

Crime Solvers Host 5K Race

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PHOTO BY STEVE HIBBARD/THE CONNECTION



County Seeks Partner to Develop Training Center Property

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Fresh Goods and Friendly Smiles at Fairfax Farmers Markets

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The start of the Crime Solvers 5K Race on Saturday, Aug. 1 at the Fairfax County Government Center.



**Fairfax County Supt. Karen Garza on the
Board of Supervisors' failure to
provide schools the funding needed to thrive.**

“... the Fairfax County Board of Supervisors has failed to fully fund Fairfax County Public Schools. This is extremely **disheartening** - we entered this budget year making a good faith effort to work collaboratively ... and in the end they **did not deliver**. Supervisors are sending a clear message that they are **unconcerned** about the increasing challenges of our students, our teachers, and our schools ... we face a **devastating** shortfall ... due to years of **chronic underfunding** ... we will not be able to sustain the current quality nor the full range of academic programming we currently offer our students.”

Thank you, Dr. Garza

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County Seeks Partner to Develop Training Center Property

Deadline for offers on the surplus land is Sept. 1.

BY TIM PETERSON
THE CONNECTION

Potential buyers have until September to make their offers to purchase the roughly 80 acres of property along Braddock Road where the Northern Virginia Training Center currently sits.

The Commonwealth of Virginia owns the property; the training center has been a state-operated facility for people with mental or physical disabilities since opening in 1973.

Fairfax County, which has expressed interest in obtaining the property, isn't planning to meet that deadline, according to supervisor John Cook (R-Braddock).

"Our thoughts all along had been the county, working with some partners to do some interesting thing at the site that would both be for public benefit and raise some revenue through private development," Cook said. "We just can't move that fast."

However, in July, the County still put out its own "request for expressions of interest," for potential development partners, according to board of supervisors chairman Sharon Bulova. That request is also linked to the main advertisement for the training center property.

"We get to find out who might be out there who's interested in partnering with Fairfax County," Bulova said, "to build something or to establish something at the training center property. What is most attractive and beneficial to the county is what we're looking for."

A 2012 SETTLEMENT between Virginia and the Department of Justice resulted in the State deciding to close the majority of its five original training centers offering that same type of service.

At the time, the Northern Virginia center had 152 residents, who then began a process of being discharged to a combination of group homes, personal homes, the remaining training centers or other care-providing alternatives. The Braddock Road facility is scheduled to be closed by March of 2016.

As of print time, the total number of remaining residents is 55, according to Virginia Department of Behavioral Health and Developmental Services communications director Maria Reppas.

"There are 35 families who have confirmed their choice of a community home," Reppas said in an email. "The remaining families are in process of exploring options and making final decisions. There are three



COURTESY OF THE VIRGINIA DEPARTMENT OF BEHAVIORAL HEALTH AND DEVELOPMENTAL SERVICES
The Northern Virginia Training Center spreads over 80 acres along Braddock Road, including facilities for administration, food service, programs, residences, a warehouse, transportation and therapy.



PHOTO BY TIM PETERSON/THE CONNECTION
The Northern Virginia Training Center on Braddock Road is scheduled to close in March 2016.

families who have opted to stay in a training center."

Once the residents have all left the training center, the property is considered "surplus" by the state and available for sale. It went on the market May 22, 2015, via the contracted broker Divaris Real Estate, Inc.

Dena Potter with the Virginia Department of General Services, the group overseeing the sale, said in an email the next step after the Sept. 1 deadline is to "review the offers received and enter into negotiations with the prospective buyer whose proposal represents the best value for the Commonwealth."

POTTERS SAID THE PROPERTY has

been appraised, but would not release the value during marketing and negotiations.

"There is no stated asking price," she said. "Statute requires that the Commonwealth receive at a minimum the fair market value for the property but we will strive for the most competitive value the market will bear."

Supervisor Cook said the value of the property to potential buyers weighs heavily on its zoning status. The land is zoned R1 for light residential and designated in the County's comprehensive plan as a government facility, so any substantial redevelopment effort would require rezoning and an amendment to the comprehensive plan.

And he figures most potential buyers

would only sign on with assurance they have those changes worked out.

"Any entity that would buy it outright without conditions — good luck," Cook said. "If it doesn't pan out, they're the proud owner of institutionally planned land."

Which is why the County hasn't pulled its call for a developer partner, despite not intending to make the State's deadline.

"We get to find out who might be out there who's interested in partnering with Fairfax County, to build something or to establish something at the training center property. What is most attractive and beneficial to the county is what we're looking for."

— Board of Supervisors Chairman Sharon Bulova

If the county were to somehow acquire the land with a partner or partners, Cook and Bulova both see the potential for a variety of uses, including residential development.

"I would like to see some benefit for the population that has been living at the training center," Bulova said, "so it would be a shame to lose some of the amenities that they've been able to receive, for instance, some medical care and therapeutic care."

Cook also envisions a workforce education center for high school students, a public park, retail development like a micro town center, an assisted living facility and group homes for people with disabilities — the kind some current residents of the training center are considering for their next home.

"It's a large site," Cook said. "I would hate to see the site just become a bunch of houses and nothing else, to lose the opportunity to have some other things that would benefit the greater community there."

Regardless, any change to the zoning or comprehensive plan would require "extensive community involvement" according to Cook. The process could take the better part of a year, if not 18 months.



Shoppers walk around, carefully observing the different products at the Fairfax Community Farmers Market. Even when shopping for one type of fruit, shoppers had to look at various kinds of that specific fruit to make sure it is the one they want.



After a long walk around the Fairfax Community Farmers Market, Francis Parker and her husband, Chris Parker, from Fairfax, sit down with their children to take a break and enjoy the delicious, fresh meals they bought. Their favorite food to get at the farmers market in the summer are blueberries.

Rural, Urban Meet at Community Farmers Market

The Fairfax Community Farmers Market brings rural experiences to an urban area.

Despite the arid weather on the first day of August, market vendor, Janet Trout from Chantilly, still managed to keep a smile on her face as she patiently waited for customers to walk by her booth. She sat in her chair, wearing a tan-colored Panama hat, black sunglasses, and a flower printed blouse, getting herself comfortable for a long day of work.

"I like being here," she said. "I like meeting new people and showing off the work that takes me all winter to do."

Trout, a quilt and tote bag maker, comes to the Fairfax Community Farmers Market almost every summer to promote her business, J Quilts & Totes. After a long winter of working her fingers to the bone, the farmers market is one of the best places where she feels her work is appreciated and admired.

Like her, the goal of many vendors at the Community Farmers Market is to advertise

their product, encourage people to try new things, and experience the pleasant ambience of a rural-like community. Some vendors come from places as far as Pennsylvania and Maryland and others come from places as close as Centerville and Chantilly, each bringing their own original style of goods.

"What makes our products so special and tasty is that it contains no gluten, no dairy and no corn syrup. It's healthy and just what people need," said Ann Isabel Barbier from Centerville.

