

The massive American flag float  
was released on Main Street for  
the City of Fairfax's 44th annual  
Independence Day Parade.

## Swearing In New Citizens

NEWS, PAGE 3

## Tea Party Throws Party

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# Patriotic Pride

COMMUNITY, PAGE 3

PHOTO BY JUSTIN FANIZZI/THE CONNECTION

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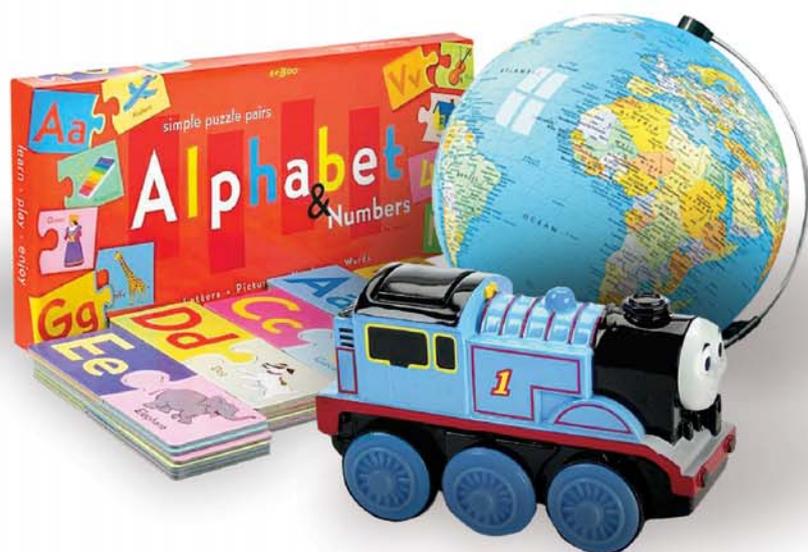
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The Kena Shriners race their go-karts as part of a longstanding tradition at the parade.



The Northern Virginia Firefighters Emerald Society Pipe Band marches in the parade.

## City Says 'Happy Birthday, Uncle Sam'

City of Fairfax celebrates the Fourth of July with its annual Independence Day Parade.

BY JUSTIN FANIZZI  
THE CONNECTION

Good old Uncle Sam celebrated his 234th birthday this year, on Sunday, July 4, and if he could see the party the City of Fairfax threw, he would certainly blush.

The city closed down Main Street for its 44th annual Independence Day Parade on Saturday, July 3, and once again, floats, fire trucks, go-karts and more filled Old Town Fairfax to the delight of hundreds of spectators. With a dance performance from

Washington D.C.'s Anacostia High School Dance team, music from the W.T. Woodson Marching Cavaliers and an appearance by Uncle Sam himself, among the myriad groups gracing the lineup, the parade offered something for everybody.

"We've been coming for a few years now, and we always enjoy it," said Kate Deer, who brought her two children, ages 2 and 4. "The kids don't get to see many parades, so it's a lot of fun for them to watch. This year may be even better than last year."

The festivities began at 10 a.m., and city officials, including all members of the City

Council and School Board, were first in the procession.

Several members of the Board of Supervisors, as well as Del. David Bulova (D-37) and Sen. Chap Petersen (D-34), also participated, following the city leaders. Several old favorites also returned, with the Kena Shriners Car Club performing their traditional go-kart drive-by and the American flag float being released.

In total, nearly 100 different individuals and groups marched in the parade, enter-

taining the scores of people lining the downtown sidewalks for more than two hours. The dazzling display, while a familiar site for longtime residents, wowed those new to the parade and had them vowing to make the event an annual family tradition.

"This is my first time ever coming to the [Independence Day] parade [in the City of Fairfax]," said Steven Bradd, 14. "And I've really enjoyed it. The music, the floats, everything. We're having a great time."

**"I've really enjoyed it. The music, the floats, everything."**

— Steven Bradd, 14

## Fairfax Residents Become U.S. Citizens

County government sponsored a local naturalization ceremony last month.

BY JULIA O'DONOGHUE  
THE CONNECTION

Without a doubt, the most frustrating part about living in the United States without citizenship for Nojan Navab was not being able to vote in elections.

