

Woodson Wins Region Title

SPORTS, PAGE 12

Woodson junior Eric Bowles attacks the rim during the 6A North region championship game against Lake Braddock on March 1 at Robinson Secondary School. Bowles was named 6A North region Player of the Year and MVP of the region tournament.

Trying to Stay Strong Through the Grief

NEWS, PAGE 3

Fairfax City Budget Proposal Unveiled

NEWS, PAGE 4

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ENTERTAINMENT, PAGE 8 ♦ SPORTS, PAGE 12 ♦ CLASSIFIED, PAGE 14

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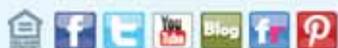
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NEWS

Woodson junior Giancarlo Pacheco and the Woodson Cavalry celebrate winning their second consecutive region championship on Saturday, March 1: following the deaths of the two Woodson students, the win was an emotional one for the Cavaliers.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Trying to Stay Strong Through the Grief

Woodson High community mourns two students.

BY BONNIE HOBBS
THE CONNECTION

Tears, sad faces, hugs, stunned silences, churning emotions and unanswered questions – all are part of the reaction of the Woodson High students in the wake of last week's tragedies: Two of their classmates have died.

Fairfax County police responded last Wednesday, Feb. 26, to Clara Barton Drive in Fairfax Station for a report of a pedestrian struck by a VRE train around 5:35 a.m. The victim, who died, was identified as Woodson sophomore Jack Chen, 15, of Fairfax Station. Police say the circumstances surrounding his death remain under investigation.

Two days later, Friday, Feb. 28, students learned another classmate – this one, a junior – had also died. No details about this death have been released. But one thing is certain: Both of these teenagers died too soon. And all those who knew and cared about them are deeply grieving their loss, including Woodson Principal Jeff Yost.

"These are great kids, with strong friendships," he said on Monday. "These kids made other kids smile and their teachers and coaches, as well. In short, they were very typical kids. That is the scary part."

"Those students left behind are taking care of each other, their teachers and, yes, even their principal. Teachers are eliminating and/or altering assignments. We have postponed sending any kind of interim grades out this week ... maybe next week."

Additionally, said Yost, "Counseling is available at school all of this week, and we have counselors, psychologists and social workers that work at every school already."

IN A FEB. 28 EMAIL to the Woodson community, Yost wrote, "I am saddened to report to you the unexpected death today of one of our 11th-grade students. Out of respect for the family's wishes, Woodson High School will not be providing any additional details related to this incident. Our thoughts and support are with the student's family and friends during this difficult time."

He said the school has a crisis team in place and support services for students, staff, and families are available. Yost also stressed the importance of ev-

eryone pulling together as a community "to identify risk factors and assist any child who may be in need of academic, social or emotional support."

"Social media is the place where students 'congregate' to share their thoughts about a tragedy," Yost told the parents. "Unfortunately, it is also a place where rumor, innuendo and speculation often prevail. Please make every effort to be aware of your child's activities on social media and encourage them to let adults know when they read something that concerns them."

A community meeting was set for Wednesday night, March 5, at the school to let parents know what Woodson's doing "to support their children during this time of grief, provide information and resources for parents to use as they help their children, and tell them about community efforts to build a network of support" for the students.

In addition, FCPS Superintendent Karen Garza and her administration are working on countywide initiatives that support student mental health and wellbeing. The School Board is concerned, as well.

"As the Braddock District School Board member and a parent of two Woodson students, I am deeply saddened by the loss of these two students and extend my heartfelt condolences to their families and loved ones," said Megan McLaughlin.

"I support FCPS' dedicated efforts to work with the community in examining what has happened and in determining how best to prevent future loss of life," she continued. "As a social worker and Board member, I will continue to advocate for community interventions that reduce student stress and improve their ability to cope with adversity."

LAST FRIDAY, FEB. 28, Woodson's basketball team beat Herndon in a regional semifinals game. And following the deaths of the two Woodson students, the win was an emotional one for the Cavaliers. "We're doing this for the community," said Woodson senior Michael Szabo. "We feel like this can bring it together in a positive manner in a negative time."

Woodson head coach Doug Craig praised the Cavaliers for responding well to tough times. "It's been a really difficult week in the community and I thought our kids really showed their character," he said. "To fight through and play that well on a big stage against a great team ... and for our kids to fight through all the adversity and find a way at the end to pull out the game [was big]."

Connection Sports Editor Jon Roetman contributed to this story.

Preventing Teen Suicides

Recent deaths shine light on FCPS suicide prevention programs.

BY VICTORIA ROSS
THE CONNECTION

Every 15 seconds, a teen in the United States tries to commit suicide.

Every 90 minutes, one succeeds.

The Centers for Disease Control and Prevention (CDC) also reports that the number of attempted suicides among teenagers increased from 6.3 percent in 2009 to 7.8 percent in 2011.

In Fairfax County, between four and seven students take their own lives every year, according to the authors of a 60-page report compiled last September by a team of community mental health agencies and Fairfax County Public School specialists.

"The youth rate, despite also being below state and national rates, remains unacceptable. The impact of suicide on families, friends, and communities is immeasurable," the report states.

In a span of 30 days, Fairfax County residents have felt the impact and pain of teen suicide on four separate occasions. In early February, two Langley High School students committed suicide a day apart. Last week, two more students from Woodson High School took their own lives.

"It's very clear there's an increased frequency of suicidal behavior and thinking in Fairfax County this winter," said Dr. Peter Robbins, M.D., medical director of The Child & Family Counseling Group in Fairfax. "If you compare this number to last winter, there's been a higher frequency of this behavior."

While Robbins acknowledges there are "no great answers" to the rash of teen suicides, he has been working with Fairfax County Public Schools to conduct seminars that clue parents in to the warning signs of depression and suicide.

"Numerous studies have shown that identifying at-risk students early is the best chance of prevention," Robbins said.

FAIRFAX COUNTY PUBLIC SCHOOLS is doing that, through an array of programs and services aimed at spotting students at-risk for depression and suicide. Programs range

from 24/7 crisis response services to police training to mental health screenings to primary prevention programs.

Being a teenager has never been easy.

But today's teens are feeling new pressures from many different fronts. According to a new poll, conducted by NPR along with the Robert Wood Johnson Foundation and the Harvard School of Public Health, nearly 40 percent of parents said their high school students are experiencing added stress from school.

The curriculum is more demanding, homework sessions are longer and gaining admission to college is more competitive, which means the stakes are high for testing.

Add social media to the mix, where students can compare their existence to other teens 24 hours a day on Facebook, Snapchat, Twitter and other social networks, and the resulting stress can lead to depression and suicidal thoughts.

How can parents, students, friends, teachers help a student through the roller-coaster years of adolescence?

SEE SUICIDE, PAGE 15

Additional Resources

THE PREVENTION TOOLKIT:

a collection of data and resources regarding youth behaviors and risk factors, including depression and suicide, in Fairfax County. The toolkit supports organizations, communities, and individuals in developing data-informed strategies to address identified needs. It includes links to and resources about developing programs, implementing policies, and accessing services. <http://www.fairfaxcounty.gov/ncs/prevention/toolkit.htm>

THE FAIRFAX COUNTY YOUTH SURVEY:

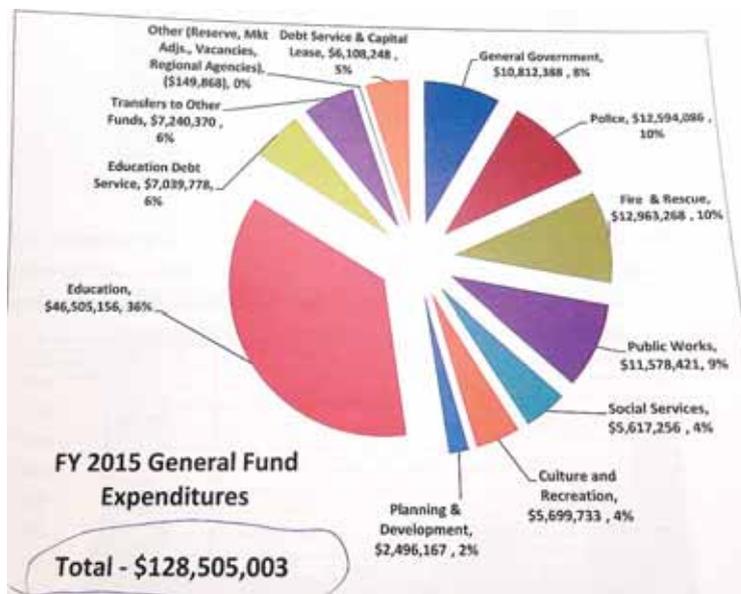
A joint initiative of Fairfax County Government and Fairfax County Public Schools (FCPS), the annual survey provides data on student behaviors and risk and protective factors. The 2011-12 school year survey taken by eighth, tenth, and twelfth graders included questions about mental health and suicide. Full results can be found at www.fairfaxcounty.gov/youthsurvey.