Barbier's business, Joie De Vivre, primarily focuses on selling fresh herbs and ingredients. Her products include, Cajun Sand, Zesty Balsamic and Honey Mint Dressing.

"Our most popular [product] is the Honey Mint Dressing. Since people are so used to eating processed food at the grocery store, the freshness really hits them," explained Barbier.



Ice cream vendor, David Azaar, from Fairfax, stands next to his truck where both children and adults delight in buying his homemade ice cream. The truck carried flavors from simply vanilla to Indonesian cinnamon.

Fresh produce is what drives most consumers in deciding where to shop. Many people go to the farmers market because they want to know where their food comes from.

"I try to come almost every Saturday. I enjoy it...I really do! It is so nice to see

people who actually care about the food they eat. It's an experience you don't usually get at a grocery store because everyone is always in a hurry," said customer Jim Garrett from Fairfax. "I have to say my favorite food here is the tomatoes...can't get enough of those," he added.

Freshness and quality of food is just one of the many reasons why people like going to the Fairfax Farmers Market. It is also a place where a healthy lifestyle is upheld, family recipes are shared, and valuable lessons are learned.

"I like to support the local farmers and I think it is important to teach my kids to do the same. I also think it is important for them to know what is seasonal and what is not," said customer and mother of two, Francis Parker from Fairfax.

The Fairfax Community Farmers Market takes place every Saturday from 8 a.m. – 1 p.m. and Sundays from 10 a.m. – 2 p.m. till Oct. 31 at 10500 Page Avenue, in the City of Fairfax.

New Funding Rules for City's Road Projects

City must amend its Comprehensive Plan to qualify for state money.

BY BONNIE HOBBS
THE CONNECTION

There are now new rules jurisdictions have to follow to get state money for transportation projects. So if the City of Fairfax wants to obtain future funding, it'll have to make some changes.

City Transportation Director Wendy

Block Sanford explained it all July 7 to a joint work session of the Fairfax City Council and Fairfax Planning Commission. "Previously, we received state money automatically for construction projects," she said. "Now it's not automatic."

That's how things worked under House Bill 1887. But in 2014, Gov. McAuliffe signed House Bill (HB) 2 into law. It requires the Commonwealth Transportation Board

(CTB) to develop a prioritization process for making funding decisions for the statewide Six Year Improvement Program. So HB 1887 reallocated this six-year funding to make it subject to HB 2.

The CTB will now use a scoring process to determine which projects receive funds, and the scoring will be based on six factors. In Northern Virginia, one of these factors – congestion mitigation – is required to be the highest-weighted factor.

Furthermore, in order to qualify for HB 2 funding, projects must be part of VTrans2040 – which is Virginia's statewide,

multimodal long-range transportation-policy plan. The state is currently creating this plan.

"The City will have the opportunity to submit projects for consideration in VTrans2040 and subsequently apply for funding through HB 2," said Sanford. "But it'll need to adopt a Comprehensive Plan Amendment to designate the City's high-growth areas" in a different manner to be eligible for the funding.

PROJECTS considered for funding must
SEE NEW FUNDING, PAGE 5

New Funding Rules for Roads

FROM PAGE 4

meet a transportation need in one of three, priority areas:

- ❖ Corridor of inter-regional, statewide significance,
- ❖ Regional network or
- ❖ Urban Development Area (UDA) – an activity center earmarked by localities for future population growth and development.

Cities may submit projects under any of these priority areas. Regarding the inter-regional corridors, said Sanford, “There are 12 in Virginia, and two – I-66 and Route 29 – run through the City of Fairfax. Route 50 qualifies, too, because it’s within the I-66 corridor.”

The City doesn’t currently have any areas designated UDA. But according to Planning Commission Chairman Paul Cunningham, “It’s within our ability to deal with the required changes.”

To qualify for HB 2 funding in the UDA category, localities such as the City of Fairfax must modify their Comprehensive Plans before Oct. 1. And Sanford said a Comprehensive Plan Amendment can be done in September to meet that October application deadline for HB 2 projects.

She also noted that it’s an easy fix for the City to get its projects into the UDA category. “We’d just be taking areas designated in the Comprehensive Plan as ‘mixed use’ and re-designating them as ‘UDA-like,’” said Sanford.

Brooke Hardin, director of Community Development and Planning, said it could be done because these areas “already meet the criteria. So once they’re

[given the UDA-like designation], the City would be eligible for this funding.” It’s also possible because, for HB 2 purposes, the state’s allowing a more flexible definition of UDAs.

Besides congestion mitigation, a project’s cost is also taken into account by the CTB for possible funding – especially if its price tag is lower than other projects vying for the available dollars. “If you have a project that’s ranked well – or doesn’t have as high a score for congestion mitigation – but costs less than other [competing projects from other jurisdictions], then it would move up in the state’s funding-priority list,” explained Sanford.

She said the City’s potential HB 2 projects are as follows: University Drive extension to Eaton Place, Fairfax Circle, Fairfax Boulevard Master Plan implementation, Government Center Parkway extension to Jermantown Road, downtown street-network expansion, Kamp Washington street-network expansion, Old Lee Highway [Great Street] implementation, and various Citywide bike and pedestrian projects. “We need to decide if we want to designate these projects as eligible for this funding and then apply for it,” said Sanford. Councilwoman Nancy Loftus asked, “How many of the projects on your list would the City apply for?” Sanford replied, not all of them, but probably one, at a minimum.

MAYOR Scott Silverthorne and the Council members then gave the Planning Commission the green light to go forward with work on the necessary Comprehensive Plan Amendment over the summer.



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OPINION

Time to Encourage Reading

By JOHN C. COOK
SUPERVISOR (R-BRADDOCK DISTRICT)

For many of us summer vacation provides a time for our families to enjoy time off from the school year grind, and allows children to participate in fun outdoor activities. However, during summer break, some children fall behind in their academic achievements, which can lead to steps backward in a child's education. This is especially true when it comes to reading.

According to the National Summer Learning Association, approximately 22 percent of the school year's instructional time is lost over summer vacation. In fact, teachers often spend at least one month re-teaching material that students have forgotten over the summer. Unfortunately, the time that teachers spend covering old material could be dedicated to new material that students are potentially missing



COMMENTARY

out on all together.

We may be more than halfway through this summer, but there is still plenty of time to encourage reading in your household before the kids get back to school. There are plenty of creative ways to help kids find time to read; children can combine reading

with summer activities like going to the pool or traveling for a family vacation. You can also encourage reading by leading by example: reading together as a family, picking up your own book when your child sits down to read, and spending time together reading aloud are all ways to make reading a fun family activity.

And don't be afraid to make visiting the library a regular activity of your summer schedule! Fairfax County has an extensive public library system, which can be a fun, cool place to spend an afternoon when the summer weather isn't cooperating.

