore," said Tami Gilchrest, from Springfield. "There are better lights and also more leg room."

None of the new cars can be combined with older cars in the series.

The second 7000-series train is undergoing testing, and expected to be released on the Red Line in the near future.

The new 7000-series train is Metro's first upgrade since 2006.

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Moving for Academic Excellence

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

BY MARILYN CAMPBELL
THE CONNECTION

Inside 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.

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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South County Middle School student Lauren A. Douglas with Workhouse Arts Center artist Karen Kozojet Ching at the "Mixed-Media Expressions" reception in Lorton, VA on April 9.



PHOTO BY CAPITOL MEDIA USA

Sharing Love of Art

Three Fairfax artists are currently placed at Luther Jackson, South County, and Stone Middle School. The Artist Residencies in Middle Schools program challenges students to:

«Expand their visual language by viewing the familiar and unfamiliar combined with short written statements in Karen Kozojet Ching's "Mixed-Media Expressions;" Examine the influence of the media on public opinion through original theatrical works in Bridget Tunstall's "The Living Newspaper;" and Combine their written words with elements of music conceived as a personal musical journey in Jim Mason's "Discovering Your Soundtrack."

In Ching's residency "Mixed-Media Expressions," South County Middle School students communicated their thoughts about transformations, relationships,

boundaries and roles, by incorporating a personal message, poem, or narrative into an original multi-layered artwork accompanied by a short essay.

"The artist residency has been a wonderful collaborative experience," said artist Ching who currently teaches at the Workhouse Arts Center. Ching continued: "Being able to work hand in hand with aspiring young talent, seeing how their ideas take shape, and working with them to visually translate their thought processes into both images and words is an invaluable experience and prepares them to become creative problem solvers." The Arts Council is conducting a call-out for FY16 Request for Proposals to participate in the program at <http://artsfairfax.org/resources/opportunities/artist-residency-program>. The deadline for artists to apply is May 22.

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CALENDAR

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

FRIDAY/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 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. 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. Visit 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 by April 15). For more information and to RSVP, see 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

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.

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 by 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.novaipms.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.

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 15th 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 or call 703-591-0560.

For Every Action

Spartan Theatre Company set to open Sondheim's "Merrily We Roll Along."

BY TIM PETERSON
THE CONNECTION

For a group of high school drama students full of hopes and dreams for the future, the message in performing a show where the tragic consequences of poor decisions are played out over the course of 20 years isn't lost on them.

The West Springfield High School Spartan Theatre Company is preparing to open its spring musical, Stephen Sondheim's "Merrily We Roll Along," on April 24. Though a veritable flop when it opened on Broadway in 1981, a British version that had been revived and retooled won the 2012 United Kingdom equivalent of a Tony award for Best Musical.

Senior Barbara Lawson plays Beth, lead character Frank Shepard's first wife, and choreographed the production. The pit orchestra, set design, tech and projections are also primarily run by students, helping expand the categories for the musical's consideration in the Cappies high school theater awards contest.

"It's a challenging role, getting the arc of the character," she said. "You have to be hopeful even though you know it's so tragic."

THE STORY of Frank (played by senior



PHOTO COURTESY OF WEST SPRINGFIELD SPARTAN THEATRE COMPANY

Darion Roberts) and his apparent fame and fortune as a Hollywood film producer is told in reverse, beginning in 1976. Working backwards in time, the audience sees how Frank compromises his friends, family, talent and ideals for a shot at success.

"Your actions cause basically everything that happens in your life," added Lawson.

Junior Scott Burrows plays Charlie, Frank's best friend. Taking a cue from the musical to his own life, he said he will "tread very carefully. It's the perspective that just doing the right thing doesn't mean it will make you happy."

The themes of love and loss, especially

from an adult perspective, were a challenge for senior Brandon Pelar, who normally appears in more comedic roles. Pelar plays producer Joe Josephson, whose wife leaves him. "The character is in his forties; I consider how it felt to have a friend leave and expand on that," he said.

The emotional intensity of the show is something Pelar said "makes it much easier to access the characters," along with the possibility not as many people have seen "Merrily" as more common high school musicals such as "Grease" or "Hairspray."

Taking on the complex lyrics of Sondheim was something drama director Bernie DeLeo

and music director Dustin Brandt knew a cast lead by a talented senior class could handle. Though even with talent and experience, the ensemble spent the entire first month of rehearsals primarily on music to get the words down.

Brandt, a musician and Falls Church resident, was hesitant about exposing the students to mature content about growing up that is "completely out of their reality," but impressed with how excited they were to sing the music.

DeLeo sees it as a "cautionary" tale for the young thespians and audience members alike, about staying true to your interests when "you could chase money and let talent lie fallow."

There's a dark earnestness in the storytelling, that just as a character becomes likeable through their previous selves, reality sets in that their sad outcome has already been decided.