FAIRFAX COUNTY'S PREVENTION SYSTEM:

www.fairfaxcounty.gov/ncs/prevention

FY 15 BUDGET CALENDAR

- City residents may weigh in on the proposed budget at the following City Council meetings at 7 p.m. at City Hall:
- ❖ **March 11:** Work session/mark up;
- ❖ **March 18:** Public outreach and department presentations;
- ❖ **March 25:** Consider real-estate tax rate to advertise;
- ❖ **April 1:** Work session/public outreach;
- ❖ **April 8:** Public hearing, work session/mark up;
- ❖ **April 22:** Public hearing, work session/mark up;
- ❖ **April 30:** Public hearing on real-estate tax rate and FY 15 budget adoption.



Pie chart of the City's FY 15 General Fund expenditures.

Fairfax City Budget Proposal Unveiled

Includes no increase in property-tax rate.

BY BONNIE HOBBS
THE CONNECTION

The City of Fairfax is on firm financial footing and the real-estate tax rate is not proposed to increase in the coming fiscal year. That was the message City Manager Bob Sisson brought to the City Council last Tuesday, Feb. 25, when he unveiled his proposed FY 2015 budget.

Expenditures for all funds total \$161,200,026 – an 8-percent decrease from FY 2014 because of the City's sale of its water-system assets to Fairfax County. General Fund revenues and expenditures are listed at \$128,505,003 – a 2.3-percent increase over FY 2014.

"The regional economy is getting stronger," said Sisson. "Real-estate assessments are up 3.3 percent overall, 4.5 percent for residential property, alone. And there's only about a \$400,000 or so school increase."

He said the loss of the water system "created a bit of a void in our budget this year." However, he said the City will have lower debt-service payments in FY 15. Noting that, "over the past few years we've trimmed city staff," Sisson said he'd now like some of those positions restored.

WITHIN THE BALANCED BUDGET, he said, are real value and "unsurpassed services" to Fairfax residents, including trash collection provided in the City real-estate tax rate. And he was proud that Fairfax has continued to maintain its AAA bond rating.

Regarding annual budget challenges, Sisson said school tuition is the largest, single expenditure. However, he added, "A few years ago, we established a reserve fund in case we needed it for our education-contract partner, Fairfax County Public Schools. It's roughly \$560,000."

Some 53 percent of the total General Fund budget is non-discretionary, meaning beyond the power of the City Council to cut, so additional capital funding is needed. Even if no employees received pay increases, he said, "It now costs \$7 million a year for employee pension payments – and it'll keep going up every year."

More than \$1 million will go into the City's

stormwater fund for Chesapeake Bay cleanup and stormwater work within Fairfax. Sisson said commercial property assessments declined 0.1 percent so "we need to stimulate that part of the market." But with the increase in residential property assessments, plus a 0.6-percent jump in new construction, overall real-estate assessments are up by \$176 million.

Although Fairfax's residential real-estate tax is expected to remain flat at \$1.06 per \$100 assessed valuation, homeowners' tax bills will still rise because their property has generally seen a 4.5-percent jump in assessed value over last year. That means someone owning a home valued at \$300,000 last year will pay an extra \$143 in property taxes this year because that home is now worth \$313,500.

THE TOTAL VALUE of the City's real-estate tax base is now \$5.52 billion, which Sisson called a "healthy increase" over calendar year 2005, which was \$4.4 billion. And, he added, "We have a fairly well-diversified list of revenue sources, not just real-estate tax."

For example, the BPOL (business/professional/occupational licenses) tax is projected to bring in more than \$9 million in FY 15, and the meals tax, nearly \$6 million.

The increase in General Fund spending includes a recommended 3.5-percent merit pay hike for City employees totaling \$375,000. Sisson also recommends spending \$55,000 to restore home delivery of the informative Fairfax newsletter, Cityscene. But these items and others are offset by an across-the-board increase from FY 14 in various taxes and fees the City will receive.

After hearing Sisson's presentation, Councilman Dan Drummond said, "Great job by the [City] staff, and we look forward to the community's involvement." Mayor Scott Silverthorne was pleased that Fairfax's real-estate tax rate is "significantly lower than other jurisdictions."

"This is the first time we haven't had an increase in the tax-rate proposed," said Councilman Steven Stombres. "But since assessments are up, I'd like to see if we can help people keep more of their hard-earned money."

"Since 48 percent of our revenue is coming from real estate – both residential and commercial – the redevelopment of commercial real estate is the way to increase our revenue in the future," said Councilman David Meyer. "Because of the sale of our water system to Fairfax County, we're avoiding long-term increased costs of the water system – which is like a tax rebate for the citizens."

'I Have to Protect Society from You'

Requejo sentenced to five years in prison.

BY BONNIE HOBBS
THE CONNECTION

Even if Eduardo Requejo was sexually molested himself, as a child, that didn't give him the right to do it to anyone else.

That was the message Judge Brett Kassabian gave him last Friday in Fairfax County Circuit Court. He then sentenced Requejo, 23, of Fairfax, to five years in prison for sexually molesting an 8-year-old girl.

"The defendant was only concerned for his own sexual gratification, not considering the harm he did to the child," said Commonwealth's Attorney Laura Riddlebarger. "He told the police he was attracted to any child that paid attention to him, no matter the age."

Requejo taught swimming at the Oak Marr Rec Center in Fairfax since 2005 and was also a swim coach throughout the Fairfax community. But the offenses didn't happen at his worksite and the victim wasn't one of his students.

THE GIRL was someone he knew personally and, on July 3, 2013, her mother told police that her daughter had been inappropriately touched by him on several occasions. Detectives began an investigation and, on July 15, Requejo was arrested.

On Oct. 10, 2013 in Circuit Court, he pleaded guilty to two felony counts of taking custodial indecent liberties with a minor. He returned Feb. 28 for sentencing, with his parents sitting in the front row of the courtroom.

Defense attorney Katherine Martell said the state sentencing guidelines for each offense ranged from seven months to two years, two months. She asked Kassabian to sentence Requejo to the midpoint of one year, four months, with "suspended time hanging over his head."

"What happened is a tragedy, and he's truly sorry," she said. "But it comes from a cycle of abuse. When he was 8, he was sexually molested by a relative for over a year. His family had to work several jobs and had to



Requejo

live with others. And he hid the abuse from his family because he was ashamed. It not only affected his sexual development, but led him to drugs and alcohol."

"I'm also concerned about your statement that you're attracted to young children. That statement is chilling and, when I consider that, I have to protect society from you."

— Judge Brett Kassabian

However said Martell, "After these offenses, he sought therapy on his own. He needs extensive therapy to become a more productive member of society. Turning to the Bible has also helped him confront his demons, and his parents will be supportive of him while he's dealing with what led to this tragedy. He took responsibility for what he did, turned himself in to the police and pleaded guilty."

SEE REQUEJO, PAGE 5

Requejo Sentencing

FROM PAGE 4

But the prosecutor said Requejo never reported his own sexual abuse to the police. She also asked the judge to give him the maximum punishment possible. "He says he has a sexual addiction, but that isn't an excuse for his behavior," said Riddlebarger. "The only reason for it is himself. And he didn't express remorse or concern for how his actions affected an innocent child."

Requejo then stood and apologized "for what I've done and for the shame I've brought to my family and to myself. Give me a chance to get the help I need and to deal with my own nightmare. It's haunted me since I was in fourth grade." He asked the judge to let him continue his therapy, adding, "Now that I've found God, I'm trying to forgive myself."

Kassabian then told Requejo he planned to sentence him above the state guidelines and explained why. "I recognize that you come from an exceptional family of supportive and hardworking people," he said. "And I believe you were the victim of abuse and I understand why you couldn't disclose it earlier."

THE JUDGE noted Requejo's cooperation in his case and said his guilty plea showed acceptance of accountability. "The problem is that we have an 8-year-old, elementary-age child who was victimized by you on multiple occasions and will have to reconcile what happened to her for the rest of her days," said Kassabian. "I'm also concerned about your statement that you're attracted to young children. That statement is chilling and, when I consider that, I have to protect society from you."