The library is also providing ways to encourage students to read during the summer. The Fairfax County Public Library Summer Reading Program runs until Sept. 5 and encourages children to read for pleasure during summer break. The program provides reading lists for those in need of ideas, and the program even offers prizes.

To be eligible for the coupon book prize, children from birth until sixth grade must read 15 books. They can also have books read to them. Seventh through twelfth grade students must read six books in order to be eligible for the prize. More information can be found at <http://www.fairfaxcounty.gov/library/srp/>

Summer can be a fun and exciting time for our children, but while they are exercising their bodies with outdoor sports and activities, it is important that they exercise their minds as well. This is why I would encourage everyone to pick up a book this summer, and join the library programs that make reading fun and rewarding.

LETTERS TO THE EDITOR

Morally Wrong and Counterproductive

To the Editor:

Thanks to Mary Kimm of the Connection (Editorial — "Backpacks for All," Connection, July 15-21, 2015) and Ronald Baker's letter to the Connection for highlighting the need for backpacks and the way to support this initiative. However, your readers also need to know about the "Virginia Back to School Supplies and Clothing Allowance" (aka: Backpacks for All) that was introduced in the Virginia General Assembly in 2014 and 2015.

The Connection article noted that we live in an affluent area with these needs, however, in other areas of the state, less affluent areas, the need is greater.

For example, the Richmond International Raceway, seating capacity of 107,097, could be filled more than twice with the number of Virginia Children living in poverty, most of which are in families experiencing the deepest poverty.

In addition to the Connection appeal to support the backpack program via charitable contributions, an approach that SALT also embraces, there is also need to advocate for efforts by the state to address the issue. The article calls for partnership, but the state is absent, not a part of the needed partnership. Funds are already available for government support of backpacks for impoverished students via the federally funded TANF Block Grant. What is missing is public awareness and sup-

port to tap these funds and use them for the intended purpose.

Support has come from students, with the leadership of Rae Moar, a freshman at Thomas Jefferson High School. In her seventh and eighth grade years of school and in her freshman year at Thomas Jefferson, she collected over 800 signatures from students at her school, her church and community to help give impoverished children a strong start in school and give them a learning boost. These signatures were sent to members of the General Assembly, and Del. Scott Lingamfelter and Sen. Chuck Colgan (now retired). The legislation requires support from your readers. Readers that do not know who represents them can go to this web site: <http://virginiageneralassembly.gov/>.

SALT is proud to have advocated for the "Virginia Back to School Supplies and Clothing Allowance" and promoted support for smart policies for kids and their families. Failing our children today is not only morally wrong; it is also

counterproductive, ultimately leaving us less competitive in the global community.

John Horejsi
SALT Coordinator
Vienna

Can't Afford to Lose Them

To the Editor:

Planned Parenthood provides critical health care and education to hundreds of thousands of women and men. My story is a prime example.

I was a Planned Parenthood patient off and on for 10 years. I first came to Planned Parenthood for my annual exams and birth control. I was always treated with compassion and respect, and I always received high-quality care.

When I became unexpectedly pregnant at 23, Planned Parenthood was there for me. The counselor I spoke with listened to me, and informed me that I could pur-

sue adoption and other assistance should I choose to carry the pregnancy to term. I decided to abort, and that decision was supported, without judgement.

Several years later when I was married, but not yet ready to have a child, my doctor prescribed me a new low-dose birth control pill. The insurance I had through my employer would not cover it. I contacted Planned Parenthood and asked if they carried that specific pill. They did. Planned Parenthood was there for me again. Even though I was employed and had insurance through my company, it was Planned Parenthood that I turned to for the birth control that was right for me, at an affordable cost.

It's frightening that the attacks on Planned Parenthood seem to be getting worse lately. They've helped so many with nowhere else to go.

Our country can't afford to lose them.

Melissa Weger
Fairfax

Newcomers and Community Guides: Call for Entries

The Connection's annual Newcomers and Community Guides will publish Aug. 26, and we need help from our readers.

What tips do you have for someone getting to know your community? We're hoping to share the places, activities, events, organizations and volunteer opportunities. What great places and activities do you want your new neighbors to know about? Events that should not be missed? Organizations that do a great job? Places to volunteer? Tips for navigating your PTA or your school's front office? We'd love to have your photos to go along with your suggestions.

Faith organizations, nonprofit organizations, clubs, environmental groups, advocacy groups, youth sports teams and others who offer events open to the public are invited to send a paragraph about the organization and how to get involved.

Email tips and photos to editors@connectionnewspapers.com or send as a letter to the editor via the website at <http://www.connectionnewspapers.com/contact/letter>. Send in your Insider's Tips by Friday, Aug. 14.

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From left — Sandmar Salsas owner Sandra Chavez, of Burke, stands alongside her mother Margarita Acordagoitia at their table at the Government Center Farmers Market.



Student Anyssa Dsarmi (right) and colleague Lidia Sobor (left) of Hartland Natural Farm in Rapidan, Va., showcase their produce and best-selling potatoes.

PHOTOS BY LESLIE DAVIS/THE CONNECTION

Fresh Goods, Friendly Smiles

BY LESLIE DAVIS
THE CONNECTION

Every Thursday afternoon, blue and white canopies cover vibrant produce, freshly baked goods and smiling vendors eager to converse with each customer. The Fairfax County Government Center Farmers Market is open for business for its second season.

Local businesses, ranging from 15-week-old mother-daughter collaborations to a 325-year-old family farm make this market varied in the goods sold. Accompanied by a free weekly concert series, this small, produce heavy market is an inviting location for county government employees and surrounding residents.

"This [market] compares very favorably to a market in the City of Fairfax," says Jim Bourne, owner of The Lamb's Quarter, a farm owned by his family since 1690.

Starting Aug. 5, the Community Horticulture Office of the Fairfax County Park Authority will hold the National Farmers Market Week event, an educational appreciation week for sustainable agriculture. There will be games and activities suit-

able for the entire family at each market.

Over the course of the two years, there has been an increase of shoppers coming from the surrounding communities in addition to government center employees. Many of these customers return week after week.

Sandra Chavez, owner of Sandmar Mexican Salsas, said many of her customers are repeat customers enabling her to remember their weekly preferences.

Customers are drawn to this market because of the unbeatable flavor and freshness of its produce. Vendors pick their crops and prepare their goods within a 24 hour window of the market, with some vendors even starting their day at four o'clock in the morning in order to provide the best quality goods.

Bourne described how his customers sometimes have a hard time peeling his best-selling eggs after they hard boil them since they are so fresh, as opposed to a large grocery store where the eggs could be up to two weeks old and are easier to peel.

All the vendors at the Government Center are located within a 125 mile radius of Fairfax County, so shopping at the farmers market has a positive effect on the local economy and its business owners.

