

# Springfield CONNECTION

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## Enjoying An Active Lifestyle

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### Inside PET CONNECTION

Mark Russell, co-owner  
of Metro Run and Walk,  
Springfield, and his  
Viszla, Tanner, enjoy a  
lot of exercise together.

### Education, Economy Top Concerns At Springfield Town Hall

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**SCHOOL NOTES**

**Area Students Win Scholastic Writing Awards Competition**

Fairfax County Public Schools students at 22 schools won regional awards in the 2016 Scholastic Writing Awards Competition. FCPS students won 26 regional Gold Key awards, 51 Silver Key awards, and 66 Honorable Mentions.

**Gold Key winners include:**  
Sarah Benson of South County High for dramatic script, poetry, and personal essay-memoir. Benson's personal essay-memoir is an American Voices nominee.

Maya Pearson of Robinson Secondary School for humor  
Hanna Un of Lake Braddock Secondary School for short story

**Silver Key winners include:**  
Beteel Abuageel of South County High for poetry  
Sarah Benson of South County High for short story and writing portfolio  
Abbi Conklin of South County High for poetry and short story  
Alexander Davis of Twain Middle School for critical essay  
Maya Pearson of Robinson Secondary School for personal essay-memoir  
Keighan Speer of South County High School for poetry

**Student Publications Finalists for Pacemaker Award**

Fairfax County Public Schools (FCPS) student publications have been named finalists for the Pacemaker award, presented by the National Scholastic Press Association (NSPA). NSPA's Pacemaker competition has been considered by many to be student journalism's highest honor.

**Finalists include:**  
"Sentry," Robinson Secondary School (middle school yearbook); Audrey Hicks and Jaskeerat Raheja, editors, and Pat Hinman, adviser. "Lair," Lake Braddock Secondary School (high school yearbook); Gabriella Troncoso and Rachel Ungerleider, editors, and Kathryn Helmke, adviser. "Above & Beyond," Robinson Secondary School (high school yearbook); Sam Sturiale, Asha Chadha, and Daly Hong, editors, and Pat Hinman, adviser. Winners will be announced at the Journalism Education Association (JEA)-NSPA spring national high school journalism convention in April.


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

**MARCH**  
3/9/2016.....HomeLifeStyle Real Estate Pullout  
3/16/2016.....A+ Camps & Schools  
3/23/2016..Spring Fun, Food, Arts & Entertainment  
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**APRIL**  
4/6/2016.....Wellbeing – Senior Living Pullout  
Easter Sunday is March 27  
4/13/2016.....Real Estate Pullout – New Homes  
4/20/2016.....A+ Camps & Schools  
4/27/2016.....A+ Camps & Schools Pullout  
4/27/2016.....Mother's Day Celebrations, Dining & Gifts I  
4/27/2016.....Spring Outlook 2016

**MAY**  
5/4/2016.....McLean Day Pullout  
5/4/2016.....Mother's Day Dining & Gifts II  
5/4/2016.....Wellbeing  
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- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection



# NEWS



From left, Del. Dave Albo (R-42) welcomes Sangster Elementary School student Lanny Huynh and her family to his Richmond office. Huynh's artwork was chosen by her teacher to be hung in Albo's office, continuing a tradition of displaying constituent students' art Albo has kept for 22 years.



Center Del. Eileen Filler-Corn (D-41) meets with members of the volunteer service organization The Links, Incorporated who visited Richmond during the 2016 General Assembly session.



From left, George Mason student Donna Imadi, Del. David Bulova (D-37) and Imadi's classmates Danielle Melton and Beverly Harp. The students are part of the Roosevelt Institute at George Mason and presented at the General Assembly session in Richmond, advocating based on policy papers they developed around affordable housing and education.

## 'Compromise, Rather than Over My Dead Body'

Legislators reflect on battles won, lost and tabled after the General Assembly "Crossover."

BY TIM PETERSON  
THE CONNECTION

Tuesday, Feb. 16 marked "crossover," the milestone during the current session of the Virginia General Assembly session in Richmond where bills passed by the House of Delegates move to the Senate for debate and either approval or rejection, and vice versa.

While many are just beginning their time in the alternate governing body some fast-tracked bills such as Del. Eileen Filler-Corn's (D-41) "Return to Learn" bill, that would establish protocols for children who've battled cancer to reintegrate back into school, have already passed both houses and landed on the desk of Gov. Terry

McAuliffe (D). McAuliffe then can choose to sign, veto or send the bill back with notes.

Filler-Corn has brought forward similar bills previously for establishing guidelines for students with concussions returning to the classroom. For this new iteration, "We had a group of stakeholders, some educators, education consultants come together," she said, "and said we really do need something like this."

Reflecting on this session at its midpoint, Del. David Bulova (D-37) said a strong theme of several hotly contested bills "has come down to state versus local control."

Bulova gave two examples, including Senate Bill 549, which constricts localities' options with regards to rezoning proffers, as well as one that would put regulatory

framework around the social lodging business Airbnb. "They want to basically trump the ability of localities to further regulate these businesses," Bulova said. "But it's easier to be managed at one level — instead of by states, by counties. When something goes wrong" with a local customer's experience, Bulova continued, "they're not going to go to a state legislator."

Other legislators are impressed with some of the compromises and progress the two bodies have been able to make, despite the party line.

Del. Vivian Watts (D-39) is optimistic about the resolution that was reached concerning I-66, including widening the Dulles Access Road to Ballston to relieve the major bottleneck there. The plan would make it more integrated with bus and other rapid transit, including dynamic tolling based on the time of day and direction of commute.

"We're all going to look back on this in

ten years, and think regionally, things move better," Watts said. "It's 'Compromise, compromise, compromise,' rather than 'Over my dead body.'"

Additionally, Del. Mark Sickles (D-43) said the General Assembly has been able to make less partisan moves to "claw back from the cuts we made prior to the recession." Some of those include allocations for Dulles Airport and maintaining the United Airlines hub, capital equipment and expenditures at the new Inova Center for Personalized Health, as well as \$7 million of additional funding for Fairfax County Public Schools, which is looking at a \$68 million difference between the budget adopted by the School Board and the County budget proposed last week by County Executive Edward Long.

"It's going to help, a lot," Sickles said, "but not going to get to the bottom line, at least what the school system is looking for."

## Gone, but Not Forgotten

Representatives highlight significant bills that have already "died" or may not move beyond the second round.

### Del. David Bulova (D-37)

Senate Bill 734 would allow the Virginia Board of Education authority over local School Boards to establish charter schools, even if that organization isn't in favor of it. "It's a classic example of state versus local control," Bulova said. "It's a question of whether an unelected body at the state level should be able to second guess those officials." Though the bill narrowly passed the House, Bulova doesn't expect it to reach Gov. McAuliffe.

### Del. Eileen Filler-Corn (D-41)

House Bill 474 was tabled in the House Committee on Rules. It called for requiring a study of criminal background checks for childcare providers. Though the bill was tabled, a letter is being sent to the Commissioner of the Department of Social Services to enact such a study anyway. "In the end, we're going to provide that study," said Filler-Corn, "and do that research, continue to persevere and make a difference."

### Del. Tim Hugo (R-40)

Two of Hugo's education bills were left dead in the Education Committee, includ-

ing House Bill 863, that would have required public Virginia universities to reserve 75 percent of undergraduate spots each year for residents of Virginia, and House Bill 847, which would have prohibited public universities from using funding from the Commonwealth of Virginia to offer tuition assistance to non-Virginia students. "We want our kids to have the opportunity to go to school here," Hugo said. "They're only going to let in so many kids from Robinson, Centreville, Westfield, no matter how great the grades are. It's a problem. William and Mary and UVA admit approximately 40 percent out of state students each year, and that's wrong."

### Del. Paul Krizek (D-44)

House Bill 623 died in the Commerce and Labor Committee, and called for raising the minimum wage beyond the federal mandate to \$10.10 per hour, effective July 1, 2016. Krizek's plan exempted small businesses (with fewer than 15 employees) as well as employees younger than 25. "I don't think people working a 40-hour work week should be forced to accept public assistance or charity to survive," Krizek said. "And that's what's happening, especially in northern Virginia."