"I will be voting in every election I can after this day," said Navab, who moved to the United States with his family in 1996 at the age of 13.

The Iranian native graduated from Woodson High School, George Mason Uni-

versity and now lives in Fairfax.

"I basically regard this pretty much as my country," said Navab, who has been working toward citizenship for years.

Though his family initially came to the United States seeking political asylum, Navab had to wait nine years before he was granted permanent U.S. residency status. He and other family members got caught in a large backlog of candidates for green cards when the federal government procedures for applicants changed following the Sept. 11 attacks.

Now that he is a citizen, Navab is also

looking forward to traveling more internationally. "I tried to go to Europe in 2006 or 2007 and ended up canceling the trip because the visa application took so long that I just gave up," he said. With an American passport, Navab won't even be required to get a visa before traveling to most countries in Europe, he said.

**NAVAB**, the first person in his immediate family to become a citizen, was one of the 74 people who became naturalized Americans at the Fairfax County Government Center May 14.

The county government sponsored the citizenship ceremony for the second year in a row in honor of Asian American and Pacific Islander Month. According the U.S. Census, approximately 28 percent of all



PHOTO BY JULIA O'DONOGHUE

**Woodson High School graduate Nojan Navab became a U.S. citizen at a naturalization ceremony at the Fairfax County Government Center last month.**

Fairfax residents are foreign born and 50 percent of all county residents who are immigrants come from Asia.

SEE LOCAL, PAGE 7



DONATED PHOTO

### Scout Earns Gold Eagle Palm

**Anthony Applewhite has earned a Gold Eagle Palm, a rare achievement for any scout and particularly for one at the age of 14. Applewhite has earned 31 merit badges, 10 more than the 21 needed to reach the Eagle Scout Rank. A young man who excels in school, sports, music and scouts, he is the child of two military parents. Anthony is expected to remain active as a scout, and also has high expectations for himself in the fields of math and science. A resident of Fairfax, where he goes to school, Anthony is a member of a Troop 1577, which is based in Herndon.**

### Industrial-To-Office Building Conversions On Rise

The Fairfax County Economic Development Authority expects many large-scale warehouses and other industrial buildings to be priced out of the local commercial real estate market over the next few years.

"It is inevitable. Look at Arlington County and the City of Alexandria. The land just gets too expensive in urban areas. Those types of uses will eventually go away in Fairfax," said Gerald Gordon, president and chief executive officer of the Fairfax County Economic Development Authority.

The amount of industrial and flexible commercial space in Fairfax already declined in 2009, in part because industrial facilities were demolished and replaced with new office or retail developments. Redevelopment projects in Merrifield alone claimed more than 150,000 square feet of industrial space last year, according to the authority's 2009 real estate report. But Gordon anticipates that many warehouse-to-office conversions will take place in Springfield and Lorton area, where more than half of the county's industrial buildings are located. Government contractors will want to be nearby when several military operations move to Fort Belvoir and the National Geospatial-Intelligence Agency moves to Springfield in 2011.

"The overall inventory is expected to take some serious hits over the next 10 years as older industrial/flex is redeveloped into high-end office space to meet new demands in traditionally industrial areas along I-95," stated the economic development authority's report.

Most of the companies that currently occupy industrial

SEE NEWS BRIEFS, PAGE 7



PHOTO BY JUSTIN FANIZZI/THE CONNECTION

**Northern Virginia Tea Party organizer Ron Wilcox speaks at Monday's event.**

# Tea and Independence

## Northern Virginia Tea Party hosts Independence Weekend Wrap-up Picnic.

### Join the Movement

E-mail the Northern Virginia Tea Party at [Organizer@NorthernVirginiaTeaParty.com](mailto:Organizer@NorthernVirginiaTeaParty.com) for information on future events and how to join.

BY JUSTIN FANIZZI  
THE CONNECTION

It is every American's constitutionally guaranteed right to oppose the government, and while most people are content to simply voice their displeasure, Northern Virginia has more than a few who will not sit idly by.

The Northern Virginia Tea Party, with its quickly growing ranks, began spreading its message of devout Constitutional adherence only a year ago. However, as evidenced by the large crowd gathered Monday, July 5 at Davis General Store in Fairfax Station for the group's Independence Weekend Wrap-up Picnic, the relatively new chapter of the nationwide movement has gained a foothold in the area.