When and Where

The Government Center Farmers Market is open every Thursday from 3 to 7 p.m. until Oct. 29. For more information about the market and upcoming events, visit <http://www.fairfaxcounty.gov/parks/farmersmarkets/governmentctr-mrkt.htm> or call 703-642-0128 or email Chelsea.Roseberry@fairfaxcounty.gov

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WELLBEING

Helping Aging Parents

Event will highlight resources available for long-term care planning.

BY MARILYN CAMPBELL
THE CONNECTION

Antonio M. Taguba says his life changed forever during a family reunion in 2006, starting with an announcement from his mother.

"She said she wanted to have a family meeting," said Taguba, a retired Army major general, who lives in Alexandria. "We thought she was healthy ... but all of a sudden she told us that she was dying of cancer."

The family, which also included seven children and a physically disabled father with dementia, had not thought about long-term care for the aging parents who lived in Hawaii. Suddenly Taguba and his sibling were thrust in the role of caregivers.

"My siblings and I were in constant arguments," he said. "I was going home to Hawaii every other month. Eventu-

ally I had to quit my job. Care giving is exhausting and can be very turbulent."

In an effort to raise awareness of the need for advanced long-term care planning and the resources available to assist both caregivers and the elderly, Taguba, who is an AARP community ambassador, is sharing his story. He will speak at an event sponsored by AARP, Inc. and the Philippine American Foundation for Charities (PAFC) called Navigating the Caregiver's Maze: Finding Support and Planning for Your Caregiving Journey on Aug. 29. The forum will bring together experts in geriatric care and representatives from organizations that serve the elderly and the disabled.

"The goal of this event is that participants will walk away with knowledge of all the resources that are available for them to help them on their care giving journey," said Amber Nightingale Sultane, associate state director of Com-

munity Outreach, AARP Virginia. "Whether it's support groups for care givers or adult day care, this area is rich in resources."

Those in the field of geriatric care says that like Taguba, many caregivers can be unprepared for the undertaking and unsure of where to turn for help. "Sometimes you're dealing with a caregiver who doesn't know how to make an assessment of the needs of the person in their care," said Grace Lynch, communications manager for the Fairfax County Division of Adult and Aging Services. "Sometimes you know you need help but you don't know what you need, or you have a diagnosis but don't know how it translates into a specific service." Representatives from Fairfax County Division of Adult and Aging Services will be on hand at the Aug. 29 long-term care event.

Lynch says one tool that can help caregivers begin the task of sorting out needs is the county's Aging Disability and Caregiver Resource Line: 703-324-7948. "When you call, you're talking to a social worker who can help you assess the situation," she said.

Margaret Estrada spends time with Afua Yankobah, an adult day health care staff member at the Herndon Harbor Adult Day Health Care center.



PHOTO COURTESY OF FAIRFAX COUNTY

Safety and health issues are often the first sign that a parent or loved one needs help with self-care. "When you see that they're losing weight or having trouble remembering things. When you see that the house is falling down around them. These are the basic symptoms," said Andrew Carle, executive-in-residence, Program in Senior Housing Administration at George Mason University. "The biggest factor I always start with is whether or not they are safe?"

For seniors who have cognitive or physical impairments and cannot be left

alone during the day, adult day care centers might be an option. Representatives from Fairfax County's Adult Day Health Care will be available during the Aug. 29 forum.

"Adult day health care offers a lot of socialization which is so important to stave off some of the decline we see in the elderly," said Jennifer Robinson of the Fairfax County Adult Day Health Care program. "The centers are full of activities to keep them stimulated. The therapists get to know the participants, their interests and abilities and plan

Details

Navigating the Caregiver's Maze
Saturday, Aug. 29, (8:30 a.m. – noon)
Fairfax County Government Center
(Board Auditorium)
For more information and a complete list of participants and vendors, visit: <http://states.aarp.org/aug29/>
Other resources:
Fairfax County: fairfaxcounty.gov/olderadults
Arlington County: <https://aging-disability.arlingtonva.us/>
Alexandria: alexandriava.gov/Aging
Montgomery County: www.montgomerycountymd.gov/senior/

programs accordingly. People do better when they're not depressed."

Denial and resistance, among both the caregivers and the person in need of care, are common hindrances in the creation and implementation of a long-term care plan. "The biggest thing we see and what takes the biggest emotional toll is the parent/child role reversal that takes place. This can be difficult to cope with," said Amy E. Coren, Ph.D., J.D., assistant professor of psychology at Northern Virginia Community College in Alexandria. "What we really stress is understanding that the old relationship is finished and a new relationship must be established, where the previous parent is now an individual

under your care."

Coren underscores the fact that this is not tantamount to becoming a parent for the person who is in one's care. "But rather, [it] creates a unique relationship where the caregiver is responsible for emotional, financial, and even physical support of the former parent ... It's a subtle distinction, but important to make."

Taguba believes that dynamic is one reason why the issue of long-term care is avoided, often until it is too late. "It's a topic that we don't want to touch because we think our parents are going to live forever," he said. "But it's part of a family cycle. Its never a good time to have to conversation, but it starts with a four letter word: love."

"Adult children often rationalize [a parent's situation] before they're ready to accept that a parent needs help," said Jackie Barnaby, a geriatric social worker in Bethesda, Md. "The danger in waiting too long is that you reach a point where you have to have an intervention."

Another roadblock to long-term care planning is communication. "It should be done early and often, not left until the last moment or following a crisis," said Coren. "Many families do not have great lines of communication and this can be difficult, but it is still important."

"There's a wide availability of resources," said Taguba. "But it's about having the motivation to use them and not waiting until the last minute."

What I Did on My Summer Vacation—Built Rockets, Apps

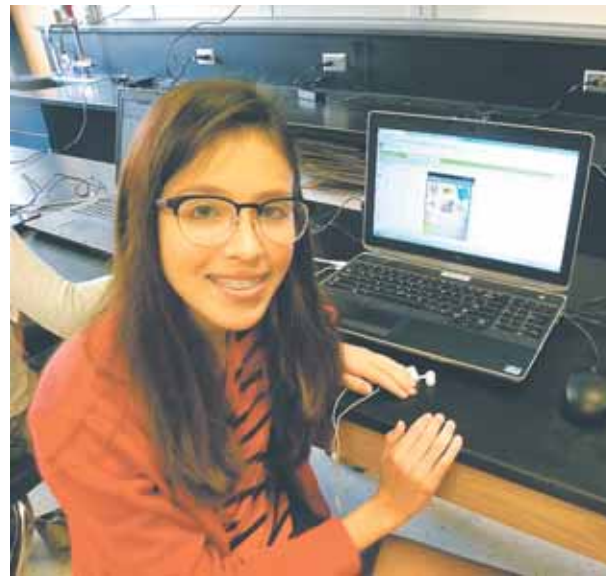
TJHSST offers STEM courses to middle schoolers.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Inside W.T. Woodson High School in Fairfax, Jacob Parker is watching a cartoon on the computer, while his teacher Dan Trau walks around the room, answering questions from students. But the rising Lake Braddock Middle School eighth-grader is actually watching his own creation in action.