SEE HIGHLIGHTS, PAGE 5



# Standing Hand in Hand, Saying 'Enough'

PHOTOS BY REEM NADEEM/  
THE CONNECTION

**Black History Month event highlights county diversity.**

BY REEM NADEEM  
THE CONNECTION

**M**usicians, dancers, speakers and performers of all kinds came together in an annual celebration of Black History Month, hosted by Fairfax County in partnership with Cox.

"Hallowed Grounds: Sites of African American Memories" took place Feb. 19 and featured a variety of entertainment. Some of the entertainers included Geno and the Spirit of Jazz, a D.C. area based band, the Antioch Baptist Church Gospel Choir from Fairfax Station and the Herndon High School Step Team.

Glynda Mayo Hall, a former planner for the event, attended as an audience member this year.

"I think the way it has evolved is that it has included a lot of diversity, so not just all African American performance and entertainment. The outreach to the community at large, a lot of times it was an extension of those of us who were mostly involved, our connections, but now it's really just the whole community so it's really diverse," Mayo Hall said.

Although she was not involved with the planning process at all, social worker Vellma Lukic has photographed the event for about 15 years.

"As always, it's such a delight to see the performers, the community coming together, the children. And the message clearly is so uplifting every year," Lukic said.

While some audience members have witnessed the show change over the years, many experienced it for the first time this year. First time attendee Michele McKinley said she could not wait until next year's event.

"I've enjoyed it all but I really liked the step team," McKinley said.

In addition to the entertainment, several speakers presented at the event. Speakers included Fairfax County Board of Supervisors Chairman, Sharon Bulova and Supervisor Catherine M. Hudgins (D-Hunter Mill). William Bates, principal of Herndon High School and 2015 Principal of the Year, delivered the keynote speech.

During his address, Bates spoke about the importance of hope and its impact on children. Though he is recognized in the community for his philosophy, Bates also addressed an issue currently in the na-

tional spotlight.

"You see, to me, Black lives matter. And we have young Black and Brown men dying in our streets. And I know this is a controversial topic so I will say this: to me, it really doesn't matter how our young men are dying. It can be at the hands of those in uniform who were sworn in to protect us or it could be by brothers that are living in our own neighborhoods, apartment complexes, whose mothers and grandmothers attend the same churches," Bates said. "The fact of the matter is that we are losing precious lives and it has gone on for too long, and together we need to stand hand in hand, as a unified group and say, 'enough.'"



**Kathryn Falk, Cox vice president. Sharon Bulova, Chairman, Fairfax County Board of Supervisors and Tilly Blanding, master of ceremonies.**



**Supervisor Catherine M. Hudgins (D-Hunter Mill) speaks, with Emma Marshall, Department of Family Services and event planner. Tilly Blanding, master of ceremonies, Kathryn Falk, Cox vice president, and Sharon Bulova, Chairman, Fairfax County Board of Supervisors, in background.**



**Keynote speaker, Herndon High School principal, 2015 Principal of the Year, William Bates.**

## OBITUARY

### Marian Brant Davenport, 1928-2016, Dies



PHOTO CONTRIBUTED

**Marian Brant Davenport**

Marian Brant Davenport of Kingstowne died Feb. 13 at age 87. The Columbus, Ohio native taught kindergarten to third grade at Springfield Estates Elementary School from the early 1970s until she retired in 1985.

"She was very committed to her kids," said Davenport's son Bill, who now lives in Houston, Texas. "She loved the little kids, loved teaching them to read."

Bill described his mother as a very friendly person, who was always out and about, as secretary of her bowling league at the Shirley Bowl America in Alexandria, playing Bridge and spending time with her retired teacher friends. "The message on her answering machine said 'I'm either at Bingo or Giant,'" Bill said. Before coming to Springfield, Davenport began teaching at the Air Force dependent school Évreux-Fauville Air Base near

Évreux, France. That was where she met the man she would marry, First Lt. William G. Davenport of Greenfield, Mass.

Davenport is survived by Bill and his wife Francesca, Bill's sister Jennifer Mitchell and her husband Vince, grandchildren Phineas and Oscar, and numerous nieces and nephews. She was preceded in death by her brothers John David Brant, and sister Margaret "Mickey" Brant Adams.

A memorial service is scheduled for 2 p.m. on Sunday, March 6 at Grace Presbyterian Church, 7434 Bath Street in Springfield. Her interment will be in Arlington National Cemetery at a future date.

—TIM PETERSON

### Elizabeth Myrick Nichols, 1920-2016, Dies



PHOTO CONTRIBUTED

**Elizabeth Myrick Nichols**

Elizabeth (Betsy) Nichols, longtime resident of Springfield (Crestwood) and Burke, passed away on Feb. 4 with family members by her side. She was 95.

Betsy was born and raised in Maryland, and earned a bachelor of science degree from the University of Maryland in 1942. As a student, she worked at Gifford's Ice Cream Store in Silver Spring, Md.

After graduation, she worked for the War Department in the office that vetted physicists for the Manhattan Project.

Betsy was married for 25 years to William Nichols, and they moved with their three young children, Jim, Patty, and Jeanne, to Springfield in 1953.

She was a founding member of the Crestwood Women's Club, later renamed the Women's Club of Springfield. The club played a major role in the creation of the Richard Byrd Library, where she worked as a library aide in the 1960s.

When she lived briefly out of state in the 1970s, she worked with the Montgomery County Library System in Maryland. When she returned to Springfield, she volunteered at Richard Byrd. She also volunteered with Brownies, Cub Scouts, political

campaigns, charitable medical organizations, and the county school system.

Betsy loved to garden, and her yards were always full of color. After retiring, she also grew a vegetable garden and shared her produce with neighbors.

In 2005, she moved to Burke to a senior living apartment building and made new friends there.

Through it all, Betsy had a marvelous sense of adventure, and traveled with friends and family throughout the U.S., Canada, and Europe.

She is survived by her three children and their spouses, two grandchildren and their spouses, and three great-grandchildren, cousins, nieces, and nephews. A memorial service will be held in April at St. Christopher's Episcopal Church in Springfield, where she was a founding member.



## NEWS

### NOVA Medical Education Campus Holds Dental Service Event

The Medical Education Campus (MEC) of Northern Virginia Community College hosted the 2016 Give Kids a Smile event (GKAS) on Friday, Feb. 5. The event, sponsored by the Northern Virginia Dental Society, provided free dental services to 342 preschoolers from the Arlington County Head Start Program. The children were seen by 34 volunteer dentists, six volunteer hygienists, 43 dental assistants, 24 second-year dental hygiene students and 13 dental assisting students enrolled in the program at the MEC.

Each year on the first Friday in February, GKAS takes place to provide free dental services to children in underserved populations that are referred by the Northern Virginia Dental Society. Cathy Griffanti, executive director of the Northern Virginia Dental Society (NVDS), said approximately \$61,000 worth of dentistry was provided to those who received care and several NVDS member dentists volunteered to take on the children as patients pro bono into their own practices.



**NOVA MEC students perform dental services during the Give Kids a Smile event on Friday, Feb. 5.**  
PHOTO CONTRIBUTED

Maria Gerald, a teacher with the Arlington County Head Start Program, said her class of 18 students was eager to see the dentist. The children received free evaluations, prophylaxis (teeth polishing) and fluoride treatments.

"Our parents take full advantage of the GKAS event and we encourage them to let their children participate," Gerald said. "For some of our students this was their first time visiting a dentist, so it helped for them to experience this with their classmates, making it a more comfortable situation. Now our students know what to expect the next time they have a dental visit."

In addition to receiving free dental care, all participants left the event with goodie bags that contained a toothbrush, toothpaste, stickers and dental floss to help maintain a healthy smile.

## Highlights

FROM PAGE 3

#### Sen. Chap Petersen (D-34)

Senate Bill 238 focused on home-based child care. "It would've allowed home-based child care to keep their businesses," Petersen said, "and give them a protection from being shut down if they have a dispute with their Homeowners Association. I expect to bring that back."