He then sentenced Requejo to five years in prison on each charge, suspending two-and-a-half years of each sentence. He ran the sentences consecutively, for five years total, and placed Requejo on five years active probation upon his release.

Conditions of his probation are that he receive sex-offender treatment, have no contact with the victim or her family and no unsupervised contact with anyone under 18. "And you're required to register as a sex offender," added Kassabian. "You're remanded to the custody of the sheriff."

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OPINION

Take the Money

No downside to gaining health care for 200,000 or more; 30,000 jobs and millions of dollars for hospitals from expansion of Medicaid.

Gov. Terry McAuliffe is right to make expansion of health coverage part of the budget process.

Any measure that would create 30,000 jobs, that could save \$1 billion in the state budget over 12 years, that could provide health insurance for 35,000 people who don't have it in Fairfax County alone, that is supported overwhelmingly by the business community and hospitals, actually deserves to be a part of the budget. As many as 400,000 people in Virginia currently without health insurance could be covered.

Under the Affordable Care Act, if states opt in to the expansion of Medicaid, Federal dol-

lars would pay the costs for five years to cover people with incomes up to 138 percent of poverty, \$15,856 for an individual or \$26,951 for a family of three in 2013. After five years, federal dollars would still cover 90 percent.

Under the Affordable Care Act, people with incomes 100 - 400 percent of poverty qualify for subsidies on their health insurance premiums when they purchase coverage through a Marketplace. The amount of the subsidy, provided via tax credit, is based on income and the cost of insurance, and are only available to people who are not eligible for other coverage, such as Medicaid/CHIP, Medicare, or employer coverage, and who are citizens or law-

fully-present immigrants. Because the Affordable Care Act envisioned low-income people receiving coverage through Medicaid, people below poverty are not eligible for Marketplace subsidies. At least 190,000, and as many as 400,000 adults in Virginia fall into the coverage gap because they don't qualify for Medicaid under Virginia's rules, among the most stringent in the nation, but earn less than the poverty rate, so not enough to qualify for subsidies. [Source: Kaiser Family Foundation]

Elections have consequences. McAuliffe made expansion of Medicaid a key element of his campaign, and Virginia voters chose McAuliffe. The Virginia Senate approved a plan to expand health coverage using Medicaid dollars to purchase private health insurance.

There must be a way forward that doesn't involve stifling economic growth and the health of poor Virginians.

Message To Teenagers: Things Do Get Better

BY CATIE WARREN

SPECIAL TO THE CONNECTION

Catie Warren is a 2009 Woodson High grad and her brother is a freshman there. Now a writer, after last week's tragedies she wrote the following about high-school life in general on TotalSororityMove.com:

Yesterday, a student from my former high school died tragically. He was 15. Just a baby in the grand scheme of things; a young boy with his whole life ahead of him. A life filled with graduations and relationships and jobs and little ones. A life filled with happiness and joy and precious moments, laughter that makes your belly roar, silliness that makes your cheeks hurt, and love that makes your heart skip beats.

He had his whole life waiting for him. Instead, he chose to end it. His death marked the fifth suicide at this school in four years. And. It. Has. Got. To. Stop.

High school is a trying time. Anyone who tells you otherwise is either a liar or someone who peaked the moment they crossed that graduation stage. The hormones, pimples, breakups, gossip, homework, sports teams, locker bays, mean girls who won't talk to you, group projects you'll do yourself, jocks who don't know your name, teachers who don't get you, and the honor courses you wish you'd never taken - it's exhausting.

Someone took your seat at lunch, your best friend ignored you during homeroom, and you're pretty sure you failed your Spanish test. There's so much pressure on you.

Your boyfriend wants to take it to the next level, your coach wants you to run faster, play harder, your teachers want you to push yourself, overextend yourself. You finish school at 3, get home from practice at 7, and are expected to eat dinner, shower, and maintain some level of social existence, all while completing the five hours of homework you have due tomorrow.

You have your PSATs, ACTs, SATs, APs, IBs, and GPA, and yet somehow, someway, throughout [it] all, you're supposed to maintain your sanity. You're under pressure. You're under a microscope. You're under scrutiny. But you can't break. You can't succumb. You can't give in. Failing now means failing forever. Weakness means defeat. If you're not first, you're last; and if you're not the best, then what's the point?

There are prep courses, college fairs, tours, visits, winter breaks spent doing science projects, spring breaks spent looking over flashcards and Words of the Day, and summer breaks spent reading Homer and Tolstoy and Machiavelli. Push yourself. Be better. Do better. Try harder. You're better than that. Everything depends on this, on these four years. One slight misstep and your future is ruined. Tread lightly, kid. Don't screw it up.

We force them. We ride them. We harp on their tiny failures and overlook their monumental successes. We expect greatness. We demand perfection. We push and we push and we push until we

can't push anymore. Until they can't take it anymore.

We create stressed out children, harried teenagers, premature grownups. And they can't accept it. They can't handle the pressure of perfection, the expectation of full rides, the belief that if they fail now, they will lose this game of life that they've barely started.

Teenagers today have it harder than any generation before them. They've been coddled, fed from the silver spoon, nurtured to a fault. They received trophies for simply showing up. They've been called lazy, out of touch with reality, overzealous, rude, irresponsible, immature and too mature for their own good. We're training them for jobs that don't exist, preparing them to buy into systems that are soon collapsing and expecting them to solve world hunger, cancer and bankrupted economies.

So it's no wonder they crack. How could they not? Between the school, family and societal pressures and normal teenage angst, what did we expect? They're growing up too soon, too fast and too publicly. Success is measured in grades and test scores, Facebook friends and Instagram photos. They're dealing with not only helicopter parents, but also standardized-test-crazed teachers and horrible, anonymous, online bullies. Images are Photoshopped, actresses don't eat and athletes use steroids.

And while we've been debating between immunizations and cord blood, grass-fed and organic, and

yoga and pills until you can no longer feel, these kids have been suffering. We expect the unthinkable, demand the unattainable, preach the impossible.

At some point along the way, we stopped letting kids be kids. We stopped letting humans be humans. We've lost sight of what's important, let go of what matters. We've forgotten the humanity. We need to slow down. We've got to slow down before it's too late. We're making our children grow up too soon - and we're losing them because of it.

High school is not the best four years of your life and doesn't decide your fate. It doesn't tell you the age at which you'll come to peace with your nose or learn to embrace your quirky laugh. It doesn't forgive you of past sins, it doesn't prevent you from making future mistakes, and it is not the happiest you will ever be.

High school is high school, and, oftentimes, it's [really tough]. Being a teenager is hard. But when you get through it, when you learn from the screw-ups and you realize you really can smile through the tears, it's worth it.

The time has come for us to embrace the imperfections, stop the pressure and learn to live with adversity and mistakes. To stop sweating the small stuff, let our kids be kids [and] realize we're only human. We're all just doing our best. We're all just trying to get by. Smile at a stranger, laugh 'til your belly aches and know in your heart that it really does get better.

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Assembly Passes 'Bailey's Law'

BY STATE SEN. CHAP PETERSEN (D-34)

A woman walked into a pet shop in Fairfax City. She went there often, sometimes just to pet the animals. But that day she finally saw the puppy she wanted. It was one of the smallest dogs, white with brown spots. She took it home and named it Bailey.



Bailey

PHOTO CONTRIBUTED

But soon, Bailey started coughing and sneezing. She wouldn't drink water, wouldn't eat. Days after the purchase, Bailey's owner took her to the vet clinic, which informed her that Bailey had pneumonia, parvovirus, and a congenital heart defect. None of this had been disclosed prior to sale.

"Bailey might not make it," they said, "do you want us to try to save her life?"

Today Bailey has fully recovered. She came down to Richmond and sat quietly in her owner's lap in a Senate Committee meeting. Thanks to a loving owner, she survived. And now she is the face of successful legislation I sponsored (SB 228), which will greatly strengthen regulations of pet stores in Virginia:

"Bailey's law" has two parts: one is a disclosure, the other is a guaranty.

In regard to disclosure, pet shops starting on July 1, 2014 will be required to disclose the origin of any companion animal, the USDA breeder's license num-

ber, and the name of the breeder. This allows the consumer to know that the dog or cat comes from a registered, licensed breeder, and not from a puppy mill.

The guaranty works like this: if the newly purchased pet becomes sick or diseased within a two week period, the owner has a right to collect a refund. The owner will provide proof of veterinary costs, and the pet shop will give money back up to the cost of the animal.

Currently pet buyers have a right to return the animal for a full re-

fund, but once people have bonded with an animal, they want to nurse it back to health. This is especially true since "give backs" to the pet store will typically result in the returned pet being euthanized. And that's not what we want.