"We're double what we were six months ago," said group organizer Ron Wilcox. "First of all, we continue to organize, and we are fairly aggressive in recruiting people. They are realizing that federal government is only part of the problem, and we need to affect things at a local level."

The Northern Virginia Tea Party, according to Wilcox, formed in late March 2009. Wilcox said that in response to the election of President Barack Obama (D) and the policies that his administration implemented, he and a few like-minded friends began their own Tea Party-style group to rally local citizens. However, he soon found out that another, similar group was also established around the same time, and realized that the message his group wanted to spread could reach more people if the two groups joined forces. So, on March 26, 2009, Wilcox reached out to the other group, the two merged, and the Northern Virginia Tea Party was born.

"There were two separate groups who felt that it was important to organize locally because we realized that we had no constituency in D.C.," Wilcox said. "Plus, we shared the same vision that we needed to affect local politics."

The first official events, Wilcox said, took place in February, and the group has had 12 biweekly meetings to date. The meetings provide a networking opportunity for area residents sharing the same ideals, and also bring in speakers to lecture on what it means to be a member of the Tea Party movement and how to recruit others using grassroots techniques. This format was followed at Monday's wrap up picnic, with a few special speakers added in for the occasion.

Eric Cary, a candidate for the Maryland State Senate, began the proceedings with an impassioned speech on Tea Party ideals. He started by explaining to the 60 or so in attendance that their participation in the movement is crucial, as the things the Tea Party is

fighting for now, such as the repealing of Obama's health care plan, fiscal conservatism and the reduction of dependency of foreign oil, will have drastic impacts on their children. In addition, Cary also warned potential political candidates not to use the movement as a springboard to election and instructed the crowd to ask specific questions of their candidates to see how dedicated they are to the movement.

"If a candidate wants to bring reform and become a representative of us, they must understand that we're going to be looking at them with a close eye," Cary said. "Our responsibility as Tea Party members

**"We're double what we were six months ago."**

**— Ron Wilcox, Northern Virginia Tea Party organizer**

SEE TEA PARTY, PAGE 7

# MILITARY

**Shelby L. Loeffler** has received a four year Army ROTC (Reserve Officer Training Corps) scholarship to attend Virginia Military Institute, Lexington. The mission of ROTC is to provide future officers with leadership qualities needed in the regular Army and the Reserve Components. She is the daughter of Sam Loeffler of Clifton Road, Clifton, and Sherra Loeffler of 13th Court N., Arlington. Loeffler graduated in 2009 from Robinson Secondary School and is currently attending Mary Baldwin College.

**Army Pfc. Alan C. Leung** has deployed to Iraq to serve in support of Operation Iraqi Freedom. Leung, an

automated logistics specialist, is normally assigned to the 249th Quartermaster Company, Fort Bragg, N.C. He has served in the military for one year. He is the son of Tony W. Leung and brother of Mandy C. Leung, both of Sherman Street, Fairfax. The private is a 2008 graduate of Fairfax High School.

**Army Capt. Bryan J. Burkhalter** has deployed to the U.S. Naval Base, Guantanamo Bay, Cuba, to serve as a member of Joint Task Force-GTMO in support of Operation Enduring Freedom and/or Operation Iraqi Freedom.

Burkhalter, an executive officer, is regularly assigned to the Maritime

Safety And Security Team, based in Los Angeles/Long Beach, Calif. He has served in the military for eight years.

He is the son of John C. Burkhalter of Dungannon Road, Fairfax.

The captain graduated in 1997 from Bishop O'Connell High School, and received a bachelor's degree in 2001 from the U.S. Coast Guard Academy.

**Autumn A. Benedict** of Fairfax completed Air Force Officer Training School on Dec. 19, 2009 at Maxwell Air Force Base and was commissioned by her father Lt. Col. Craig F. Benedict during the graduation ceremony there. Lt. Autumn Benedict will be assigned to Tinker Air Force Base, Okla.