"[The students] love the dark, the challenge," said DeLeo. "It's great to see them embrace Sondheim, the show."

'MERRILY WE ROLL ALONG' opens April 24 at 7 p.m. and continues April 25 at 7 p.m., April 26 at 2 p.m. and April 30-May 2 at 7 p.m. Tickets (\$10) are available at www.spartantheatre.com. For more information on the National Capital Area Cappies, visit www.cappies.com/nca.

'Blue Sky' Projects: To Build or Renovate?

Fairfax County Public Schools hosts Region 3 community meeting.

Mount Vernon residents Cathy Hosek and Shelly Good-Cook spent their Wednesday night in the Hayfield Secondary School cafeteria, engaging in discussion about how to improve their area schools and community.

After Fairfax County Public Schools adopted its Capital Improvement Plan for Fiscal Years 2016-2020 in January this year, the school system has been working to engage the community more in explaining the planning projects for addressing existing and projected facilities needs.

April 8 at Hayfield was the third of four community engagement meetings where School Board chairman Tammy Derenak Kaufax and members of county staff explained some of the facilities and enrollment challenges and planned programs addressed in the Capital Improvement Plan. Mount Vernon District School Board representative Dan Storck also gave remarks at the Hayfield meeting.

According to Storck, schools in the Mount Vernon area will receive \$150 million for renovations and facilities improvements over the next four years. This meeting was meant to both explain some of the options for using that funding and hear community feedback on what projects and school programs citizens and parents feel are

most important.

"The key issue is overcrowding," said Hosek. "The Mount Vernon community has been underserved."

Two primary options proposed include reopening Virginia Hills to relieve overcrowding in the Edison and West Potomac pyramids, and building a new elementary school in the Mount Vernon Woods-Riverside area off Route 1 to serve the West Potomac and Mount Vernon pyramids.

Hosek was more in favor of the new school, calling the alternative proposed renovation a "Band-Aid."

"Nobody looks at this area, why?" said Good-Cook, who lives in the Riverside Estates area and believes the schools are a major factor in retaining and attracting residents. "A lot of my neighbors leave and go to other areas. We'd rather draw people in than have them turned away."

School Board chairman Derenak Kaufax said the sessions are meant as a valuable brainstorming opportunity for the school system to feel the pulse of the community. "We thought this is the right time to consider 'blue sky' project options," she said. "Maybe repurpose an existing school to make another governor's school?" After the final community engagement meeting on April 15 at Walt Whitman Middle School, Derenak Kaufax said, staff will "synthesize" all the written comments and ideas from the four meetings and post the results on the school system's website. For more information on the Fairfax County Public Schools Capital Improvement Plan for Fiscal Years 2016-2020, visit <http://www.fcps.edu/fts/planning/cip.shtml>.

— TIM PETERSON



PHOTO BY TIM PETERSON/THE GAZETTE

In a breakout session, parents and community members debated pros and cons of building a new elementary school off Route 1 to serve the West Potomac and Mount Vernon pyramids versus reopening Virginia Hills to relieve overcrowding in the Edison and West Potomac pyramids.

Woodson Boys' Soccer Blanks Lake Braddock

Yaglou, Clark score goals for Cavaliers.

BY JON ROETMAN
THE CONNECTION

The 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 ROUNDUPS

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.

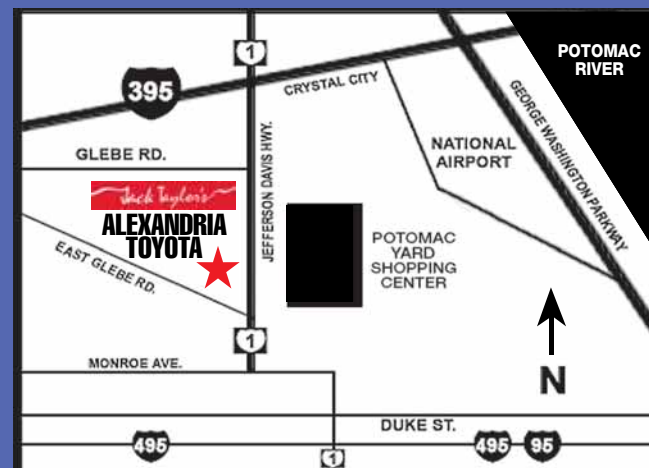
The Highlanders faced Yorktown on Tuesday, after The Connection's deadline. McLean will travel to face Thomas Jefferson at 7:15 p.m. on Thursday, April 16.

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21 Announcements

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NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

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According to the Lease by and between (4157) Tony Stefano and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: seasonal decor, boxes, totes, ect. Items will be sold or otherwise disposed of on Friday April 24, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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OBITUARY

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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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 fl 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.
Edie 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 Lambiase 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.
Edie 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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