Like most legislation, "Bailey's Law" is a compromise between all of the parties involved. We worked with the Humane Society, the Virginia Veterinary Association, pet owners, and small business owners to craft a bill that satisfied the concerns of all parties. The bill passed unanimously out of the Senate and by a large margin in the House.

"Bailey's Law" is an example of a bill that occurs in response to a constituent concern. I'm actually not a pet owner. But I appreciate citizens who do the right thing and seek to protect all creatures, great or small. For that reason, I was happy to sponsor SB 228.

WEEK IN FAIRFAX

Time to Spring Forward

Daylight Saving Time begins this Sunday, March 9, at 2 a.m. So before going to bed Saturday night, residents are reminded to turn their clocks, watches and other electronic devices forward one hour.

City Council Meeting

The Fairfax City Council will meet for a budget work session next Tuesday, March 11, at 7 p.m., at City Hall, 10455 Armstrong St.

Pothole Patrol

The City of Fairfax has established a Pothole Hotline to receive information about potholes in the City. Contact 703-385-7810 or WeCare@fairfaxva.gov.

Register for Summer Camp

The City of Fairfax is offering a variety of summer camps for children age 3 through rising 10th-graders. Camps run from June 30 to Aug. 15 in City schools, either for seven weeks or in designated two-week sessions. For more information, go to www.fairfaxva.gov/parksrec.

Child Carseat Check

City residents may have their children's carseats checked or installed by the City of Fairfax Fire Department. For an appointment, call 703-385-7830.

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Happy St. Patrick's Day!

You've heard about St. Patrick who drove the snakes out of Ireland, but did you know about St. Catrick, who saved the kittens out of shelters? Now's your chance to find out! Join Lost Dog & Cat Rescue Foundation for a St. Catrick's Day celebration, and learn how you can help save lives.

- Foster Crew Members will answer questions about the most important thing you can do to help.
- Adoption Center Coordinators will provide information about volunteering at PetSmart centers.
- Our Transport Coordinator will explain how you can help with little more than some time and a car.



Join us at Lost Dog Café-McLean
 Saturday, March 15, 3-7 p.m. Enjoy snacks & soft drinks while learning how you can help.
 1690 Anderson Road, McLean (near Safeway)
www.lostdogandcatrescue.org



Charlie, delivered by St. Catrick, is available for adoption

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Honored for Promoting Peace

The Student Peace Awards of Fairfax County honors 22 students.

By JANELLE GERMANOS
THE CONNECTION

The Student Peace Awards of Fairfax County, presented by the Herndon Friends Meeting, honored a group of 22 juniors and seniors who were nominated for their dedication to peace and conflict resolution on March 2.

The students, involved in activities such as Amnesty International, Best Buddies, Gay Straight Alliance, Girl Scouts, Student Government, Islamic Presence Club, mission trips, and much more, were recognized for promoting peace and working to remove the effects of war in the community.

Barbara Wien, a peace educator and human rights activist, was the guest speaker. Wien spoke about her experiences as an advocate for peace, including her role in protecting civilians in Colombia from a death squad, and reminded students that war is not an inevitable part of human nature and can be eradicated.

"Many children are also raised to believe that war is inevitable. They're raised to believe that the human race is inherently violent and will always live with war. Well, I'm here to challenge that notion," Wien said.

STUDENTS WERE AWARDED \$150 and were also able to donate \$100 to an organization of their choice. They also received a copy of the book "Sweet Fruit from a Bitter Tree," by Mark Andreas.

Margaret Fischer, the reception coordinator, read each student's accomplishments and contributions to the community as they received their award from Sharon Bulova, chairman of the Fairfax County Board of Supervisors, and Providence District School Board member Patty Reed.

"Our last presentation demonstrates the bittersweet nature of working for peace," said Fischer of the award to Woodson High School senior Jordan Felcorn, who was recognized for his restoration of Woodson's Students Against Destructive Decisions



Sharon Bulova, chairman of the Fairfax County Board of Supervisors, listens as Jordan Felcorn, a senior at Woodson High School, speaks after being recognized at the Student Peace Awards of Fairfax County on March 2.



Hannah Piester, a junior at Oakton High School, guest speaker Barbara Wien, and Melissa Schwartz, a senior at Lee High School, speak at the Student Peace Awards of Fairfax County on March 2.

Club.

Felcorn said he began his involvement with the club after observing bullying at his school, as well as volunteering with Fairfax County Medical Services and responding to calls including on drugs and drunk driving.

"The club works towards trying to prevent teens from making decisions such as drinking and driving, bullying, distracted driving, drug use and abuse, and suicide," Felcorn said.

"Unfortunately, this past week at my high school, W.T. Woodson, we experienced the tragic loss of life of two students."

Felcorn asked the audience to observe a moment of silence in remembrance of two Woodson students who died the week before.

West Potomac High School senior Pamela Molnar was among the students honored for promoting peace in the community.

Molnar helped to start and grow

the West Potomac chapter of Best Buddies, an organization that advocates for people with disabilities. "My mom is a special education teacher, which has inspired me," Molnar said. "I think the group has had a big impact on the school."

FOR THE FIRST TIME since the Student Peace Awards began, a school nominated a group of students for the award. The Mountain View Brave Girls Club of Mount View High School was recognized for its work of supporting others through making "truth cards," which provide messages of support and are sent to women throughout the community, including the Bethany House of Northern Virginia, the Cancer Center at Lake Manassas, sex trafficking victims, and Mountain View faculty and students during turbulent times.

CALENDAR

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

FRIDAY/MARCH 7

The Joffrey Ballet. 8 p.m. George Mason Center for the Arts, 4400 University Drive, Fairfax. An evening of contemporary ballet. Tickets are \$50, \$42 and \$25 for each performance. Youth Discount: tickets are half price for youth through grade 12. Visit the box office (open Tuesday through Saturday, 10 a.m. to 6 p.m.) or charge by phone at 888-945-2468 or visit cfa.gmu.edu.

SATURDAY/MARCH 8

Spring Fling. 11 a.m. - 2 p.m. Country Club of Fairfax, 5110 Ox Road, Fairfax. Springfield-Anandale American Association of University Women holds its annual Spring Fling, featuring a silent auction, luncheon, and speaker Susan L. Burke on the topic of sexual assault in the military. RSVP by March 5: springfling@rclark.net

HooShir A Cappella. 8 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Indiana University's premier co-ed a cappella group with Jewish roots, and Potomac Fever, a 13-voice a cappella close harmony pop ensemble from the Gay Men's Chorus of Washington, DC (GMCW). Tickets: \$29, \$24 JCCNV members and seniors (65+), \$19 students and groups of 10 or more. JCCNV Box Office: 703-537-3000, email: boxoffice@jccnv.org; website: www.jccnvarts.org

Annual Consignment Sale. 8 a.m. - 2 p.m. Burke United Methodist Preschool, 6200 Burke Centre Parkway, Burke. Purchase or sell children's clothing, baby gear, toys, CD/DVD, other kid's items and help BUMP raise funds for their preschool program, too. From 1-2 p.m., there is

a half-price sale where specially marked items are 50 percent off original price. bumpreschool.org.

St. Mary of Sorrows Church. 5222 Sideburn Rd, Fairfax, will begin a "Landings" program for returning Catholics and people considering returning to the practice of their Faith. Program starts March 4th for 8 weeks. Meetings are Tuesdays, 7:30 PM. Pre-registration required. Call 703-818-8618 or email annleggjo@yahoo.com.

Girl Scout Cookie Booths. 3-5 p.m. WalMart, 13059 Fair Lakes Shopping Center, Fairfax. Troop 3604 will be collecting cookie donations for the benefit of staff and patients at DC Children's Hospital.

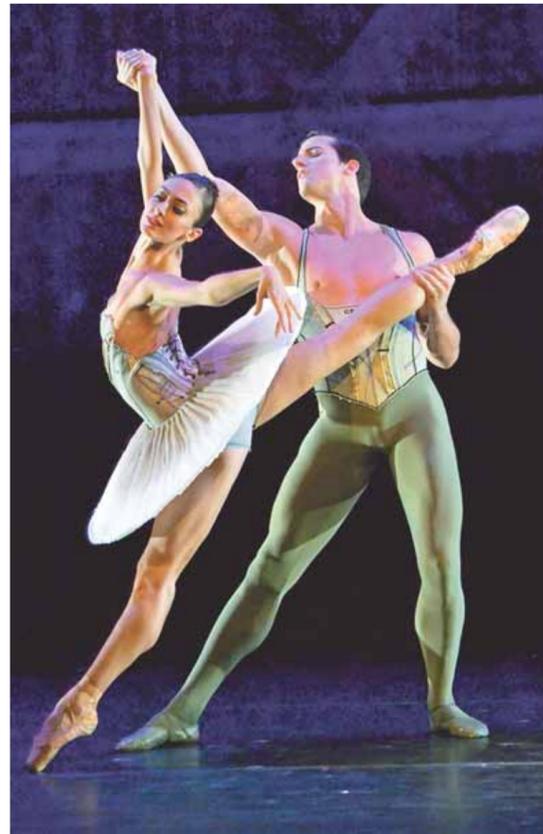
2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community.