#### Del. Mark Sickles (D-43)

House Bill 1029 was intended to give grants for facilitating teaching "critical languages" currently in high demand at the U.S. State Department and other international organizations. It would've helped set up classrooms and find the harder to locate teachers for Russian, Arabic, Hindi and several other languages not traditionally

taught in school. "I really fell in love with this bill, Sickles said. "You shouldn't fall in love with your bills. There are bonuses and incentives in all our foreign policy agencies if you can speak one of the languages that are hard to find. I thought this was a no-brainer as far as a jobs bill, economic development bill. I'm going to keep working on that."

#### Del. Vivian Watts (D-39)

Del. Watts introduced a number of bills, a "real full-court press," in the House of Delegates focused on reforming problems with the school funding formula that's based more on property values and less on per capita income. Though Watts got to address a hearing before two different budget committees, they've had tough sledding. She sees it as a major statewide change that could take four to five years to push through.

"We need to really deal with the problem of local taxing power not matching what the school formula says is our ability to pay," Watts said. "Forty percent of school children of my district are entitled to free and reduced lunch. That's a fed program that has federal definitions of poverty that are the same in downstate Illinois as Northern Virginia. You know these kids aren't going home to Internet access, to a parent that can read them the bedtime story, or didn't come to school with a parent that took them to see the world. We really have a tremendous challenge to work with, with a funding formula based on averages for all of Fairfax County that look like we can handle it. We're dealing with a tax base that dates all the way back to the 1700s."

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# OPINION

## Bad Bills

General Assembly has potential to do lots of damage in a short period.

From pressing for use of a barbaric form of execution, the electric chair, to codifying discrimination, to stripping localities of the major tool for ensuring infrastructure is in place for new development, to hiding more and more critical public information from the public, the Virginia General Assembly is poised to do harm to the Commonwealth. (We'll look at good bills in a future editorial.)

### EDITORIAL

Here are bills that have passed either the House or Senate by crossover, and important bills that were killed, in no particular order. This is by no means a complete list.

HB815, Electric Chair, passed the House 62-33, brings back the electric chair, providing that if lethal injection is not available as a method of execution, electrocution shall be used instead and vice versa.

SB552 creates secret police departments, and moves in exactly the wrong direction. Provides that the names and training records of law-enforcement officers and fire marshals shall be considered personnel records and excluded from mandatory disclosure under the Virginia Freedom of Information Act. Passed 25-15.

SB549/HB770 on Proffers, uses a megaton bomb to tie localities' use of proffers to help pay for infrastructure needs with new development when what was needed was a study of flyswatters to address specific limited abuses.

HB773/SB41 - Codifies discrimination, prevents the state government from taking any action against a person or organization that discriminates based on a sincerely held religious belief that marriage is or should be recognized as the union of one man and one woman.

Sanctuary bills: SB705 Makes "sanctuary cities" liable for "full amount of any personal injury or property damage caused by an illegal alien within such locality." SB270 The General Assembly shall reduce state funding to the extent permitted by state and federal law to any locality found to be a "sanctuary city."

Senate killed several bills on title loan oversight, even after investigative reporting showed interest charges exceeding 200 percent, bait and switch tactics and many poor Virginians losing their cars.

HB 2 - No "right to breathe." Requires the Department of Environmental Quality to receive approval from the General Assembly for a state implementation plan to regulate carbon dioxide emissions from existing power plants prior to submitting the plan to the U.S. Environmental Protection Agency.

HB 1090 - Defunds Planned Parenthood  
HB 143 allows high proof grain alcohol sales.  
HB 560 - Makes it more difficult to convict someone of brandishing a firearm by requiring proof that a person pointing, holding or

brandishing a firearm or similar weapons had the intent to induce fear in the mind of another.

HB 766 - Allows any protective order to be used as a de facto concealed carry permit, without requiring the holder to receive any training in the safe handling of a firearm, or show any proficiency with a firearm. Advocates for victims of domestic violence say what is needed is to remove weapons from such situations.

Killed SB67, would have added discrimination on the basis of sexual orientation or gender identity to the Virginia Fair Housing Law as an unlawful housing practice.

Killed SB12, would have prohibited discrimination in public employment on the basis of sexual orientation or gender identity.

Killed bills that would have required notification of oil spills.

Outlawed living wage requirements for contractors of local government.

HB 4 Anti-union, proposed constitutional amendment putting Right to Work in the constitution.

HB 3 - Charter Schools Constitutional Amendment - removes local control over local schools and spending, doesn't belong in the constitution.

— MARY KIMM

MKIMM@CONNECTIONNEWSPAPERS.COM

## Electronic Textbooks, Sunshine and Other Bills Moves

BY SCOTT SUROVELL  
STATE SENATOR (D-36)



As we pass the midpoint of this General Assembly session, many bills are moving.

After a 30-minute debate, the Senate approved my bill prohibiting the use of electronic textbooks in public schools without a plan to provide school broadband and digital devices to every student required to use an electronic textbook.

Virginia's constitution requires that every child receive a free textbook. On the floor, I argued that without home

computers, electronic textbooks create a

two-tiered education system for the haves and the have-nots. Senators Adam Ebbin and George Barker joined me in stressing that even Northern Virginia's schools have significant low-income student populations who face disadvantages in the classroom without their own devices. The bill now moves to the House of Delegates.

Also, the Senate passed, 39 to 1 my legislation to reverse recent anti-sunshine Virginia Supreme Court rulings. Last year, the Court held that if one sentence of a gov-

ernment document is exempt from the Freedom of Information Act (FOIA), the government can withhold an entire document instead of simply redacting the sentence. My legislation requires disclosure to the public of the text of the document that is not redacted.

Additionally, the Court held that government officials' decisions to withhold documents are entitled to "great weight." My legislation requires judges reviewing FOIA responses to look at government officials' decisions in an unbiased manner. The House of Delegates passed identical legislation 99-0 and it will be on the Governor's desk by the end of the week.

Around 100 people attended our town hall meetings this weekend in the Mount Vernon and Lee areas of Fairfax County. The number one concern raised was public school funding. Governor Terry McAuliffe's proposed budget has \$58 million in new funding for Fairfax County and since 2010, Virginia has increased funding to Fairfax County Public Schools by 48 percent or \$208 million. Dur-

ing that same period, Fairfax County has only increased local funds by 15 percent.

There is no question that part of the current state public school funding formula hurts areas like Fairfax County because it does not consider English-language learners, poverty, or disabilities. Legislative fixes have been explored, but the vast majority of legislators do not support the changes because it would take hundreds of millions of dollars from high poverty schools and transfer them to wealthy school systems. They cannot vote to cut funds from their school systems, jurisdictions that typically pay teachers \$35-45,000 per year, while ours pay teachers \$55-77,000 per year. Bringing fair-

ness to this funding formula will likely only happen pursuant to litigation, and the short and medium-term solutions to school funding are at the local level, through approaches like a local meals tax.

We also heard concerns about Potomac River oil spills and coal ash pollution, skyrocketing college tuition, protecting women's reproductive rights and strengthening mental health services. People voiced support for driver's licenses for undocumented Virginians and anger about voting restrictions.

This week, we will debate the state budget. To share your view, please email me at scott@scottsurowell.org.

It is an honor to serve as your state senator.

### Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

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An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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## PET CONNECTION

Allison Waldron, of Fairfax Station, with Taylor and Tucker (the two Ts), two rescued Golden Retriever brothers.



PHOTOS CONTRIBUTED



Allison Waldron, of Fairfax Station, with Millie, a Bernese mountain dog, after an energetic morning walk.

## A Life-Changing Hobby

What started out as a part-time hobby has changed my life forever. Growing up in Ireland, I never imagined leaving home, coming to the United States and starting a small business. In 2014, after taking care of friends' pets occasionally, I realized how much I enjoyed meeting and caring for my furry friends

(and feathered ones too), meeting new people with many different interests, and being outdoors and physically active. As a result, I started a pet service called "Irish Rover Dog Walkers and Pet Sitters LLC" that is based in Fairfax Station. Walking and caring for pets brings me new, exciting and wonderful experiences every day.

My job allows me to enjoy all the

great trails in the area including Lake Mercer and Burke Lake, the local wildlife and the changing seasons. My clients have come to treat me as an extension of their family which is truly the greatest compliment. In addition, Irish Rover allows me to give back to the community whether it's been through rescuing one of my own dogs, hiring responsible local stu-

dents and friends for summer and full-time employment, and sponsoring local school events at Silverbrook Elementary and local athletic teams. My philosophy has been to encourage physical activity and socialization, core values

that I promote for my four legged friends. I am very fortunate to be part of a wonderful and supportive community in Northern Virginia.