Got an App for That? is one of the most popular classes being taught at the Middle School Tech Institute, a program of the Thomas Jefferson High School for Science and Technology. MSTI enables rising eighth and ninth grade students to explore numerous topics in STEM (science, technology, engineering and math) fields during one-week sessions. The program started on July 13 and ends Aug. 7.

Parker's app is a cat-and-mouse game, inspired by Tom and Jerry cartoons he used to watch. Rising ninth-



Fernanda Molina, 12, of Fairfax and an eighth-grader at Luther Jackson Middle School, creates an app that helps reduce stress for the summer Middle School Tech Institute by Thomas Jefferson High School for Science and Technology.

grader at Chantilly High School Arjun Nachiappan's app is also game. It is not something he would play but he's learned a lot so far. "If I didn't come to this class, I wouldn't know how to do it," he said. Luther Jackson Middle School eighth-grader Fernanda Molina, of Fairfax, designed an app that was inspired by seeing her parents being stressed out.

One app that Trau said shows a lot of potential is a baseball app idea from one

of the students. The premise of the app is to predict if the baseball is going to be a strike once it is over home plate. "It's in the beginning phases but that could be really interesting...It's simple but it's challenging at the same time," he said.

BUT NOT EVERYONE is going to come up with a home-run winning product, especially in the span of one week. Trau said that the focus should not be



Lake Braddock Middle School student Jacob Parker perfects his cat-and-mouse game app inspired by Tom and Jerry cartoons at the summer Middle School Tech Institute by Thomas Jefferson High School for Science and Technology.

PHOTOS BY
ABIGAIL CONSTANTINO/
THE CONNECTION

on whether the product failed or succeeded.

"They may struggle but if they struggle and seek growth, then now they learn how to grow and that's infinitely more valuable than a particular discipline." Trau said that students do better in all their classes when they shift from a "failure mindset."

"It's a 'I can't do it right now but I will be able to do it if I do this, if I keep working at it, if I talk to people, if I look

at it from different points of view,'" he said.

Some 600 students from all over Fairfax, Prince William and Arlington counties and Washington, D.C. have participated in the institute. Two hundred students from underrepresented and economically disadvantaged groups won scholarships from Northrup Grumman and the Jack Kent Cooke Foundation.

TJHSST principal Evan Glazer said

that it is "extremely important" to do everything to attract students from a broader pool to STEM fields.

STEM professions will only improve from having a variety of perspectives, he said. He added that diversity is needed in all fields, as it creates a richer perspective.

Trau makes an active effort to engage girls in computer science classes. At Falls Church High School, his class had over 40 percent girls.

"In computer science it's about 10 to 12 percent girls taking computer science courses and a lot of that has to do with perceptions of society and their intimidation," he said.

Creating an environment where girls feel that they fit in and they belong is a way to encourage them to computer science, said Trau.

OUTSIDE THE CLASSROOM. Camila Orr, 12, of Great Falls, the only girl in the It IS Rocket Science class, is about to test the rocket she built. It broke during the transport but she feels confident that it will launch successfully once she reattaches the broken piece.

"I thought that maybe the only girl that was there might have been late at first and that maybe she was coming the next day. But no one else came,"

More Information

STEAM — www.fcps.edu/is/steam/
Governor's STEM Academy at Chantilly High School — www.doe.virginia.gov/instruction/career_technical/gov_academies/academies/fairfax.shtml
Jack Kent Cooke Foundation Young Scholars Program — www.jkcf.org/scholarship-programs/young-scholars/
TJHSST Partnership Fund — <http://tjpartnershipfund.org/tjpartnershipfund/outreach/>

she said. The Cooper Middle School student signed up for the class because she thought it was interesting.

MSTI program manager Craig Lewis said that 85 to 90 percent of students taking the classes have no prior knowledge of the course they are going into. "They may have an interest but they may not know exactly what they're doing."

He said that teachers are able to teach students at any level and be able to get them the knowledge to be proficient. "It can get as intricate as you want...You get out of it what you put into it."

Classes offered at the institute include: Design for Disaster, Exploring the Night Sky, 3D Printing and Animation, Infectious Biological Outbreak, Fun with Electronics, a myth busters class, web page design and science writing.

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SPECIAL CONNECTIONS CALENDAR
Advertising Deadlines are the previous Thursday unless noted.

AUGUST
8/19/2015...A+ Camps & Schools – Back to School – Private Schools
8/26/2015.....Newcomers & Community Guide Pullout

SEPTEMBER
9/2/2015.....Wellbeing
Labor Day is Sept. 7
9/9/2015.....HomeLifeStyle Pullout – Real Estate & New Homes
9/16/2015....A+ Camps & Schools Back to School, Open Houses
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The start of the Fun Run.

PHOTOS BY
STEVE HIBBARD/
THE CONNECTION



Crime Solvers Host 5K Race

More than 400 runners take part in race and fun run at Government Center.

More than 400 runners took part in the third annual Fairfax County Crime Solvers' 5K: A Race Against Crime and Fun Run, sponsored by Investigation Discovery, on Saturday, Aug. 1, at the Fairfax County Government Center. The race supports their nonprofit program that works to aid law enforcement by providing a means for the public to report criminal information anonymously and protected under state law.

The first-place male finisher was James "Doug" Smith, with a time of 15:15; second place male, Thomas Rammelkamp, with a time of 16:04; and third place male, Bennett Stackhouse, with a time of 16:43.

The first-place female finisher was Laurel LeMoigne, with a time of 18:38; second place female, Sarah Spalding, with a time of 19:02; and third place female, Linda Bruhn-Cherry, with a time of 19:51.

On hand for the event was "Homicide Hunter" Lt. Joe Kenda from the Discovery Television show. For more information, visit www.FairfaxCrimeSolvers.org.

Fairfax County Crime Solvers is a community nonprofit program that uses the public's Crime Solving anonymous tips to help solve crime. Those tips are eligible for a cash reward (\$100 to \$1,000) if the anonymous tip leads to an arrest, case closure or recovery of stolen property or seizure of illegal drugs.



The first-place female finisher was Laurel LeMoigne of Springfield with a time of 18:38.

Anonymous tips can be sent in by one of four ways: By phone at 1-866-411-TIPS (866-411-8477); by text — "TIP187" plus your message to CRIMES (274637), by web-based encrypted email or by downloading the Mobile Web App.

— STEVE HIBBARD

McGruff the Crime Dog with Elizabeth Haag of Fairfax.



The first place finisher in the Race Against Crime Fun Run was Cayden Duncan, of Burke.



Comedian Stewart Huff is coming to the Workhouse Arts Center on Aug. 7 at 8 p.m. Huff has performed across the country and has been featured in the Aspen Comedy Festival, Boston Comedy and at various Fringe Festivals.