Body & Soul. 8 p.m. George Mason Center for the Arts, 4400 University Drive, Fairfax. An evening of contemporary ballet. For tickets, visit the box office (open Tuesday through Saturday, 10 a.m. to 6 p.m.) or charge by phone at 888-945-2468 or visit cfa.gmu.edu.

FRIDAY/MARCH 14

Friday Night Film Series Presents: Half Nelson. 7 p.m. Accotink Unitarian Universalist Church, 10215 Lakehaven Court Burke, Virginia. 703-503-4579. HYPERLINK "http://www.accotinkuuc.org" www.accotinkuuc.org. This is a non-religious event open to the public.

Spring 2014 Burke Centre Used Book Sale. 10 a.m. - 6 p.m. T. Burke Centre Library, 5935 Freds Oak Road, Burke. This sale is one of the 3 large annual sales with all genres represented in the roughly 8,000 books for sale PLUS media like DVDs,



Spend an evening in awe while watching contemporary ballet performances by the Joffrey Ballet company on March 7 at GMU's Center for the Arts.

CDs, audiobooks, and more.

SATURDAY/MARCH 15
Fairfax City Regional Library Children's Book Sale. 10 a.m. - 3 p.m. 10360 North Street, Fairfax.

Thousands of gently-read books and nonbook media organized into categories including picture books, early readers, nonfiction, holiday, chapter books and more. \$25-\$200. Some specials \$3 and \$4.



Bronwyn Updike, B.F.A. Dance Major

Ashland" and Alexander Ekman's surreal "Episode 31."

Dance festival participants will be dancing from sunup to past sundown. They will take classes in every dance form imaginable all across the Mason campus. For the dance competition, Mason will be represented by senior dance majors Celine Berthaud and Candace Perry. "Mason is a dance hub," said Shields. "This year's festival confirms Mason as a cultural leader."

Where and When

The Joffrey Ballet appears at George Mason University's Center for the Arts, 4400 University Drive, Fairfax, "American Legends" on Friday, March 7, at 8 p.m. and "Body & Soul" on Saturday, March 8, at 8 p.m. Tickets: are \$25-\$50 for performance. Youth Discount: tickets are half price for youth through grade 12. Call 888-945-2468 or visit cfa.gmu.edu.

American College Dance Festival Association Panel: "Imagine... a Life in Dance" at Mason University's Center for the Arts, 4400 University Drive, Fairfax. Event is Sunday, March 9 at 2 p.m. Tickets: \$5-\$10. Call 888-945-2468 or visit cfa.gmu.edu.

Panelists: Robert Battle: Artistic Director, The Alvin Ailey American Dance Theater; Elisa Monte, Artistic Director, Elisa Monte Dance; Ashley Wheatler, Artistic Director of The Joffrey Ballet; Kyle Abraham: 2013 MacArthur Fellow, Artistic Director of Abraham.In.Motion; Deborah Jowitz, One of America's foremost dance historians, writers, and scholars; Elizabeth Parkinson, Star Broadway's "Movin' Out."

American College Dance Festival Gala at George Mason University's Center for the Arts, 4400 University Drive, Fairfax. Event is Tuesday, March 11 at 8 p.m. Tickets: \$5-\$10. Call 888-945-2468 or visit cfa.gmu.edu. General information: https://www.regonline.com/builder/site/default.aspx?EventID=1259417

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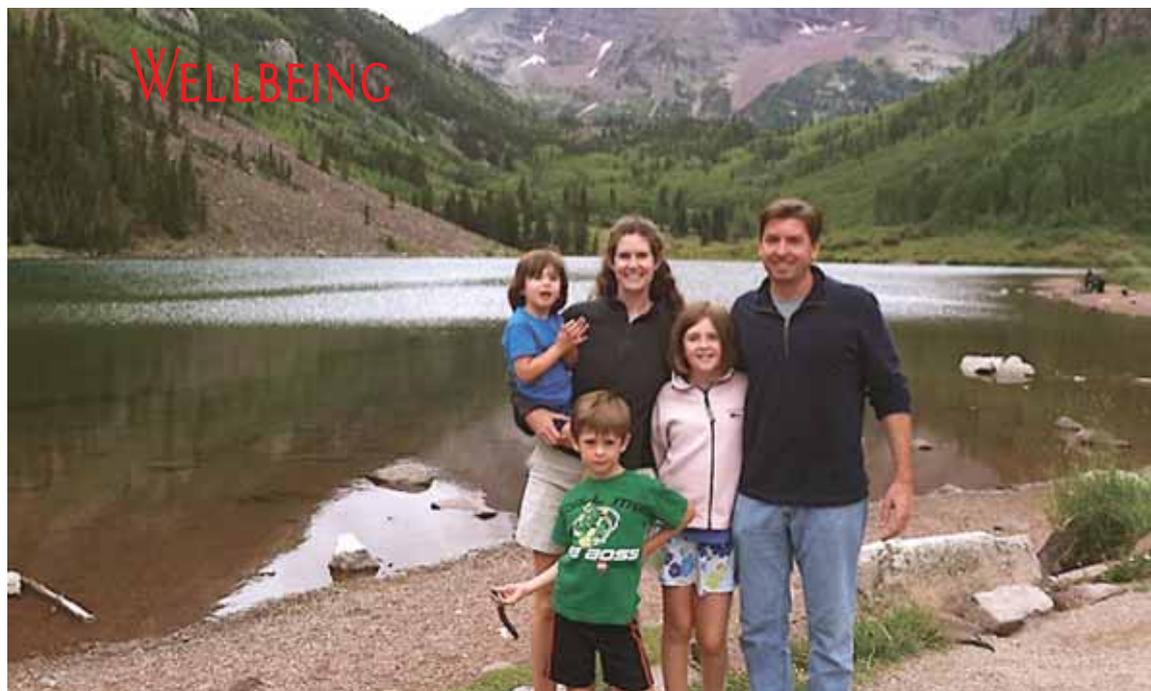


PHOTO COURTESY OF ELIZABETH REES

Elizabeth Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria, says laughter, forgiveness and gratitude are among the factors that create a harmonious family life. Here she is pictured on a family vacation with her daughter Maya, 3; her husband Holden Hoofnagle; her son Dylan, 7; and daughter Sophia, 10.

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Creating a Harmonious Family Life

Local experts offer tips for keeping your family happy.

myself," said Rees.

EXPERTS SAY living in a competitive area like the Washington, D.C., region can make creating balance even more challenging. "I see children who are stressed to always be the best," said Dr. Bruce Pfeffer, a Potomac, Md.-based child psychiatrist.

BY MARILYN CAMPBELL
THE CONNECTION

Parents play a critical role in helping children create a healthy balance of work and play, he added, explaining that "parents must serve as rudders to guide their children [toward the] peace of mind that comes with a supportive home environment, emphasis on gaining joy in life, along with appropriate goals and achieving."

As Elizabeth Rees drove her daughter and two of her daughter's friends to a library reading group recently, the Alexandria mother of three admits that she felt like a chauffeur at first. But she had a change of heart after hearing sounds of laughter.

"They were giggling and so sweet in the back," said Rees, the associate rector at Saint Aidan's Episcopal Church in Alexandria. "Suddenly that moment of grace turned it all around and I felt privileged to be there. I think that sort of thing happens all the time if only we are paying attention."

What are the keys to paying attention and creating a happier family life? Experts say it's important to stop trying to do everything 100 percent and make other things a priority. They offer their top tips for creating balance.

"With three young kids, a two-career marriage and way too many activities, I find this balance as hard as everyone else and am absolutely preaching to

Michael Moynihan, head of the Upper School at The Heights School in Potomac, Md., agrees. "The most significant obstacles to harmonious family life today are over scheduling and over connectedness ... resulting in families that are pulled in many different directions for activities, and when they have those brief moments together, are often plugged into various electronic devices," he said.