—ALLISON WALDRON/  
FAIRFAX STATION



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Photos by Theresa White  
Bettejeanne Hammond



# PET CONNECTION

PHOTOS BY TIM PETERSON/THE CONNECTION



**Bettejeanne "Bj" Hammond does body and energy work on "Ochi," a 16-year-old Shiloh shepherd, at the Veterinary Holistic Center in Springfield.**



**Dr. Jordan Kocen opened the Veterinary Holistic Center in Springfield in September 2015 after operating out of VCA SouthPaws Veterinary Specialists & Emergency Center on Arlington Boulevard since 2005.**

## The Spirit is Willing

BY TIM PETERSON  
THE CONNECTION

**B**ettejeanne "BJ" Hammond much prefers the term "body work" to massage. "Open wine and get out the candles, that's what people think of massage," she said. "They think it's to relax, but it's so much more than that."

Hammond, who lives just southeast of Charlottesville, sat on the ground, her hands gently rubbing the paw pads of an immobile 16-year-old Shiloh shepherd named Ochi. Ochi began showing symptoms of degenerative myopathy eight years ago — when veterinarians gave her a year or two to live. She's had a cancerous toe removed and lost the ability to walk last year.

At the limits of conventional medicine and with vets unwilling to operate on her, Ochi's owner Monique Anthis-Hunt of Fairfax Station decided to try a more holistic approach. She began getting acupuncture treatments for Ochi and then added body and energy work with Hammond.

Before the more non-conventional work, Ochi's condition had worsened to the point "she was scared of her own shadow outside of the house," Anthis-Hunt said.

"She's much more open now, it's helped with her psychology," she continued.

Ochi panted comfortably while Hammond moved her hands calmly over her whole body, beginning distributing energy. She worked methodically, from head to tail, breathing with the animal and speaking to her softly.

"At the same time I'm giving to her, she's drawing from me," Hammond said.

**FOR HER OWN FITNESS**, as well as recovery from an accident, Hammond starts each day with pilates-type exercises to help strengthen and increase flexibility in her back and hip.



**Karen Irby of Germantown, Md. (right) and her six-year-old German shepherd Lola practice "nose work" in the activity space at the Veterinary Holistic Center.**

"I understand the dynamics of being inhibited in some way," she said. "The physical, mental, emotional aspects all have to be treated."

Hammond divides her time healing between house visits near her home and the Veterinary Holistic Center in Springfield, which opened in September 2015 and houses pet chiropractors, Chinese herbalists, acupuncturists, physical therapists and bodywork healers.

Fairfax Station resident Dr. Jordan Kocen, director of the center, began his career as a general practice veterinarian. In 1990, he became the first vet to practice acupuncture in the area at a clinic in Burke. Later he added homeopathy to his practice and by the mid-90s, all but ten percent of his work was doing one of those two non-con-

ventional treatments.

Dr. Kocen received more and more referrals from other vets for acupuncture and homeopathy, and he knew pet owners were going to different centers all over the region for other assorted holistic treatments.

"That's silly," Kocen remembers thinking. "Let's put it all in one place. No one was doing it, so I thought 'I guess I have to.'"

The goal, Kocen said, with each therapy is stimulating the body's own systems as much as possible, gradually lowering the dose of whatever treatment is being given.

In 1999, Kocen started a multi-faceted holistic practice at the VCA SouthPaws Veterinary Specialists & Emergency Center in Springfield. He moved with SouthPaws in 2005 to Arlington Boulevard. Eventually, Kocen decided the practice needed more

space, independent space.

The Veterinary Holistic Center opened in north Springfield last September with six exam rooms and a 1600 square-foot multi-purpose room in back. That open space with dense, rubbery flooring is used by various groups for classes including obedience training, puppy socialization and "nose work," a type of competitive odor-identification.

Heidi Meizner, an animal lawyer from Alexandria, is one of two teachers of a nose work class that involves dogs trying to locate scents of birch and clover in objects taped to the wall.

"They get to do what they like to do, what they're really good at," Meizner said. "This is a great space for us."

Kocen, Hammond and the other associates see the practice not as a replacement for conventional veterinary medicine, but rather an extension.

"It's very good for what it does," Kocen said about conventional medicine, "but there are limits to what it can offer."

**MAKING SURE** those options have been pursued, Kocen said he will often recommend a client get blood work and or X-Rays for their pet and then call the center back. "We need to know what's wrong, and then if there's anything we can offer."

This goes for dogs and cats, the vast majority of Kocen's patients, but holds true for bunnies, squirrels and the occasional duck.

"My job is an animal advocate," he said. "We want to make it work for you, to work with the regular vet, to be an integrated practice."

For Ochi the Shepherd, options in conventional medicine have long since been exhausted, though her owner Anthis-Hunt maintains "the spirit is willing."

"She's a wonderful demonstration that life is always present until one decides to let go of it," Hammond said.



# PET CONNECTION



PHOTO BY ANN VERNON

**Marla, age six months, is training with local volunteers for Guiding Eyes for the Blind to work as a guide dog for a blind master.**

## Guide Dog in Training

Leading the fast break, Marla, age six months, is training with local volunteers for Guiding Eyes for the Blind to work as a Guide Dog for a blind master. The pup enjoyed a weekend break with Ann Vernon in Mount Vernon while Springfield resident Sharyn Cain tended to Vernon's pup in training, Parsely, a yellow

lab, during a training phase called puppy swap where the pups experience different environments as they progress toward certification as a guide dog. Visit [guidingeyes.org](http://guidingeyes.org) for more information about the accredited nonprofit group that seeks more volunteers to provide guide dogs for free to people with vision loss, as well as service dogs to children with autism.

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# Education, Economy Top Concerns

Education funding and economic development headline Town Hall in Springfield.

**O**n Saturday Feb. 20, local representatives from the General Assembly, the Fairfax County Board of Supervisors, and the Fairfax County School Board answered questions from citizens and discussed legislative priorities for 2016.

At Hayfield Elementary School in Springfield, Sen. George Barker (D-39), Sen. Adam Ebbin (D-30), Sen. Scott Surovell (D-36), Del. Mark Sickles (D-43), Del. Paul Krizek (D-44), Supervisor Jeff McKay (D-Lee), and School Board Member Tamara Derenak Kaufax held the town hall for Lee District. In attendance were many education funding advocates, including teachers from nearby schools holding signs in support of fully funding education in Virginia and students playing recorders.

**A LARGE PORTION** of the attendance at the town hall at Hayfield Elementary School were educators advocating for higher teacher salaries. Laura Osborne, a teacher at Rose Hill Elementary School, stood to testify on the disparities on teacher salaries between Fairfax County and surrounding counties.

"I'm passionate, I love my job, and I'm pretty good at it," said Osborne. "I have to say, I've been at Rose Hill for nine years. I love my school...I could make \$12,000 a year more if I switched to Arlington, Alexandria or any of the surrounding counties."

"Without that funding, you're losing great teachers all the time," said Osborne.

School Board Member Kaufax spoke to the Fairfax County schools budget in response. "We have a proposed teacher salary scale investment of \$40 million for you," said Kaufax, but identified partisan spending cuts for other education budget shortfalls.

Fairfax County education funding was a constant topic at the town hall at Hayfield Elementary School. Sen. Surovell pointed out that the Commonwealth of Virginia has increased funding to Fairfax County Public Schools by \$208 million and 48 percent since 2010, but Fairfax County has only in-



**At Hayfield Elementary School, Sen. George Barker (D-39), Sen. Adam Ebbin (D-30), Sen. Scott Surovell (D-36), Del. Mark Sickles (D-43), Del. Paul Krizek (D-44), Supervisor Jeff McKay (D-Lee), and School Board Member Tamara Derenak Kaufax held the town hall for Lee District.**

creased its funding by 15 percent.

One specific issue was the education funding formula of Local Composite Index, which measures a locality's ability to pay for their own education and receive less state funds.

Education advocates at the Lee District town hall asked if a change was coming soon, which Surovell said was unlikely. "Although we all would like to see the formula change, the reality is that the formula has only ever changed pursuant to lawsuits," he said. "I've been saying for four years: File a lawsuit, Fairfax County. What is happening is improper, it's illegal."