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## PEOPLE



The Rotary Club of Fairfax named Timothy Hoffman of Fairfax High School and Cheryl Coyne of Lanier Middle School as its 2010 Teachers of the Year. From left are Dr. Scott Poole, principal, and Coyne, social studies teacher of Lanier Middle School; and Timothy Hoffman, ESOL teacher, and David Goldfarb, principal, of Fairfax High School.

## Rotary Honors Two Teachers

### Fairfax club recognizes Fairfax High, Lanier Middle educators.

Timothy Hoffman of Fairfax High School and Cheryl Coyne of Lanier Middle School were honored on May 17, as the Rotary Club of Fairfax's Teachers of the Year for 2010. The two Fairfax educators were chosen for their outstanding and demonstrated ability to instill in students a desire to learn, extensive subject area knowledge, understanding of student needs, ability to foster self-esteem, cooperative relationships with their colleagues and outstanding educational leadership. The Rotary Club of Fairfax bestowed upon Hoffman and Coyne each an engraved trophy naming them as the club's Teacher of the Year and a check for \$1,000.

Every spring, the Rotary Club of Fairfax recognizes local teachers as its Teachers of the Year as part of its service to the Fairfax community.

"We feel very fortunate to have had the chance to recognize Mr. Hoffman's and Ms. Coyne's tremendous contributions to the young people in our community," said Rotarian Paul Gauthier, who serves as the Fairfax Rotary club's Vocational Service director and who coordinated the Teacher of the Year award efforts. "Both of them are gifted educators who care deeply about their students." According to Gauthier, the Fairfax Rotary Club raises funds for the Teacher of the Year awards each year through fund raisers and donations. "Teachers are so important and so rarely receive recognition for the amazing work they do," he said. "Our club is dedicated to rewarding excellence in teaching in our community."

The ESOL department chair at Fairfax High School since 2004, Hoffman has 24 years of teaching experience in the U.S. and abroad. He has a master of arts in linguistics from Ohio University and this year, was also honored as Fairfax High School's Teacher of the Year. Hoffman said that his philosophy of edu-

cation is comprised of three concepts: created communities, modeled leadership and expanded horizons.

"I have worked my entire career to enact these concepts in my school and in the classroom," Hoffman said, adding that for him, no job can compare with the vocation of teaching. "It's been one of the joys of my life to have had these years with my fellow teachers and with all of the students with whom I have had the honor to work."

"I have tried my best to help my students become more understanding, skilled, and independent citizens, but I often feel that it has probably been I who has learned the most," he said.

Coyne has been a social studies teacher at Lanier Middle School since 2004 and has taught in the Fairfax County Public School system for 15 years. She has a masters of education degree from Marymount University and says that her desire to be a teacher was born in large part out of her own ups and downs as a student, beginning with challenges she faced in third grade. "I truly believe that my third grade experiences helped me be a better teacher," said Coyne. "To help others, we must first understand ourselves." In fact, Coyne said that her own challenges as a student have been one of the largest benefits of her career path. "We need to learn not only from our successes, but from our failures, too," she said.

Coyne's teaching philosophy has three basic tenets: reciprocal respect, assisting students to achieve their goals in life, and helping students see and understand their society. As a social studies teacher, she strives to help students become active citizens. "I not only refuse to accept apathy in my class," she said. "I want to make sure that my students understand that apathy is not an option in our society."

The Rotary Club of Fairfax meets on Mondays at 12:15 p.m. upstairs at the American Legion on Oak Street in Fairfax. For more information about the Rotary Club of Fairfax, visit the club's website at [www.fairfaxrotary.org](http://www.fairfaxrotary.org) or e-mail Executive Director Irby N. Hollans Jr. at [ihollans@earthlink.net](mailto:ihollans@earthlink.net).



Pictured are FFO Board member Carolann Wilson, SGA representatives Brendan Muha and Leah Utley and FFO Director Liz Reinert.

## 200,000 and Counting

### Food for Others says thanks to Paul VI Catholic High.

At a school awards ceremony last week, Liz Reinert, the director of Food for Others, presented Paul VI Catholic High School with a certificate acknowledging that since 1997, PVI has donated over 200,000 pounds of food to Food for Others, an organization that provides meals for many needy families in Northern Virginia.

"By industry standards, one pound equals one meal, and that means that PVI has contributed 200,000 meals back in to their community," Reinert said.