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-SUNDAY/AUG. 7-9

Charity Show House. Potomac Falls, 8601 Nutmeg Court, Potomac. Friday-Saturday: 10 a.m. - 5 p.m. Sunday: 12-5 p.m. Margo Shapiro, of Fairfax Station, participated in the Charity Show House by staging two rooms in a 13,000 square foot home in Potomac. Admission: \$10. All proceeds go towards the Tourettes foundation.

FRIDAY/AUG. 7

Stewart Huff Live. 8-10 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Comedian Stewart Huff brings his humor to the Workhouse. Tickets: \$15.

"Despicable Me 2." 7 p.m. Strawberry Park, just outside of Angelika Film Center, 2911 District Avenue, Fairfax. Girls on the Run NOVA is presenting a free outdoor screening of "Despicable Me 2." The event is a way for families to learn more about their unique youth development program while also celebrating 15 years of service and 50,000 girls served.

Fun and Games. 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Board games and fun. Ages 6-12. <http://www.fairfaxcounty.gov/library/branches/bc/>

Kingstowne Farmers Market. 4-7 p.m. Fridays, May 1-Oct. 30. Giant Parking Lot, 5955 Kingstowne Towne Center, Alexandria. Vendors products include fresh organic honey and hand held pies and rolls. www.fairfaxcounty.gov/parks/farmersmarkets/kingstownemkt.htm

SATURDAY/AUG. 8

Mount Vernon Nights 2015: Robin and Linda Williams. 7-8 p.m. Workhouse Arts Center, 9601 Ox Rd., Lorton. A Prairie Home Companion favorites Robin & Linda Williams just released a new hit album, These Old Dark Hills. Come enjoy live music and fun.

2nd Saturday Art Walk. 6-9

p.m. Workhouse Arts Center, 9601 Ox Rd., Lorton. Experience the diverse art of over 100 artists on a historic venue. Free Admission.

Creative Writers Club. 2 p.m. Burke Centre Library, 5935 Fred Oaks Road, Burke. Join for sharing, discussion and feedback on your works in progress. Ages 13-18. <http://www.fairfaxcounty.gov/library/branches/bc/>

Burke Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 21. 5671 Roberts Parkway, Burke.

Springfield Farmers Market. 10 a.m.-2 p.m. Springfield Town Center, 6699 Spring Mall Drive, Springfield. www.smartmarkets.org.

Fairfax Farmers Market. 8 a.m.-1 p.m. Saturdays, May 9-Oct. 31. 10500 Page Avenue, Fairfax. www.fairfaxsatursdaymarket.com.

SUNDAY/AUG. 9

Model Train Show. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Table Top (TTRAK) model trains will be on display and running. Admission: \$2-\$4. Visit www.fairfax-station.org.

Lorton Farmers Market. 9 a.m.-1 p.m. Sundays, May 3-Nov. 8. Featuring fresh produce, a Swiss bakery and potted plants and herbs. VRE Parking Lot, 8990 Lorton Station Boulevard, Lorton. www.fairfaxcounty.gov/parks/farmersmarkets/lortonmkt.htm

Fairfax Farmers Market. 10 a.m.-2 p.m. Sundays, May 10-Oct. 25. 10500 Page Avenue, Fairfax. www.fairfaxsatursdaymarket.com/

Fair Lakes Farmers Market. 9 a.m.-1 p.m. 4501 Market Commons Drive, Fairfax. www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va.

TUESDAY/AUG. 11

Bedtime Storytime. 7 p.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. Come in your pajamas, bring your favorite stuffed animal, and enjoy bedtime stories and music. Age birth-5 with adult.

WEDNESDAY/AUG. 12

The One Man Band. 10:30 a.m. SEE CALENDAR, PAGE 11

ENTERTAINMENT

FROM PAGE 10

Fairfax Library, 10360 North Street, Fairfax. Sing, dance and read to the rhythm with Peter McCorty. All ages. Please register child and adult separately. <http://www.fairfaxcounty.gov/library/branches/fx/>

From Seed to Sprout. 10:30 a.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. See how amazing seeds are and learn to sprout seeds by making your own Bean Baby using seeds from the American Horticultural Society and National Capital Area Garden Club. Age 6-12.

THURSDAY/AUG. 13

Toddler Time. 10:30 a.m. Fairfax Library, 10360 North Street, Fairfax. Join for stories, song and activities. Ages 2-3 with adult. Sign up required. <http://www.fairfaxcounty.gov/library/branches/fx/>

Afternoon Book Club. 1 p.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. Join this afternoon book club, make new friends, and chat about books. This month's title is "How It All Began" by Penelope Lively.

FRIDAY/ AUG. 14

Library Playdate: Toddlers. 10:30 a.m. Burke Centre Library, 5935 Fred Oaks Road, Burke. A fun place to play with other toddlers. Ages 1-2 with Adult. Sign up required. <http://www.fairfaxcounty.gov/library/branches/bc/>

Kingstowne Farmers Market. 4-7 p.m. Fridays, May 1-Oct. 30. Giant Parking Lot, 5955 Kingstowne Towne Center, Alexandria. Vendors products

include fresh organic honey and hand held pies and rolls.

SATURDAY/AUG. 15

Mount Vernon Nights 2015: The Revelers. 7-8 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The Revelers, founding members of the Red Stick Ramblers and The Pine Leaf Boys "unquestionably the two groups at the vanguard of the Louisiana cultural renaissance" have joined together to form a Louisiana Supergroup which combines Swamp-Pop, Cajun, Country, Blues and Zydeco into a powerful tonic of roots music that could only come from Southwest Louisiana. Free admission.

SUNDAY/AUG. 16

Model Train Show. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road. The Northern Virginia NTRAK members will hold a N gauge model train show. Admission: \$2-\$4. Visit www.fairfaxstation.org.

Lorton Farmers Market. 9 a.m.-1 p.m. Sundays, May 3-Nov. 8. Featuring fresh produce, a Swiss bakery and potted plants and herbs. VRE Parking Lot, 8990 Lorton Station Boulevard, Lorton.

TUESDAY/AUG. 18

S.T.E.A.M Storytime. 2 p.m. Burke Centre Library, 5935 Fred Oaks Road, Burke. Science, Technology, Engineering, Art and Math. Each month focuses on one subject with stories and activities for preschoolers. Ages 4-5 with adult. Sign up required. <http://www.fairfaxcounty.gov/library/branches/bc/>

Brain Games at the Library. 2 p.m.

Fairfax Library, 10360 North Street, Fairfax. Have fun and win prizes with our board and card games that challenge your thinking. Ages 8-12. School age. <http://www.fairfaxcounty.gov/library/branches/fx/>

Classics Book Club. 7 p.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. This month's title is "Little Prince" by Antoine de Saint-Exupery. Adults.