Make finding uninterrupted family time a priority. "The solution is to schedule family time such as meals together — without electronic devices — and to protect this time from other activities," said Moynihan.

SEE EXPERTS, PAGE 11

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Experts Offer Tips for Keeping Your Family Happy

FROM PAGE 10

Rees suggests being present and engaged. “So much of life is spent in work and preparation and accomplishments that it’s hard sometimes to live in the moment,” she said. “Maybe some days the only time you have together is in the car. ... Try to remember to make the most of even those moments.”

Bethany Letiecq, Ph.D., an associate professor of human development and family science at George Mason University, said “It’s also important to find joy in the mundane and to give one’s self and others a break ... to be patient, empathic and compassionate with yourself and with your coparent. ... But that doesn’t mean not holding everyone accountable to the family system, which is also critical.”

“Parents might consider the importance of quality time versus quantity of time spent together and prioritize what they value most,” said Colleen Vesely, Ph.D., an assistant professor of early childhood education and human development and family science at George Mason University. “Be purposeful. Children will likely remember quality time spent with a parent who was fully present than whether the house was perfect or the laundry folded.”

Rees encourages stressed parents to give themselves time alone as well. “I am part of a prayer and listening group on Tuesday nights. We come together and have a time of silence and share where we are in our lives. For me, that’s my chance for renewal, refreshment, and it makes me return home with a completely different attitude. ... For others, it might be a walk in the woods or coffee with a good friend, or an hour at the gym. It’s hard to make space for yourself, but it can make a big difference in how you treat the people around you.”

When it comes to building a harmonious family life, which elements matter most? “Love, obviously, is essential,” said Rees. “But that’s a big and amorphous word and really has to be much more about how we live than what we feel when it comes to daily relationships. When we are stressed or worried or tired, our closest relationships are the ones that take the biggest hit. It is in those all-too-frequent moments that we have to work the hardest at things like kindness, respect, thinking of how the other person feels.”

The willingness to forgive oneself and one’s family members is also vital to family harmony. “We all do and say things without thinking all the time with our families,” said Rees. “They bear the brunt of all the weight we carry. Try to remember that in the heat of the moment and put aside petty grudges.”

Sometimes, says Rees, it’s small, often overlooked actions that can have a major impact. “Little things matter so much in family life,” she said. “Replacing the soap in the soap dish, or asking someone about their day and really caring about the an-

swer, or giving a hand when you see someone struggling. When my husband hears my car in the driveway when I return from the grocery store and comes out to help carry the bags ... I notice and I feel cared for.”

Letiecq said, “With myriad external stressors and pressures on family systems, it is really important that families ... work together to model positive coping strategies and moderate conflict and anxiety levels. Parents can model healthy conflict resolution practices and support their children’s positive coping and adaptation. This often takes a lot of work, learning skills that we may not have picked up from our own family systems [such as] practice, cooperation and patience.”

“Learn and implement effective communication skills,” said Rees. “Share what you are feeling with those all-important ‘I statements’ that we know about but find so hard to use in the heat of the moment. Stop what we are doing when there is something we really need to listen to, and then really listen with empathy and love. ... Not just thinking it, but saying ‘I love you,’ ‘I’m sorry,’ ‘I forgive you,’ ‘thank you.’”

Manage expectations. “Reasonable expectations seem like a big piece of this, for ourselves, for our kids, for our partners,” said Rees. “Remember to step back and think about what really matters and try to place less importance on the rest.”

Parents are a child’s best role models for dealing with setbacks. “Parents must help their children be resilient when goals are not met,” said Pfeffer. “Sometimes the best growth can be gained by resilience after a disappointment.”

LAUGHTER HELPS A LOT, too. “Try not to take things so seriously and to see the humor even in the mistakes and the impossible moments,” said Rees.

Practice gratitude. “Lately, I keep reading about the link between practicing gratitude and feeling happiness. I find it true in my own life,” said Rees. “When I consciously look for things to be grateful for, I am much more aware of the moments of love and beauty in my life. So practice gratitude for each member of our families, for the good that we see in them, for the moments that we have with them. When, after a long day, I get to sit down and read a book with my arms around my kids, I try to remember to thank God for that moment.”

“There really is not one ‘right’ way to parent a child or engage in family life,” said Letiecq. “Every parent-child relationship, every family system is unique in terms of what each person brings to the relationship: temperaments, interests, skill-sets, personality traits, personal histories, past familial experience, health issues, etc. ... There is a range of parenting styles, but what seems most important is to do what works best with your child’s temperament and what is going to be most supportive and least stressful for the entire family.”

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SPORTS

Woodson Boys' Basketball Wins Back-to-Back Region Titles

Cavaliers overcome adversity, beat Lake Braddock.

BY JON ROETMAN
THE CONNECTION

Woodson senior Jimmy McLaughlin, a first-year varsity starter, grabbed a key rebound and knocked down a much-needed free throw during the final moments of the Cavaliers' region semifinal win over Herndon on Feb. 28. After the game, with several teammates overcome by emotion due to a week of tragedy at W.T. Woodson High School, senior guard Michael Szabo, a role player turned clutch shooter, emerged from the locker room and handled postgame interviews with the media.

The following evening, Woodson held a five-point lead over Lake Braddock entering the fourth quarter of the 6A North region championship game. Junior forward Tyler Wilson buried a 3-pointer early in the period that helped the Cavaliers gain scoreboard separation. Junior forward Will Cogan and senior forward Sean Baude each scored a fourth-quarter bucket. Later, Szabo and senior forward Andy Stynchula, a former role player turned starter, were named to the all-tournament team.

THE WOODSON BOYS' BASKETBALL team captured its second consecutive region championship on March 1, beating Lake Braddock 66-56 at Robinson Secondary School. One year after overcoming a 19-point fourth-quarter deficit to beat Wakefield in the Northern Region final, the Cavaliers played from ahead against the Bruins, opening a 17-point second-quarter lead.

While the Cavaliers had reached the region pinnacle before, the path they traveled to the 2014 title was different. This team played more of an underdog role as they overcame adverse conditions during the season.

"It's a different group of kids," Woodson head coach Doug Craig said Saturday night. "... A lot of them didn't get to experience it last year or really be a big part of it — they were on the team but maybe didn't get a chance to play out on the floor. Tonight, they got a chance to be out there on the floor and do a great job."

The 2012-13 Woodson team was loaded with sharpshooters. Then-sophomore point guard Eric Bowles distributed the ball to Tommy Stepka, Peter Murray, Alex Boock and others, who knocked down clutch 3-pointer after clutch 3-pointer. The Cavaliers finished atop the Patriot District regular-season standings, reached the AAA state semifinals and ended the season with a 25-5 record.

With Stepka, Murray and Boock having graduated, role players from the previous season and transfers stepped into primary roles this year. While there were bumps in the road, players like McLaughlin, Stynchula and Szabo made plays in the



Woodson junior Eric Bowles takes a "selfie" while cutting off a piece of the net after winning the 6A North region championship on March 1 at Robinson Secondary School.



Woodson senior Michael Szabo cuts off a piece of the net after the Cavaliers defeated Lake Braddock to win the 6A North region title on March 1 at Robinson Secondary School.

"[I'm] really happy for our kids, really happy for our school community. This was a very difficult week. The fact that our Cavalry was out in such great numbers says a lot about the school community. To give them an hour-and-a-half, hour-and-45-minute distraction tonight, something to feel good about, that's what sports is supposed to be about at the high school level."

— Woodson boys' basketball coach Doug Craig

postseason when the Cavaliers needed them most.

While a lot changed for Woodson from one season to the next, Bowles' high level of production remained constant. After a stellar sophomore season, Bowles this year was named 6A North region Player of the Year and MVP of the region tournament.

"It feels great just to [win a region title] two years in a row," Bowles said Saturday night. "A lot of people doubted us this year because we lost everyone, but we just worked hard to get where we needed to be. I feel like this year people were doubting us more than last year because once we started playing last year, everyone saw how good we were. This year, people were like, they're not as good as they were last year."

WOODSON FACED ADVERSITY along the way. The Cavaliers lost to Lake Braddock three times by a combined eight points. A busted pipe led to flooding in Woodson's gym in January, forcing the Cavaliers to play some home games on the road and practice away from their comfort zone. And last week, the Cavaliers dealt with the deaths of two of their Woodson classmates.

"[I'm] really happy for our kids, really happy for our school community," Craig said

Saturday night. "This was a very difficult week. The fact that our Cavalry (student section) was out in such great numbers says a lot about the school community. To give them an hour-and-a-half, hour-and-45-minute distraction tonight, something to feel good about, that's what sports is supposed to be about at the high school level."