Paul VI conducts its Ton of Love Canned Food Drive every year around Thanksgiving. In last year's drive alone, PVI students and staff donated 39,000 cans and more than \$9,500 to Food for Others.



Chris Hoover speaks at Moore Automotive's Women's Brunch and Car Care Clinic.

## Moore Automotive Hosts Car Care Clinic for Female Car Owners

Moore Automotive of 9776 Fairfax Blvd., Fairfax, hosted a Women's Brunch and Car Care Clinic on April 24. Twenty-one women attended to hear the reasons why and how to maintain their vehicle. Co-owners Pamela Johnson, Bill Johnson and Chaz Paige served a brunch of quiche, crab cakes, sandwiches and other goodies catered by local Cooking & Company Caterers. Chris Hoover, ASE master technician and Doug Robinson, technician, explained the importance of maintaining an auto for optimum performance. Some items discussed were when to change fluids, checking and replacing the battery and a review of emergency kits. Other topics included dashboard lights, what they mean and what to do and not do when they come on. Gifts were also given to several attendees.

# Tea Party Celebrates July 4th

FROM PAGE 4

is to hold these politicians' feet to the fire. This [movement] is not a magic bullet to get into office."

Several candidates in state elections in 2011 also made appearances, both to rally the crowd and to get a head start on campaigning. Steve Hunt, defeated by Sen. David Marsden (D-37) in a January special election to fill Attorney General Ken Cuccinelli's (R) vacant Senate seat, announced that he would be running for the seat again in 2011. He said that the state of local politics has gotten worse since he ran for office just less than seven months ago. He echoed the Tea Party mantra of the U.S. Constitution being the blueprint for the country.

"What we're seeing today is a bureaucratic tyranny, which has grown too much and is trying to take too much of our power," Hunt said. "We need to get back to elected officials serving the people and being a watchdog for the people."

Republican Scott Martin, who will be challenging Sen. George Barker (D-39) in November 2011, followed Hunt, and spoke out in support of several issues. Martin said that he is running on a platform of lower taxes, spending cuts and a smaller government, and also voiced his unabashed support for the Second Amendment, including the abolishment of the newly passed state law prohibiting concealed weapons on college campuses.

"Extend liberty," Martin said. "It's that simple, and that's what I want to do. Guns are the tools our found-

ing fathers used to gain our freedom. They are something to be feared, because they are tools of liberty."

David Dotson, the Libertarian candidate for the 11th Congressional District and challenger to Republican Keith Fimian and incumbent U.S. Rep. Gerry Connolly (D-11), concluded the candidates' portion, stressing the need for individual liberty. Dotson said that he considers himself straight out of the Ron Paul mold, and that he looks to Paul for definitive answers on important issues. Dotson, new to politics, said that he is in favor of abolishing the IRS, limiting the power of the Federal Reserve and U.S. Treasury and is against the wars in Iraq and Afghanistan, saying he supports the troops but not the government's "empire building."

"I don't want to be a politician, that is not why I am here," Dotson said. "I ran because I am upset and want to see change. The Federal Reserve can print money whenever it wants, and the Treasury just borrows it from China whenever it wants, and we're not going to be able to cut spending as long as this is happening."

Mike McCue, president of the Virginia Gun Owners Coalition, dressed as Patrick Henry and recited his "Give me liberty or give me death" speech.

"The Tea Party movement is inspiring us ordinary citizens all over the world, and we're with these guys," said Daniel Rowe, visiting from England. "What happens in this country ripples across the world, and when you elect the right government, it helps everyone."

# Local Naturalization Ceremony

FROM PAGE 3

"We proudly proclaim ourselves a nation of immigrants but the truth is that our Asian American community had a particularly rocky time," said Fairfax County Board Chairwoman Sharon Bulova (D-At-large), who cited several laws from the 19th and 20th centuries aimed at limiting the number Asian immigrants entering the country.

But Abdul Hussam, a George Mason University professor, said the United States offers untapped personal freedom to all of citizens, particularly when it comes to religious thought and political ideology.

The professor and keynote speak for the ceremony won the federal government's "Outstanding American By Choice" award in 2008 for work he has done to improve the water quality in his native country,

Bangladesh.