Surovell suggested a temporary solution to close the funding gap for Fairfax County's

shortfalls in the education budget. "In the short term, what we can do is Fairfax County can diversify its tax base by enacting a meals tax...There are people who come to this county, they spend money in this county and we're not taxing them. And we need to tax them."

"It would generate \$80 million and plug this entire shortfall tomorrow, and it would only cost you about an extra ten cents on your burger," said Surovell.

Another common theme that advocates were passionate about was the issue of funding for mental health treatment. Legislators identified problems with state services being local and convenient enough for people with mental health issues, and some

town hall attendees spoke to the efficacy of state-funded support groups.

Senator Surovell highlighted the recent experience of a Northern Virginia family whose family member was recently admitted for services, but sent to Petersburg. "We need to put more money into the mental health system so families can support their loved ones in treatment," said Surovell.

Sen. Barker cited his involvement with the Deeds Commission, a four-year study on improving the treatment of mental health issues, and the need for more funding. "There are some areas around, even here in Northern Virginia, where if you have a mental health issue, you don't get service from a local community service board unless you go into crisis. That simply is not an answer to the problems," said Barker. "That is inviting and creating problems."

Del. Sickles cited additions in the recently revealed budget that would address different mental health issues, specifically aimed to help individuals with intellectual or developmental disabilities.

"We have what's called Medicaid waivers, that help people to serve their family in their home and keep them out of institutions; everyone knows that's the right way to go," said Sickles. "We're going to go away from certain stovepipe benefits for certain people and have a cafeteria approach to matching a direct service a person needs better to keep that person in the setting where they're most independent."

**THE RECENT COAL ASH DUMPING** at Possum Point was also a pointed issue for constituents and legislators. "This is part of a pattern," said Surovell, who introduced a bill this year to mandate the clean disposal of coal by-products.

Del. Krizek joined the opposition to the dumping into the Potomac River and said, "There shouldn't be any question if there's a fine, there's got to be a fine."

"The money needs to stay local and needs to be used here to deal with the cleanup and the prevention for the future," said Krizek.

## Volunteers Help Stuff the Bus

**O**ur Daily Bread is grateful to community members for their generous support for its annual Stuff the Bus Food Drive, which was held on Saturday, Feb. 13 at the Shoppers at Fair City Mall. The drive raised \$1,725 in cash and grocery store gift card donations, and 371 pounds of food and pantry supplies, valued at \$600. The drive was staffed by volunteers from Volunteer Fairfax's Volunteers for Change, which offers flexible weekend and evening volunteer opportunities for adults and young adults. Stuff the Bus Food Drives are sponsored by Fairfax

County Neighborhood and Community Service and the Office of Public Private Partnerships, and MV Transportation. The donations collected at the drive will help Our Daily Bread provide supplemental and emergency food assistance to struggling families who live throughout the Fairfax County area.

**From left, Volunteers for Change members Carrie Kurtz and Jake Himan and Our Daily Bread volunteer Elderen Lee collect donations at Our Daily Bread's Stuff the Bus Food Drive.**



PHOTO CONTRIBUTED



# CALENDAR

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

## THURSDAY/FEB. 25

**Cloud 9.** 8-10:30 p.m. George Mason University-TheatreSpace, 4400 University Drive, Fairfax. The time-shifting gender-bending comedy both parodies and spoofs the Victorian Empire and its rigid attitudes as it shifts seamlessly between 1880s British Africa and 1980s London. \$10-\$15. <http://theater.gmu.edu>. 703-993-1120.

## SATURDAY/FEB. 27

**Dessert on Broadway.** 1:30, 7 p.m. Lake Braddock High School Cafeteria, 9200 Burke Lake Road, Burke. Sweeten up your Saturday watching performances from popular Broadway musicals while you delve into delectable desserts. \$20. [www.brownpapertickets.com](http://www.brownpapertickets.com), search Lake Braddock.

**Disney "Fantasia:" Live in Concert.** 8 p.m. George Mason University Center for the Arts, 4373 Mason Pond Drive, Fairfax. This beloved family classic is orchestrated live by the Czech National Symphony Orchestra. \$36-\$60. [cfa.gmu.edu](http://cfa.gmu.edu). 888-945-2468.

## SATURDAY-SUNDAY/FEB. 27-28

**46th Annual Springpex Stamp Show.** Saturday, 10 a.m.-6 p.m. Sunday, 11 a.m.-4:30 p.m. Robert E. Lee High School, 6540 Franconia Road, Springfield. Sales bourse of 26 stamp dealers from throughout the Eastern U.S., and the Washington area. Special commemorative cachet covers and postal cancellations created by the show sponsors will be available. A US Postal Service sales booth will be available. Free. [www.springfieldstampclub.org](http://www.springfieldstampclub.org).

## SUNDAY/FEB. 28

**Seeds of Independence.** 1 p.m. Gunston Hall, 10709, Gunston Road, Lorton. Culinary historian Leni Sorensen and members of the Mason Neck community for a program on African-American culinary tradition in Virginia and Mason Neck. Free. Donations appreciated. [www.gunstonhall.org](http://www.gunstonhall.org). 703-550-9220.

## TUESDAY/MARCH 1

**BHS Presents.** 7-8 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. The Burke Historical Society is pleased to be partnering with Burke Centre Library to offer a program on



IMAGES COURTESY OF DISNEY

## Disney "Fantasia:" Live in Concert will be George Mason University's Center for the Arts on Saturday, Feb. 27.

historical inquiry into Patents, Trademarks and Copyrights. Free. [slawski\\_brian@yahoo.com](mailto:slawski_brian@yahoo.com).

## SATURDAY/MARCH 5

**Grow Your Health.** 10 a.m.-5:30 p.m. Fairfax High School, 3501 Rebel Run Fairfax. Celebrate home gardening, sourcing organic and local food, and nutrition and wellness. This is a family focused event that includes education and entertainment for children of all ages. <http://www.growyourhealthnova.com/>.

**Campfire Saturday: Stargazing.** 6:30 p.m. Burke Lake Park, 7315 Ox Road, Fairfax Station. Enjoy a stroll along the shores of the lake and learn about the constellations, their stories. Our astronomical naturalist will identify the stars for you, along with having some telescopes on hand for folks to try out. The program concludes with a campfire s'mores ingredients provided, hot dogs welcome. Children must be accompanied by an adult registered in the program. [www.fairfaxcounty.gov/parks/burkelakepark/rides.htm](http://www.fairfaxcounty.gov/parks/burkelakepark/rides.htm).

**An Evening with Mozart.** 7:30 p.m. St. Mark's Lutheran Church, 3800 Backlick Road, Springfield. The Northern Virginia Chorale with the Northern Virginia Community College Chorus will perform works by Mozart, highlighted by his last work "Requiem." Free-\$20. [www.northernvirginiachorale.org](http://www.northernvirginiachorale.org). 703-239-2180.

## SUNDAY/MARCH 6

**Capitol Steps.** 7 p.m. Russell Theatre, Robinson Secondary School, 5035 Sideburn Road, Fairfax. The Rambunctious Theatre Company —

in affiliation with Robinson Drama — is hosting the Capital Steps political comedy fundraiser. \$35. [www.robinsondrama.org](http://www.robinsondrama.org).

**WSHS Basket Bingo.** 1-4 p.m. West Springfield High School Cafeteria, 6100 Rolling Road, Springfield. Rowing team will raffle items include iPad, FitBit, gift cards. <https://wschbasketingo.ticketbud.com/CrewBingo>. [www.spartancrew.org](http://www.spartancrew.org). **Purim-It's a Laugh.** 3-5 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Activities include making your own hamantaschen with Lauren Katz, of Great Holiday Baking Show; The Great Zucchini; a Purim Parade; making gift bags; and crafts \$5. Free to children under 2. Register at [JCCNV.org](http://JCCNV.org), code #7343. 703-537-3019.

## WEDNESDAY/MARCH 9

**Springfield Christian Women's Connection.** 11:30 a.m.-1:30 p.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Program on "Serendipity of Occoquan." Also, Ernie Parker-Wood, a retired teacher and world traveler, will share Weaving a Tapestry, the Dark Threads Enhance the Silver and Gold. \$20. Reserve by March 4. 703-922-6438. [SpringWmConn@yahoo.com](mailto:SpringWmConn@yahoo.com).