"I think it's a testament to the community and the team," Stynchula said Saturday, "and just how strong we are when we need to be and we can really come together."

A pair of Stynchula free throws gave Woodson its largest lead of the region championship game, 38-21 with 2:32 remaining in the second quarter. Lake Braddock cut the Woodson lead to nine at halftime and five entering the fourth quarter, but the Cavaliers found a way to hold off the Bruins for the first time in four meetings this season.

Bowles led Woodson with 17 points. Stynchula scored 13 points, sophomore Matt Ayoub finished with 10 and Wilson added eight.

Will Gregorits led Lake Braddock with 17 points. A.J. Alexander finished with 13 points and John Nice had 12.

While the Cavalry supported Woodson

passionately during the championship game, students nearly cost the Cavaliers a chance to even reach the region final.

During the semifinals against Herndon the previous night, Woodson students stormed the court prematurely, resulting in a technical foul against the Cavaliers. Luckily for Woodson, Herndon missed a crucial foul shot with less than a second remaining and the Cavaliers won 63-62 in overtime.

"That was a little stressful out there," Szabo said Friday. "It was a little bit overwhelming thinking that [Cavalier fans] could have cost us the game when they've been there for us all year."

Woodson led 62-59 in overtime when Herndon's Brandon Alston was fouled while attempting a 3-point shot with 1.3 seconds remaining, resulting in three free-throw attempts. Alston made the first two but missed the third. McLaughlin grabbed the rebound and was fouled with 0.4 seconds on the clock and Woodson leading 62-61. With the Cavaliers in the double bonus, the game should have been all but over with McLaughlin shooting two free throws at the other end and Herndon needing a miracle with less than a second remaining. Instead, Woodson fans rushed the court, thinking time had expired.

Officials gathered and discussed how to handle the situation. After a few moments, officials issued Woodson a technical foul, which would give Herndon two free-throw attempts.

McLaughlin went to the line first and made one of two, extending Woodson's lead to 63-61. Herndon then sent Dorian Johnson to the line for the two technical foul shots. Johnson made the first attempt but missed the second, leaving the Hornets trailing 63-62 with 0.4 seconds on the clock. Herndon had the final possession, but the Hornets' inbound pass was swatted away and Woodson secured the win.

"You can't really plan for something like that and it's a shame," Craig said Friday. "Our kids were just excited. I'll take our Cavalry anytime. They've bailed us out a couple times, we figure we can bail them out."

Bowles led Woodson with 14 points. Szabo scored a career-high 13 points and went 4 of 6 from 3-point range. Tre Johnson finished with 11 points. Stynchula scored nine points and grabbed 13 rebounds, McLaughlin finished with four points and 13 rebounds, and Wilson totaled eight points and seven rebounds.

"Last year I didn't really contribute that much but we still won the region championship," Szabo said Saturday. "Coming back this year and being a big part of it, it felt really great."

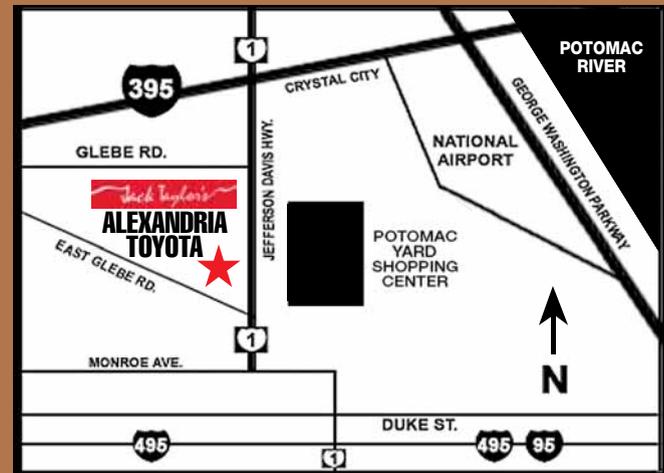
Woodson will face Landstown (Virginia Beach), the 6A South runner-up, in the state semifinals at 3:30 p.m. on Saturday, March 8 at Robinson Secondary School. The winner will advance to the state championship game, which is scheduled for 8:30 p.m. on Friday, March 14 at VCU's Siegel Center.

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ABC LICENSE
DH 411, LLC trading as Kang Chon Restaurant, 7048 Spring Garden Drive, Springfield, VA 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on premises and Mixed Beverage on premises license to sell or manufacture alcoholic beverages. Hee Ja Shin/Managing Member
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
Elenis Greek Taverna, LLC trading as Elenis Greek Taverna, 6131 Backlick Rd, Springfield, VA 22150. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on Premises license to sell or manufacture alcoholic beverages. Helen Sokos, Owner
NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

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

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LEGAL NOTICE
Route 1 Public Meeting on March 26
The Virginia Department of Rail and Public Transportation (DRPT) will host its second public meeting for the Route 1 (Richmond Highway) Multimodal Transportation Alternatives Analysis on Wednesday, March 26 from 6-8 pm, at the South County Government Center, located at 8350 Richmond Highway, Alexandria, VA. The public is invited to participate and learn the latest on this study to improve transit, bicycle, pedestrian and vehicular travel along a 15-mile segment of Route 1 from Woodbridge to I-495. Project partners include Fairfax County, Prince William County, Virginia Department of Transportation, and the Office of Intermodal Planning and Investment. For more information, visit route1multimodalaa.com or call 804-786-4440. DRPT is committed to ensuring that no person is excluded from participation in or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. For additional information on DRPT's nondiscrimination policies and procedures or to file a complaint, please visit the website at www.drpt.virginia.gov or contact the Title VI Compliance Officer, Linda Balderson, 600 E. Main Street, Suite 2102, Richmond, VA 23219.

21 Announcements

Robert "Bob" C. Truax
Robert "Bob" C. Truax, Commander, Ret., USN, October 15, 1936 - September 1, 2013, of Rochester, Minnesota, Springfield, Virginia, and Inverness, Florida, will be inurned at Arlington National Cemetery at 2:00 on Tuesday, March 18, 2014 with military honors. Prior to the inurnment an 11:00 Catholic Mass assisted by the Knights of Columbus will be held at St. Bernadette's, 7600 Old Keene Mill Road, Springfield, VA 22152. Bob is survived by his two children, Heidi Truax Radam and Scott Truax, five grandchildren, and four siblings. His Navy career, marriage to Patricia Clark, and community leadership have been an inspiration to many. Please provide remembrances to the American Lung Association.

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TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as 6258 Paddington Lane, Centreville, Virginia

In execution of a Deed of Trust from Cynthia Glacken and William Glacken, dated September 16, 2005, and recorded September 19, 2005, in Deed Book 17755 at page 1160 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Judicial Center for Fairfax County, at 4110 Chain Bridge Road, Fairfax, VA, on

Monday, March 10, 2014 at 9:30 a.m.

The following property being the property contained in said Deed of Trust, described as follows:

Lot 41, Section 2, London Towne, as the same appears duly dedicated, platted and recorded in Deed Book 2711 at page 684, among the Land Records of Fairfax County, Virginia, together with and subject to the provisions of the declaration of covenants and conditions (including membership in London Towne Homeowners Association) recorded in Deed Book 2788 at page 487 among the aforesaid land records.

Commonly known as 6258 Paddington Lane, Centreville, Virginia 20120.

TERMS OF SALE: A deposit of \$25,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 3.0 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY
Substitute Trustee
FOR INFORMATION CONTACT:
David N. Prenskey
Chasen & Chasen
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LEGAL NOTICE

According to the Lease by and between (1069) Barbara Franceschi and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: totes, bags, furniture, printer, statues, boxes, ect. Items will be sold or otherwise disposed of on Friday March 21, 2014 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

In addition we will be auctioning unit 2031 whereby the proceeds will go to local charities. For more information regarding "Charity Storage" feel free to contact us at: 703-352-8840 ext 2

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URGENT NEWS IF YOU USED TESTOSTERONE HEART ATTACK or STROKE?
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EMPLOYMENT

Suicide Prevention

FROM PAGE 3

"It is easy to misread depression as normal adolescent turmoil," said Mike Parker, director of Student Services at Thoreau Middle School in Vienna, noting that depression appears to be occurring at a much earlier age, and is a leading risk factor for suicide. "In addition, self-injury has become a growing problem."

In an effort to "proactively address these issues," Thoreau sent a letter to parents in January informing them that the school would offer depression screening to all eighth grade students in February.