WEDNESDAY/AUG. 19

PJ Book Buddies. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Will read selections from the PJ Library and make a craft to bring home. PJ Library provides families with free Jewish books and music each month. Ages 6 months to 5 years. Sign up required. <http://www.fairfaxcounty.gov/library/branches/bc/>

Bilingual Storytime. 4 p.m. Fairfax Library, 10360 North Street, Fairfax. Stories and songs in English and Spanish. Ages 3-5 with adult. Sign up required. <http://www.fairfaxcounty.gov/library/branches/fx/>

Hug a Bug! 10:30 a.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. Fun stories and activities about summertime insects. Age 3-5 with adult.

THURSDAY/AUG. 20

Afternoon Reading Group. 1 p.m. Fairfax Library, 10360 North Street, Fairfax. A Constellation of Vital Phenomena by Anthony Marra. Adult. <http://www.fairfaxcounty.gov/library/branches/fx/>

Magic Tree House Club. 4:30 p.m.

ONGOING

Evenings on the Ellipse Summer Concert. Thursdays, through Aug. 20. 5:30-7 p.m. Fairfax County Government Center Ellipse (Backyard), 12000 Government Center Parkway, Fairfax. Relax with music, tastes of local wines and great company.

Burke Arts in the Parks. Saturdays, through Aug. 22. 10 - 11 a.m. Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Entertain children, teach them the importance of protecting our natural resources, introduce them to live entertainment in an informal kid friendly atmosphere, and forge a connection between kids and parks. Call 703-323-6601.

Stars on Sunday Concert Series. Sundays, through Aug. 30. 3 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Featuring a lineup of performances that showcase the diversity of talent and culture in Northern Virginia. Concerts are free to attend and are perfect for families, a special date or a relaxing afternoon of music and dance.

Summer Reading Program. Friday-Saturday, through Sept. 5. 10 a.m.-5 p.m. Fairfax Library, 10360 North Street, Fairfax. Come to the library all summer for books and events. <http://www.fairfaxcounty.gov/library/branches/fx/>

Burke Centre Library, 5935 Freds Oak Road, Burke. Reading Buffalo Before Breakfast. School age. Sign up required. <http://www.fairfaxcounty.gov/library/branches/bc/>

Springfield Writers' Group. 7 p.m. Richard Byrd, Library, 7250 Commerce Street, Springfield. Share your work, give and receive feedback in a supportive setting. Adults.

FRIDAY/AUG. 21

Kingstowne Farmers Market. 4-7 p.m. Fridays, May 1-Oct. 30. Giant Parking Lot, 5955 Kingstowne Towne Center, Alexandria. Vendors products include fresh organic honey and hand held pies and rolls. www.fairfaxcounty.gov/parks/farmersmarkets/kingstownemkt.htm

Fun and Games. 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke.

Board games and fun. Ages 6-12. Sign up required. <http://www.fairfaxcounty.gov/library/branches/bc/>

SATURDAY/AUG. 22

Mount Vernon Nights 2015: The United States Air Force "Celtic Aire". 7-8 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. "Celtic Aire," the premier folk ensemble of the Air Force, performs great classic Irish melodies with refreshing new flavor! From foot-stomping tunes to heart-warming ballads, these professional vocalists play it all while accompanying themselves on traditional Celtic instruments. Free admission.

Burke Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 21. 5671 Roberts Parkway, Burke. www.fairfaxcounty.gov/parks/farmersmarkets/burkemkt.htm



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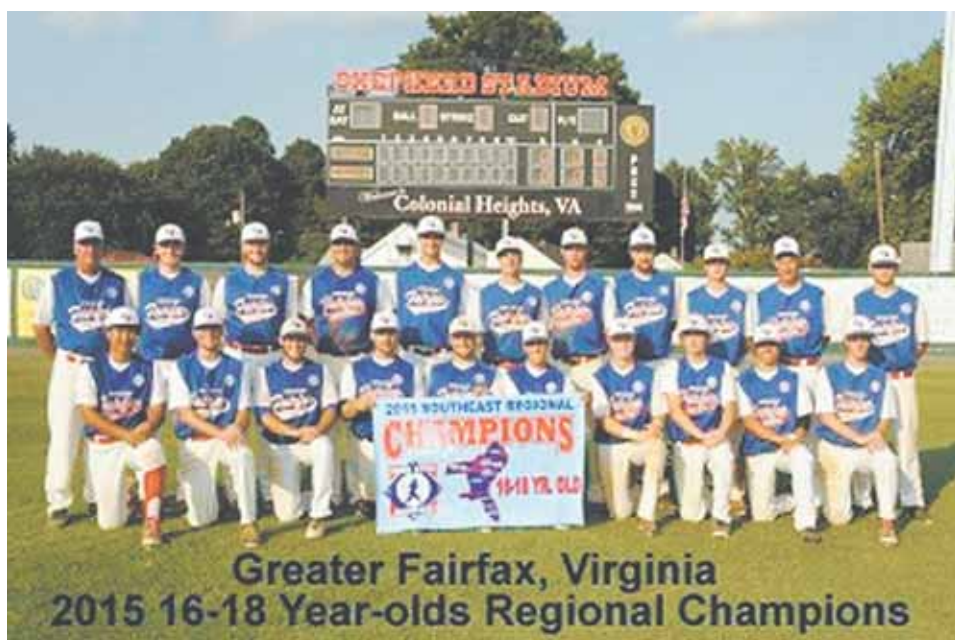
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PHOTOS CONTRIBUTED

The SYA Greater Fairfax Senior Babe Ruth team will play in the World Series Aug. 8-15 in Klamath Falls, Oregon.



The SYA 13-15 year-old tournament team reached the Southeast Regional final.

SYA Greater Fairfax Senior Babe Ruth Team Advances to World Series

BY BONNIE SCHIPPER
FOR THE CONNECTION

After losing 4-1 to Lumber River in the third game of the double-elimination Southeast Regional tournament, the SYA Greater Fairfax Senior Babe Ruth baseball team knew they had to fight back in order to avoid being sent home by a second loss.

"In regionals, we knew the best competition we would face would be Northern Fairfax and Lumber River. On the third day we faced Lumber River . . . We ended up losing and made a bunch of errors," Centreville graduate and pitcher/second baseman Nate Nguyen said. "Our coach kept reminding us that the only team that could beat us was ourselves . . . The next day we

had to play Northern Fairfax in an elimination game."

With a home run from Roanoke College pitcher/first baseman Joe Larimer, Greater Fairfax went on to beat Northern Fairfax 2-1, bringing them to once again face Lumber River in a win-or-go-home game. Larimer got the start on the mound, and hit a 3-run home run to help lift the team to a 5-4 win, allowing them to advance to the championship game against Lumber River. After jumping to an early lead, Greater Fairfax won 5-2, earning a berth to the 2015 Babe Ruth League World Series in Klamath Falls, Ore.

"This is the first SYA team in recent memory that has advanced to a World Series," coach Brian Seeley said.

The SYA 13-15 year-old tournament team nearly advanced to their age group's World

Oregon tournament will be last time many team members play together.