## FRIDAY/MARCH 11

**Woodbridge Flute Choir "A Touch of Irish."** 8 p.m. Old Town Hall, 3999 University Drive, Fairfax. Twenty-five members who play flute, piccolo, alto flute, bass flute and contrabass flute. Part of Bonita Lestina Performance Series. [www.fairfaxva.gov](http://www.fairfaxva.gov).

## ONGOING

**Palingenesis.** Feb. 19-April 9. Epicure Cafe, 11104 Lee Highway, Fairfax. New art exhibition. Curated by Mojdeh Rezaeipour and Hannah Son, Palingenesis brings together an eclectic group of local and D.C. artists working in a variety of media. 571-212-7227. [epicurecafe.cart@gmail.com](mailto:epicurecafe.cart@gmail.com). **"Shrek the Musical JR."** April 22, 23, 29, and 30. Burke Community Church, 9900 Old Keene Mill Road, Burke. Come see this talented group of young actors ages 8-18 as they travel Far Far Away with everyone's favorite ogre, a wise-cracking donkey, and a cast of fairy tale misfits. \$14. [www.nvplayers.com](http://www.nvplayers.com). **Vietnam Combat Art.** Through Feb. 29. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Commemorates the 50th anniversary for the end of the Vietnam War. [www.fairfaxva.gov](http://www.fairfaxva.gov). 703-385-8414. **FUN-Exercise.** Thursdays, noon-12:50 p.m. Grace Presbyterian Church Family Room, 7434 Bath St., Springfield. Inova certified exercise instructor leads a moderate level exercise class with music and current events conversation. Muscle, Balance, Strength Training using stretch bands and weights both standing and seated exercises. Instructor donation is \$5. Contact Chris Moore at [moorefitt@yahoo.com](mailto:moorefitt@yahoo.com) or 703-499-6133. **Al-Mutanabbi Streets Starts Here DC 2016.** Through Feb. 28. George Mason University Art Lab, 9518 Workhouse Way, Lorton. A book arts and cultural festival throughout the Washington, DC, area. Major exhibitions, programs, and events will commemorate the 2007 bombing of Baghdad's historic book-selling street, celebrate the free exchange of ideas and knowledge, and stand in solidarity with the people of Iraq. [www.workhousearts.org](http://www.workhousearts.org). 703-584-2908. **Deborah Schwartzkopf.** Through Feb. 28. W-16 McGuireWoods Gallery, 9518 Workhouse Way, Lorton. Seattle ceramic artist Deborah Schwartzkopf sets in motion complex and functional forms with simple parts. [www.workhousearts.org](http://www.workhousearts.org). 703-585-2900. **Adventures in Learning.** Mondays, 8:30 a.m.-2:45 p.m. April 4-May 9. Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. community, personal development, finance, and more. Afternoon breakouts are book club, bridge, and canasta. Bring a brown bag lunch. \$30. [www.scfbva.org](http://www.scfbva.org). 703-426-2824. **Art Classes.** Tuesdays. Jan. 30-April 2 and Feb. 2-March 15. Woods Community Centre, 10100 Wards Grove Circle, Burke. Winter art classes. Art lesson for youth 8 and up. Drawing plus color 5-8 years. Art workshop/ Chinese brush painting for teens and adults. Ongoing enrollment. \$11/\$15 per class. Carol Zeitlin, [www.czeitlions.com](http://www.czeitlions.com). 703-250-6930. **Cafe Ivrit (Hebrew Cafe).** Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (Hello)! Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel! Free (we ask that you try to attend regularly). RSVP Naama.Gold@jccnv.org. **Smoke Free Bingo** (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. [www.fairfaxvd.com](http://www.fairfaxvd.com). 703-273-3638. **"Memories and Myth."** Through Feb. 29. Workhouse Arts Center, 9601 Ox Road, Lorton. An all-media art exhibit by its Associate Artists in Gallery 902. [www.workhousearts.org](http://www.workhousearts.org). **Lake Accotink Park Campfire Saturdays.** Feb. 27, March 26, April 16, May 14. Starts between 6:30-7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Adventure awaits as you explore the woodlands and Lake Accotink spots where wildlife hides and resides, guided by a naturalist. Program ends with a cozy campfire. Bring whatever you like to roast. S'mores provided. Topics vary each month. \$8-\$10. <http://www.fairfaxcounty.gov/parks/lake-accotink/>. **Royal Lake Campfire Saturdays.** March 12, April 30. Starts between 6:30-7 p.m. Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Join us for an evening campfire at Royal Lake. Adventure awaits as you explore the woodlands and lake-front spots where wildlife hides and resides, guided by a naturalist. Program ends with a cozy campfire, bring whatever you like to roast, s'mores provided. Different topics. \$8-\$10. <http://www.fairfaxcounty.gov/parks/press/html/psa067-15.htm>. **Spring Backyard Burn Trail Running Series.** March 6, 13, April 17. Laurel Hill, Lorton; Pohick Bay, Lorton; Hemlock Overlook, Clifton. series of 5 and 10 mile trail running races held on some of the best trail networks in the Northern Virginia. <http://www.ex2adventures.com/byb-spring.php>. **Foon Sham: Culture House.** Through April 3. W-16 Vulcan Gallery, 9518 Workhouse Way, Lorton. Foon Sham was born in Hong Kong and received a BFA from the California College of Arts and Crafts, and a MFA from Virginia Commonwealth University. He is professor of Art at the University of Maryland, College Park. [www.workhousearts.org](http://www.workhousearts.org). 703-585-2900. **Annual Mulch Sale.** Through March 29. Supports the Robinson Secondary School Class of 2016 All Night Grad Party. Bagged, high-quality hardwood and pine nugget mulch. <http://www.robinsonangp.com/mulch.html>.

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# SPORTS

## Lake Braddock's Butler Scores 40 in Final High School Game

**Bruins fall to Stonewall Jackson in opening round of regionals.**

BY JON ROETMAN  
THE CONNECTION

**T**he Lake Braddock boys' basketball team, facing the win-or-go-home reality of the 6A North region tournament's opening round Tuesday night, leaned on its 6-foot-8 pillar of hope.

The Bruins, on the road against Conference 8 runner-up Stonewall Jackson, relied heavily on James Butler at the offensive end and many times the senior center delivered.

Butler battled in the paint. He scored with post moves. He dunked. He grabbed offensive rebounds. He hit a fade-away. He buried a 3-pointer. He made 7 of 10 free-throw attempts.

Butler finished with 40 points — more than half of the Bruins' offensive production — but it wasn't enough as Stonewall Jackson closed the game with a 13-4 run and defeated Lake Braddock 83-76.

Butler, the Conference 7 Player of the Year, made a pair of free throws with 2.4 seconds remaining, getting him to the 40-point mark for the second time this season (he scored 46 against T.C. Williams on Dec. 15). He finished his high school career fighting to keep the Bruins' season alive.

"If anybody hasn't watched him play, they've missed out on something magical," Lake Braddock head coach Brian Metress said. "He's had a magical high school career. We would have liked to have given him one more game. That's a quality kid who is dedicated to his school and every year got



**Lake Braddock senior James Butler dunks for two of his 40 points during the Bruins' 83-76 loss to Stonewall Jackson on Tuesday in the opening round of the 6A North region tournament.**



**Lake Braddock senior James Butler will continue his basketball career at the Naval Academy.**

**"If anybody hasn't watched him play, they've missed out on something magical. He's had a magical high school career. We would have liked to have given him one more game. That's a quality kid who is dedicated to his school and every year got exponentially better. Everybody in the region should be a fan of that guy."**

**— Lake Braddock basketball coach Brian Metress**

exponentially better. Everybody in the region should be a fan of that guy."

Butler will continue his basketball career at Navy.

"I don't think it's really set in," Butler said about his high school career coming to a close. "It's pretty upsetting. We have a great

team, great coaching staff. I'm going to miss the heck out of it. The fun times we've had playing together. We built connections and chemistry, it's a process and it's painful to see that go away. We'll always have it but for us as seniors, it's time to step away now."