The screenings were free, voluntary and confidential, a way to assess whether students have symptoms consistent with depression.

The effort to address student stress and prevent teen suicides is a priority for Fairfax County school, according to Ryan McElveen, one of three at-large members of the FCPS school board. In an interview Tuesday, McElveen said that Superintendent Karen Garza is currently working with staff to craft an action plan to address student stress and suicide prevention.

"This plan will involve collaboration with county agencies and include various new strategies, training sessions, and reporting systems.

I believe that the Board will fully support these efforts once a finalized plan has been crafted," McElveen said.

One educational tool FCPS currently uses is Youth ACT- Signs of Suicide (SOS), a depression awareness and suicide prevention program. Its primary objectives are to educate teens that depression is a treatable illness and to equip them with techniques to respond to a potential suicide in a friend or family member. The program includes a depression and suicide screening component and is available for middle and high school aged youth.

FCPS is also in the process of forming a Youth Suicide Review Team to review incidences of suicide in the county, analyze trends, and recommend to the Board of Supervisors programmatic and policy solutions to prevent future suicides.

SEMINARS AND WORKSHOPS FOR PARENTS, such as the one hosted by Thoreau's PTA and facilitated by Robbins, are also offered at a number of schools throughout the county.

McElveen added that students should always feel free to come to school staff or parents with concerns about their classmates.

"Students need to know that we're all in this together as a community, and the school system has the resources to support them. If they are feeling stressed, they should talk with their teachers and counselors and find better ways to strike the important balance between school, extracurriculars, social life and family life," he said.

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 -Werner Heisenberg

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The biggest things are always the easiest to do because there is no competition.
 -William Van Horne



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Manassas **\$779,900**
 Grand 8 BR, 7.5 BA, 3 fin lvl home on 2 acres. 2-story foyer w/dual curved staircases. Formal living & dining rms. Butler pantry. Eat-in gourmet kit w/SS appliances, granite, island w/prep sink. 2-story family rm with stone fireplace. Back staircase. 2 main lvl BR suites. Upper lvl features master suite w/sitting rm, 4 other BRs, 4 BAs & 2nd family rm. Walkout basement w/recreation rm, BR, full BA & huge unfinished area.
Judy Semler 703-503-1885



Mt. Vernon Area **\$600,000**
 Custom Built! Large 5 BR, 3.5 BA Colonial on beautiful half-acre wooded lot! Located near end of quiet cul-de-sac, this 3 level home has an oversized 2 car garage + additional off street parking. Many extras including Sun Rm, Fam. Rm w/ Fireplace off Gourmet kitchen, Deck, Finished basement, and Master suite w/ dual walk-in closets and luxury bath!
Steve Childress 703-981-3277



Lorton Station **\$499,000**
 Picture perfect, 3 BRs, 3.5 BAs, gleaming hardwoods on 2 levels! Fenced yard with patio. Walk to Lorton Station and VRE! Move in perfect!
Marsha Wolber 703-618-4397



Fairfax **\$625,000**
 Newly updated center hall Colonial offers both space and convenience! This wonderful floor plan features 3 finished levels to include 4BRs, 3.5BAs, multiple living entertainment areas, and 2-car garage. Move-in ready - freshly painted, new carpeting, hardwoods, & more! Close to metrobus, VRE, GMU, shopping & top rated schools!
Mary Hovland 703-946-1775
Cathy DeLoach 571-276-9421



Lake Anna **\$638,900**
 This waterfront home offers an open concept floor plan with vaulted ceilings, 4 bedrooms and 3 full baths and sits on almost 1 3/4 acres.
Paul Wesche 540-847-3848



Fairfax **\$699,000**
 3 levels, 3,000 sq ft fin. Updated eat-in kitchen, granite, SS appliances. Updated baths. Main level hardwoods. Lots of new carpeting. Year round sunroom. New windows. New garage door. Roof replaced 2009. Fenced backyard. Close to Metro, Mosby Woods Elementary & Oakton High.
Mickie Shea 703-503-1817



Clifton **\$645,000**
 Light, bright rambler on outstanding 5 acre setting! Updates throughout! Newer kitchen, updated bathrooms, main level master suite, screened-in porch with gorgeous views! Walk-out lower level has complete suite, full bath, office and private entrance.
Carol Hermandorfer 703-216-4949



Fairfax **\$574,500**
 Sought after Colchester Hunt neighborhood! Immaculately maintained and updated home! Featuring 4 bedrooms, 2.5 baths, and 3 finished levels! Quiet, private drive with a welcoming front porch, 0.62 acres, deck and 2 patios to enjoy the quiet setting. Many updates including kitchen and master bath make this home move in ready! Oak View ES, Robinson SS. A real find in treasure of a neighborhood.
Marsha Wolber 703-618-4397



Centreville **\$2,895,000**
 Stunning 6 bedrooms and 6.5 baths custom estate on over 5 gorgeous acres. Builder-owned, this home is top quality and is graced with an abundance of striking design features. Boasting over 14,000 square feet of interior living and entertaining space this home has it all! Mahogany floors, marble columns, granite counters, 4 fireplaces, 5 car garage, wine room, home theater, pool and much, much more.
Carol Hermandorfer 703-216-4949



Springfield **\$675,000**
 Just Listed! Beautiful 4 BR/3.5BA home in Daventry on one of the nicest lots in the neighborhood! Main level office. Huge eat-in kitchen. Gorgeous hardwood floor throughout the main & upper level. Finished walk out basement. Fenced yard. Screened porch. So much more.
Diane Sundt 703-615-4626



Gainesville **\$429,000**
 Enjoy 55+ lifestyle in Heritage Hunt with activities, golf, pools, trails. SFH - 3BR/2BA with easy one level living. Complete kitchen renovation, screened porch & deck. Short walk to clubhouse. See photos & more 55+ homes www.marylaroche.com. Call Mary to view.
Mary LaRoche 703-919-0747



West Springfield **\$585,000**
 Absolutely stunning, beautifully renovated with top of the line appliances, 4 bedroom, 3 full bath, split level, great location, everything done, just move in, West Springfield schools.
Mary FitzHenry 703-250-8915



Fairfax Station **\$1,095,000**
 Beautiful Horse Property! Gorgeous contemporary Deck House on beautiful 5+ acre horse property with two stall barn and two paddocks. Featuring walls of windows this home offers enjoyment of nature both inside and out. Features three fireplaces, soaring 2-story great room, 4 bedrooms and 3.5 baths. Beautiful landscaping has won local gardening awards!
Carol Hermandorfer 703-216-4949



Burke Centre **\$354,900**
 Beautiful, well kept, townhouse with many upgrades, nice deck, fenced yard, Robinson schools, must see inside; feels like home.
Mary FitzHenry 703-250-8915



Lake Anna **\$699,000**
 Waterfront professionally maintained log home. Beamed ceiling, ceramic floors, open floor plan, see through fireplace between master suite and Great Room. In ground sprinkler system, level lot with easy walk water. Covered boat dock with lift and 220' ft. of waterfront.
Doug Hough 540-846-5844



Centreville **\$298,000**
 3 finished levels, eat-in kitchen, master bedroom with walk-in closet and private bath, recreation room with fireplace, fenced back yard with patio. Convenient location near major commuter routes, schools, shopping and restaurants.
Judy Semler 703-503-1885



Burke **\$332,000**
 Nice four bedroom, many improvements, newer furnace and some appliances, w/d; close to trans, shops, schools, with Lake Braddock amenities, ie pools, lake priv; Lake Braddock schools.
Mary FitzHenry 703-250-8915



Clifton **\$875,000**
 "Sparkles" is the best way to describe this 5 acre, 4 level colonial, 3 fireplaces and a 6 stall stable and paddocks. Upper level could be teen or in-law suite! Outstanding setting!
Carol Hermandorfer 703-216-4949



Alexandria Manchester Lakes **\$429,900**
 It Has It ALL! Spacious 3 level townhouse has 3 bedrooms and 3.5 baths. Master bedroom suite has luxe bath with soaking tub and separate shower. Walkout lower level features rec room with gas fireplace and finished den/office. Deck off main level. Eat-in kitchen. Separate dining room. Sunken living room.
Mary Wharton 703-795-0587



Fairfax **\$650,000**
 Open Sunday, March 9. Everything you want...fabulous 3 finished level, 4 BR, Colonial with renovated kitchen, new carpeting, hardwoods, new windows, walkout LL, screen porch & expansive deck overlooking treed lot and parkland, plus 2-car garage. Close to top-rated schools, VRE, Metrobus, and GMU.
Mary Hovland 703-946-1775
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