"I am a Muslim in America, and I am granted more freedom here than in most other countries in the world. When I disagree with American foreign policy, I can still speak my mind about it," said Hussam.

But many of Fairfax's newest U.S. citizens admitted later that their reasons for becoming an American were less lofty than those articulated by Hussam in his speech.

Giovanna Moya, a Bolivian-born Mason student, was primarily motivated to become a U.S. citizen for practical reasons. She wants to work in global affairs and needed citizenship in order to work for the U.S. Department of State this summer.

"I couldn't get the internship without being a citizen. That was the main reason for doing it now," said Moya.

## NEWS BRIEFS

FROM PAGE 4

space in Fairfax are small employers that provide functions like printing, auto repair and storage. Some are delivery services with large fleets of trucks or other vehicles that are parked on the property, said Gordon.

"These are all the kinds of uses that could move further west or south," he said.

According to the report, Fairfax is already seeing a surge of interest in industrial and flexible commercial property along Interstate 95. Ten of the county's 14 largest industrial leases signed in 2009 were for space in Springfield (three), Franconia (three), Newington (two) and Lorton (two).

"They won't do it now. ... But absolutely, we will see Class A office space on Richmond Highway," said Gordon.

Fairfax had already seen a shift away from traditional industrial use in its commercial market. Over the past decade, speculative industrial development was more likely to be built as "flexible space" that was easily adaptable to a number of different uses. Small and new businesses often choose to lease flexible industrial space over traditional offices because it is cheaper, according to the report.

There is a down side to losing true industrial uses in Fairfax, according to Gordon. Residents and companies will have to travel longer to get to their storage units for example, he said.

## Fairfax Seeks Input On Deer

Fairfax County is soliciting public input on deer management through an online survey available at <http://www.fairfaxcounty.gov/survey/deermanagement.htm>.

Residents are encouraged to share their thoughts on the prevalence of deer and how the county should address the issues surrounding them. Officials will post the results of the survey on the Fairfax government website Aug. 1.

To learn more about deer management in Fairfax County, visit <http://www.fairfaxcounty.gov/living/animals/wildlife/management/deermanagement.htm> or contact Fairfax County wildlife biologist Vicky Monroe at 703-324-0240.

— JULIA O'DONOGHUE

## MILITARY NOTES

**Army National Guard Pfc. James C. Stocking** has completed the Warrior Transition Course at Fort Sill, Lawton, Okla. He is the son of James R. Stocking of Hideaway Road, Fairfax.

**Marine Corps Pfc. David P. Adrounie**, a 2009 graduate of W. T. Woodson High School, recently completed 12 weeks of basic training at Marine Corps Recruit Depot, Parris Island, S.C.

**Army Pvt. Geoffrey A. Reavley** has graduated from Basic Combat Training at Fort Sill, Lawton, Okla. He is the brother of Wesley Scott Shaw of Boggs Road, Zanesville, Ohio, and son of Karen Stewart of Ironmaster Drive, Burke. Reavley is a 2004 graduate of Fairfax High School.



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# OPINION

## School Board Could Learn To Share

Too many decisions made with tone of 'we know best,' not enough sharing of data.

**T**he possible closing of Clifton Elementary, apparently because it "is going to be a very expensive school to renovate," is causing outrage amongst people with and without school-aged children in the Clifton area.

More expensive than what? The specifics of alternatives, in this case and others, are often unavailable to the people who will be affected by such actions by Fairfax County Public Schools.

Small community-based elementary schools serve many purposes, benefit children and families and do in fact foster a sense of community. The pushback isn't surprising, and is probably inevitable.

But what makes the proposed closing of Clifton Elementary similar to the ending of other programs and closing of other facilities is the lack of hard information shared with the public about the benefits and alternatives in Fairfax County.

Consider the closing of Pimmit Alternative School, which will ostensibly save \$1 million annually in a \$2 billion budget. What will the costs be of having the students served by Pimmit go elsewhere? What of those adult students who will not be able to travel to one of the other alternative schools and conse-

quently might go without a high school diploma? Are some of these people more likely to need public assistance? Less likely to make a good salary that allows them to contribute to the local economy?