Series as well, but fell just short, losing in the Southeast Regional final to Florida 2-0 on Saturday.

With games starting Aug. 8, the SYA Greater Fairfax Senior Babe Ruth team will compete in four pool play games, with the top three teams in the pool advancing to a single-elimination tournament.

"The team will continue to focus on the fundamentals and our approach will be the same. One game at a time," Seeley said.

Pitcher/outfielder Matthew Blaise is one of several team members for whom this will be their first trip to the West Coast.

"I love traveling. It will be fun!" Blaise said. "[The teams on the West Coast] will be competitive but we won't really know [what to expect] until we get there."

For many of the players, though the trip

will be full of "firsts," it is also a significant "last."

"A bunch of [my teammates] were on my All-Star and travel teams [through Little League]," Nguyen said. "With us going off to different colleges, this would be the last time we would get to play on the same team . . . I am excited and a little anxious to play on a big stage like the World Series."

ESPN 93.3 FM will provide complete radio coverage of the Babe Ruth World Series from Aug. 8-15.

"It means a lot to be on a team that is really special. We are all really excited for the opportunity to play and represent Virginia," Nguyen said. "We know the competition will be tough and more experienced, but we believe in our abilities and hope to bring a championship to Virginia."

Instilling Toughness in Cavaliers

BY JON ROETMAN
THE CONNECTION

Mike Dougherty stood on the Woodson High School football field in the early hours of Aug. 3 and shared some of the more troubling observations from his first season coaching the Cavaliers.

He talked about the team's lack of toughness on defense during the 2014 campaign: "We were by far the worst tackling team I ever saw in my life last year. I felt like we were in positions to make plays on defense, we just lacked the toughness to tackle when we needed it most."



PHOTO BY JON ROETMAN/THE CONNECTION

Second-year Woodson head football coach Mike Dougherty is trying to instill toughness in a program that finished 2-8 last season.

Woodson football team hosts "midnight madness" practice.

He mentioned the Cavaliers were intimidated by certain opponents: "Last year, I felt like [when we played] certain teams we'd just tuck tail and run, and that was something totally new to me."

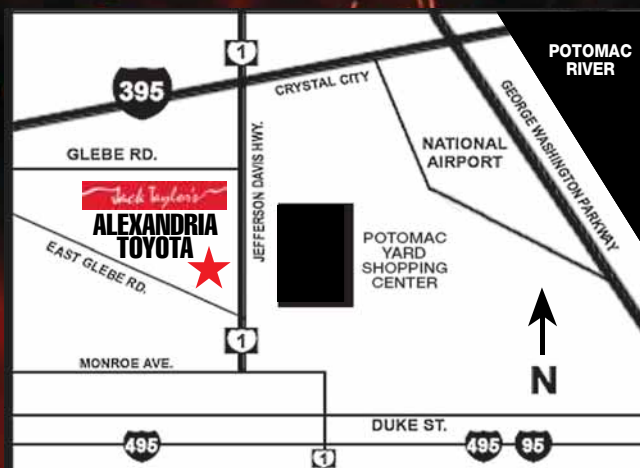
The end result for the Cavaliers was a 2-8 record. Woodson closed the season with a five-game losing streak, surrendered an average of 53 points during its final four contests and was outscored 138-15 in its last three games.

DOUGHERTY wasn't afraid to discuss the Cavaliers' shortcomings. However, the timing and location of this particular conversation revealed steps he was

SEE WOODSON, PAGE 15

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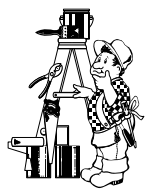
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PHOTO BY JON ROETMAN/THE CONNECTION

Members of the Woodson football team participate in a “midnight madness” practice on Aug. 3.

Woodson Football Team Hosts “Midnight Madness” Practice

FROM PAGE 12

taking to fix some of the problems that plagued Woodson last fall.

It was a little after 1 a.m. Monday and the lights above Pat Cunningham Stadium illuminated the football field. The Cavaliers had finished a “midnight madness” practice and players were on the way to the locker room to shower. The Cavaliers were spending the night (and the following night) at the high school, and faced a 5:30 a.m. wake-up call to go jogging.

Dougherty had utilized midnight practices earlier in his coaching career when he was at Dominion High School in Loudoun County. The desired effect Monday was to instill toughness in the Cavaliers while building camaraderie and confidence.

“We were just trying to put them through the worst possible scenario so that everything else seemed a little bit easier when it came to competing and playing in the games,” Dougherty recalled of his time at Dominion. “And the team bond that you get out of something like this, you can’t replace it. These guys are going to be talking about tonight 20 years from now. As much as we want to win games and put trophies on shelves, we’re about creating memories, building a team bond and teaching these guys push through something tough and usually you end up on a good note.”

Offensively, Woodson will once again run an up-tempo spread scheme with a goal of running 80 plays per game. Dougherty said the team averaged 75 last season, including a 107-play output during a 72-56 loss to Annandale.

Rising junior Jojo Heisley is the front-runner to start at quarterback. Heisley started two games at the end of his sophomore season.

“I’m excited for [the season],” Heisley said. “Odds are stacked against us. We were ranked seventh in our conference [by VHSL-Reference]. ... I’m ready to prove them wrong show them what we can do.”

Heisley’s top target figures to be rising

senior Jack Caldwell. Dougherty said he expects Caldwell to catch 60 passes this season and play defense, as well.

“He just goes up high and gets the ball,” Dougherty said. “He’s real long. Through the 7-on-7s this spring, if there was a ball up and it was him and another guy, he was getting most of them. He’s doing a much better job of route running and understanding the concepts of stemming and getting into the spaces we need him to get. Now we’ve got to get the quarterbacks clicking with him.”

“I think he’ll be a top receiver in the area. We’re going to target him 15 times a game.”

Rising senior Chris Gardner and rising sophomore Daequan Williams will see time at running back.

Rising senior guards Mike Fox and Don Stedham anchor the offensive line.

Defensively, Woodson operates from a base 4-3 alignment. Linebackers Torin Shanahan, a rising junior, and Nolan Brahmey, a rising senior, are two of the Cavaliers’ best defenders.

WOODSON will scrimmage Marshall (home, Aug. 20) and South Lakes (road, Aug. 27) before opening the season at home against Chantilly on Sept. 4. The Cavaliers will travel to face Robinson on Sept. 11 and will host Fairfax on Sept. 18 before opening Conference 7 play on the road against Annandale on Sept. 25.

“We’ve got to focus on pushing through the entire season,” Caldwell said. “Last season, toward the end, we all lost heart and ended up losing the last several [games] pretty bad. That’s a big part of it; is not giving up the same way we did last season.”

Dougherty said the Cavaliers have a goal of making the playoffs in 2015.

“[We need to] get these kids believing that they can compete with these teams around here because they can,” Dougherty said. “Obviously, we’ve got to do a lot of things right, but just because Robinson comes over here doesn’t mean we should run and hide.”



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