Sophomore guard Jordan Burrage-Cobb

scored on a putback with 4:11 remaining in the fourth quarter, giving Lake Braddock a 72-70 lead, but Stonewall Jackson responded with an 11-0 run to put the game away. The Bruins went scoreless for nearly 4 minutes before a bucket by senior forward Peyton Bishop cut the Stonewall Jackson lead to 81-74 with 12.8 seconds remaining.

"They were just better down the stretch," Metress said. "[Stonewall Jackson guard Keaton Simmons] is a big-time player and one of the things about being such a good player is the ball is always in his hands and it's hard to squeeze it out of his hands. I thought we did a good job in the third quarter but not so good of a job at the end of the game."

Simmons led Stonewall Jackson with 29 points. Zach Hinton had 18 points and Devin Nordike added 13.

Junior guard Corey Pelham scored 11 points for Lake Braddock. Bishop finished with nine points, Burrage-Cobb had six and senior guard Christopher Shammass and freshman guard Quentin James each added five.

Lake Braddock trailed by eight late in the second quarter before Pelham drained a buzzer-beater from halfcourt, cutting the Bruins' deficit to 45-40 at halftime.

A 9-0 run gave Lake Braddock a 55-52 lead with 1:45 remaining in the third quarter. A Bishop bucket in the closing seconds of the period gave the Bruins a 61-59 lead entering the fourth quarter.

Lake Braddock started the season with eight straight victories and finished with a 15-9 record. The Bruins entered the Conference 7 tournament as the No. 4 seed and advanced to the semifinals before losing to No. 1 seed West Springfield, 61-59.

"I told them, 'Great season,'" Metress said. "Fifteen victories in the Patriot District, got yourself to the regional tournament, had a chance on the road to win a game: spectacular."

## Robinson Boys', Girls' Swim Teams Win State Titles

**T**he Robinson boys' and girls' swim teams each won state titles on Feb. 20 at George Mason University.

The boys' team finished with 235 points, 45 ahead of runner-up Langley. Patriot finished third (178), followed by McLean (161) and Woodson (146.5).

Robinson's James Murphy won his third consecutive state championship in the 200 freestyle, recording an All-American time of 1:37.42. He also took home the 100 backstroke title with an All-American time of 48.99 seconds.

Teammate James Jones won his third consecutive state title in the 50 free, turning in an All-American time of 20.48 seconds, and third straight championship in the 100 free (45.39, All-American consideration).

The boys' 200 free relay (Murphy, Peter Brukx, Roman Lowery, Luke Jones) finished first with an All-American tie of 1:24.79. The Rams' 400 free relay (Murphy, Lowery, Brukx, Jones) also took home a title (3:08.39, All-American consideration).

In girls' action, Robinson

Robinson's Hannah Baker won her third consecutive 100 freestyle state championship with an All-American time of 50.56. She also won the 50 freestyle championship with a time of 23.41 (All-American consideration).

The Rams' 200 free relay (Lisa Zangla, Grace Gartman, Livi Schmid, Baker) finished first (1:36.22, All-American consideration), and the 400 free relay (Zangla, Gartman, Schmid, Baker) also won a championship (3:30.39, All-American consideration).



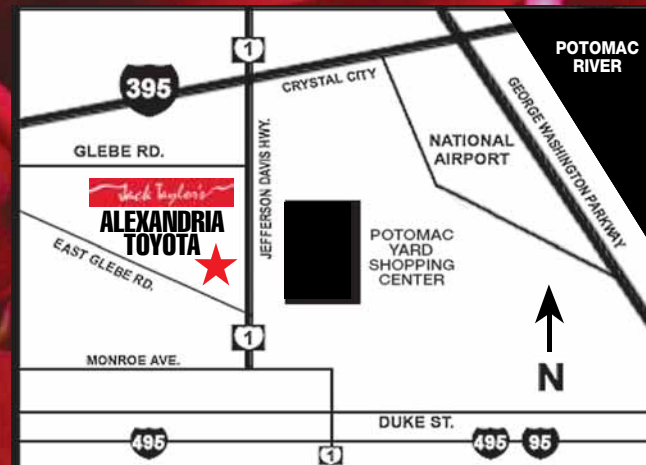
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**Robinson swimmers celebrate winning states.**



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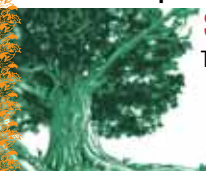
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An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.  
-Werner Heisenberg

## 21 Announcements

### CONSOLIDATED PLAN PUBLIC NOTICE

On Friday, March 25, 2016, the Virginia Department of Housing and Community Development (DHCD) will hold a public hearing on items relating to the Commonwealth of Virginia's administration of the Consolidated Action Plan 2016-2017 Action Plan.

The public hearing will be held at 10:00 AM until 11:00 AM in the 12th Floor North Conference Room of the Main Street Centre, 600 East Main Street, Richmond, Virginia 23219. DHCD will be taking comments on the proposed 2016-2017 Action Plan including goals and objectives for housing and community development; the projected use of funding; the method for distributing \$7,034,121 in HOME Investment Partnership funds; \$2,754,274 in Emergency Solution Grant (ESG) funds; \$745,593 in Housing for Persons with AIDS (HOPWA) funds; and \$16,881,481 in Community Development Block Grant (CDBG) funds.

Copies of the plan document may be requested by calling (804) 371-7100, (804) 371-7122, or (804) 371-7084 TDD. Persons requiring special accommodations should call (804) 371-7110. The Plan will appear on the agency's web site at <http://www.dhcd.virginia.gov> under "What's New."

The Department will receive written comments and testimony on the proposed 2016-2017 Action Plan through the close of business on April 15, 2016 at the following address:

Virginia Department of Housing and Community Development  
Attention: Lyndsi Austin  
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[theschefers@cox.net](mailto:theschefers@cox.net)

## 21 Announcements

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### SHORT-TERM SUBLET BUSINESS OFFICE ON ALEXANDRIA WATERFRONT



Three partially furnished window offices available individually or as a group for a maximum six-month period.

Office #1 (12' x 9.5') Rent: \$1,350/month.  
Office #2 (12' x 8.5') Rent: \$1,300/month.  
Office #3 has a partially divided side room (12' x 7' plus 12' x 6'). Rent: \$1,450/mo.

If all three offices are rented together a discounted rate would be discussed. The offices are located within the beautifully-decorated office space of a professional services company in a Class "A" building located in Old Town, Alexandria. Conference room can be reserved on an hourly basis.

If interested please email [sbryant@sunstarstrategic.com](mailto:sbryant@sunstarstrategic.com)

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## 21 Announcements

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## 21 Announcements

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### I Support Virginia's Families



Donate to the Family and Children's Trust Fund on your Virginia income tax form.

Family & Children's Trust Fund  
[www.fact.virginia.gov/stateincometax](http://www.fact.virginia.gov/stateincometax)

## BULLETIN BOARD

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

### THURSDAYS/THROUGH MARCH 3

**Job Seekers Seminar.** 7-8:30 p.m. Immanuel Bible Church, 6991 Braddock Road, Springfield. Looking for a job? Are you confident on how to search for one? IBC's Job Seeker Seminar will equip attendees with the knowledge necessary. \$15. 703-220-5165. <http://immanuelbible.net/stewardship/job-seekers>.

### WEDNESDAY-THURSDAY/FEB. 24-25

**Christ Presbyterian Preschool Open House.** 10-11 a.m. Christ Presbyterian Preschool, 12410 Lee Jackson Memorial Highway, Fairfax. Open house tours for the current school year and 2016-17. [www.christpresbyterianpreschool.com](http://www.christpresbyterianpreschool.com). 703-691-9120.

### TUESDAY/MARCH 1

**Aging-in-Place Seminar.** 10-11:30 a.m. and 2-3:30 p.m. Hilton Springfield, 6550 Loisdale Road, Springfield. Learn about a program, designed for active adults 55 and older, is supported and managed by Goodwin House, a mission-driven, nonprofit organization with two residential properties in Northern Virginia. Free. RSVP not required but space is limited. Reserve at 703-575-5202 or at [athome@goodwinhouse.org](mailto:athome@goodwinhouse.org).

### THURSDAY/MARCH 3

**"Planning 101: Diary of a Growing Business."** 8:30 a.m. Spring Hill Suites, 6065 Richmond Highway, Alexandria. Karen Urcia of Renner CPAs will show you how to avoid the pitfalls of starting and growing your business, and how good planning can help to make your business a success. RSVP [info@sfdc.org](mailto:info@sfdc.org). [www.sfdc.org](http://www.sfdc.org).

## FAITH NOTES

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

Lenten Soup Supper. Fridays from Feb. 26-March 18. 5:30-7 p.m. will be offered at **Holy Spirit School** Cafeteria, 8800 Braddock Road, Annandale. Meatless soup suppers on Fridays during Lent, followed by the Stations of the Cross in the Church at 7 p.m. Free. Contact Lambie Renner, [lrenner@holyspiritchurch.us](mailto:lrenner@holyspiritchurch.us).

**Fairfax Baptist Temple**, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or [www.fbtministries.org](http://www.fbtministries.org).

**The Guhyasamaja Buddhist Center**, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

**Lord of Life Lutheran** offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or [www.Lordoflifeva.org](http://www.Lordoflifeva.org).

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or [www.fbcspRINGfield.org](http://www.fbcspRINGfield.org).





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**West Springfield**  
**\$399,900**  
Updated End Unit TH in Shannon Station. 3 finished levels, 3 bedrooms, 2 and 2 half baths. Great Commuter Location. Close to Community Amenities. Open Sunday 1-4.  
**Karen Schiro 703-509-3888**



**Fairfax**  
**\$749,900**  
Backs to County Club of Fairfax, Near GMU. Custom Brick Home with 3 Car Garage on 1 acre. Hdwd Floors, 2 Brick Fireplaces, Interior/Exterior New Paint, New WW Carpet, Deck, Patio, SS Appliances.  
**Flo Nystrom 703-963-4546**



**Haymarket**  
**\$583,500**  
Resort lifestyle in this immaculate 3 BR, 3 BA & Regency 55+ community. Porch, deck, patio overlook lush landscape. Hardwoods, granite, Master on main, sitting room, office, loft, unfinished Lower Level & walkout. See www.marylroche.com  
**Mary LaRoche 703-503-4021**



**Fairfax Station**  
**\$1,189,000**  
Gorgeous custom home sited on beautiful .83 acre nestled in quiet Donovans Ridge Boasts superb craftsmanship and attention to detail throughout!  
**Carol Hermendorfer 703-216-4949**



**Fairfax**  
**\$509,000**  
Cupcake of a Cape Cod! This beautiful sun filled home has a fantastic addition! Features beautiful hardwoods, 2 main level bedrooms and full bath, plus 3 more bedrooms & full bath upstairs. A wonderful updated kitchen and breakfast room, and terrific first floor sun room. Finished lower level could be used as an in-law/au pair suite. Lots of room and charm!  
**Catie, Steve & Associates 703-278-9313**



**Lake Anna**  
**\$699,900**  
A family "Lake House." 6 BR (2ntc), 3 BA open floor plan, dramatic ceilings, gas fireplace, gourmet kitchen, rec room, shop, stone garden path & bridge to great waterfront, golf cart path, fabulous new stone fire pit at the water, new solar & generator, 2 car garage & paved driveway. Everything you asked for and more!  
**Toni McQuair 703-795-2697**



**Warrenton**  
**\$415,000**  
Gorgeous Home w/custom Great Room & Master Bedroom Addition. Beautifully updated eat-in Kitchen. Updated Bathrooms. Fresh Paint. Large Yard in Serene Neighborhood. 2 Blocks to Commuter Bus Service, 2 Blocks to Route 29/15. DC side of Warrenton. Free Home Warranty.  
**John & Jennifer Boyce 703-425-5646**



**Haymarket/Bull Run Mountain**  
**\$339,900**  
2.07 acres. Well-built 3 bedroom, 2.5 bath brick ramblar. Full walk-out basement. 2 fireplaces. Fresh paint. New appliances. Large decks. 2 large skylights. Large rec room and den/study/bedroom on lower level. Area for garage/patio.  
**Buzz Jordan 703-850-4501**



**Lake Anna**  
**\$499,900**  
Waterfront. Beautiful and private home on 1.7 acres. 4 bedrooms and 3 full baths. Open concept.  
**Paul Wesche 540-847-3848**



**Clifton**  
**\$2,495,000**  
Custom 6 BR estate on 5 acres with gorgeous views pastures, lake & pool. Expert craftsmanship and attention detail throughout! So many amenities including 7 garage bays, and separate in-law suite!  
**Carol Hermendorfer 703-216-4949**



**Haymarket**  
**\$479,900**  
Join resort lifestyle in Regency's 55+ community. Finest in one level living. 2BR/2BA single family with hardwoods, granite, office, patio & scenic view to wooded common area. See www.marylroche.com.  
**Mary LaRoche 703-503-4021**



**Falls Church**  
**\$499,000**  
This 4 bedroom, 3 full bath home has been fully renovated and an addition added. The lower level has a private entrance, bedroom, bathroom, living area and kitchen. The possibilities are endless.  
**Richard Esposito 703-856-2529**



**Burke**  
**\$610,000**  
4 Bedroom, 2 1/2 Bath Colonial in Burke Centre with updated kitchen and baths, Brazilian Cherry Hrdwd flrs in foyer, powder room, family room, living, and dining rooms. Fireplace in cozy family room with sliding glass door to large deck. Spacious master BR, master bath with dual sink vanity, ceramic tile floor, tub, & separate shower.  
**Judy McGuire 703-581-7679**



**Fairfax Station**  
**\$679,500**  
Spacious 4 level split has room for everyone. Featuring 5 bedrooms, 3.5 renovated baths, screened porch, multilevel decks and hot tub! Located on a cul de sac, private and wooded 1 acre lot. Sought after neighborhood w/pool and tennis. Robinson Schools.  
**Marsha Wolber 703-618-4397**



**Gainesville**  
**\$379,900**  
Heritage Hunt 55+. Lovely upgraded Duplex, 3BR, 3BA. Family room with gas fireplace, Living room, Dining, Kitchen opens to Breakfast room, hardwoods, Loft, 3 season Sunroom, Deck, Irrigation system, 2 car garage. Backs to common area with trees.  
**Amanda Scott 703-772-9190**



**Broad Run**  
**\$429,900**  
Right out of the Pottery Barn catalog is this fully updated ramblar on 5 lovely level acres. New kitchen and bath upgrades as well as hardwood flooring. Custom tile features throughout and three full baths. Lower level features bedroom, full bath, game room and recreation room with a walkout to the rear yard. Oversized 2 car garage and a separate storage shed for all your storage needs.  
**Ellie Wester 703-503-1880**



**Ashburn**  
**\$839,900**  
Spectacular Sunset views from large deck overlooking the 9th Fairway of Belmont Country Club. Hard to find first floor Master Suite plus second master bedroom on upper level. 4 BR, 4 1/2 BA, fully finished walk-out lower level. A perfect "10."  
**Ann Grainger 703-819-5300**



**Fairfax Station**  
**\$799,999**  
Sited on a .31-acre private lot this updated 5BR, 4.5BA home offers over 5,300 finished sq. ft. Featuring a spacious MBR, remodeled MBA & updated kitchen. Lower level includes a full wet bar, rec room w/gas FP, BR & full BA.  
**Ngoc Do 703-493-9797**



**Springfield**  
**\$624,900**  
Open Sunday. Exceptional 4BR/3BA split level in sought-after community of Lake Forest. Four finished levels of living space include outstanding renovated kitchen, lovely updated baths, FR w/fireplace & wall of built-ins, awesome all-season porch leading to deck & walkout LL recreation room. Close to shopping, Fairfax County Pkwy, and schools. Home feels like new!  
**Mary Hovland 703-946-1775**  
**Cathy DeLoach 571-276-9421**



**Fairfax Station**  
**\$889,000**  
This beautifully updated ranch style home sited on a 6.34 acre private lot offers over 6,200 finished sq.ft. including an expansive MBR w/balcony, newly renovated MBA and 2nd kitchen. Outdoor features include expansive deck, gazebo & circular driveway.  
**Ngoc Do 703-493-9797**

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