Or the elimination of Project Excel to be sure that all the schools with a large population of poor students get something, but now no one seems to be sure exactly who will be getting what.

Or the elimination of a "modified calendar" (year-round school) in several elementary schools that has been associated with better student performance. Exactly what will that save? Enough to offset the fact that the schools with a modified calendar tend to have a higher population of students who will need services over the summer in any event?

And now it turns out that the plan for closing Clifton Elementary that has been the underlying assumption for more than a year (building a new, bigger school on the Liberty Middle School site) is being scrapped, meaning that students might be divided up amongst several different elementary schools. What will that cost? Will those schools need additions? We don't know.

As a result it's hard to have confidence in

our community would be divided as our children would likely be bused to several different elementary schools. Given the size and rural nature of the Clifton area, this would result in higher transportation costs, and much longer bus rides for many of our children.

Clifton Elementary serves the largest geographic area of the county and to bus these children even further is unconscionable.

To close a high-performing school when the county is facing an overcrowding crisis in schools to the north and northeast of Clifton does not make sense. Closing Clifton means that FCPS will have to find 367 more seats for the students of Clifton in an already overcrowded school environment. Where does the school board propose to send these students? No boundary study has been conducted, so it is unclear at this time. A boundary study should be conducted before the school board is asked to make a decision whether to close Clifton Elementary.

The solution proposed by FCPS to build a new elementary school on the site of Liberty Middle School does not effectively solve the overcrowding problem because it is too far from the schools

in along Route 29 and Interstate 66 corridor that are suffering from overcrowding. In a School Board work session held on June 29, Dean Tistadt, chief operating officer for FCPS, admitted that the Liberty site is not ideally located to solve the problem. The challenges of renovation of Clifton and overcrowding at schools in other parts of the county are two distinctly different problems that happen to be arising at the same time. FCPS needs to find a solution to the overcrowding problem in the area of the county where it exists — not Clifton.

As a parent, I have never felt that Clifton Elementary is educationally inadequate because it doesn't have a school age child care program, a stage, a separate room for strings and band, or a larger gym, cafeteria or media center. These things are nice to have, but not essential to a quality education, especially in these lean economic times.

At the June 28 public hearing, the School Board heard from more than 150 citizens who will be directly impacted by the closure of Clifton Elementary. Were any of them in favor of closing Clifton Elementary? Were any of them complaining that Clifton Elementary does not have the facilities



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

**Approximately 85 people showed up to the June 10 meeting of the Fairfax County School Board to oppose the closing of Clifton Elementary School.**

the pronouncement that keeping the school open is too expensive. That might be true, but more expensive than what? If staff and school board can't answer that question, how did they consider the alternatives and costs?

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

that some other elementary schools have and that it is on well water? Did any of them say that they wanted FCPS to build a new school with the educational specs that are mandated by the county? The answer to all of these questions is a resounding "No." The taxpayer dollars that would be spent in closing our school and building a new school are better spent somewhere else, such as in the area of the county where the overcrowding actually exists.

FCPS staff has acknowledged that it is possible to renovate Clifton Elementary. Please listen to what the community most affected by the proposed closure is asking you to do, and renovate our school.

**Cindy Gugino**  
Fairfax

## Fairfax Schools Will Be Affected

To the Editor:

The current deliberation about closing Clifton Elementary School has been broadly painted as a struggle for a small community to save its identity, with the focus on

SEE LETTERS, PAGE 9

## Don't Close Clifton E.S.

*The following letter was sent to the Fairfax County School Board.*

Dear School Board Members:

I am a parent of two children who attend Clifton Elementary. I urge you to renovate Clifton Elementary, not close it down. Our school's physical building may not be "state of the art," but it is certainly adequate. We bought a house in the Colchester Hunt neighborhood of Fairfax County because of the fine reputation of Clifton Elementary School. We could have chosen to live elsewhere in the county, but we did not believe that the elementary schools that accommodate 900 students would serve the educational needs of our children well. We chose Clifton Elementary.

The Clifton community does not believe in the "bigger is better" trend for new elementary schools in Fairfax County. Clifton Elementary and its 367 students perform consistently well, and the school won the Governor's Award for Educational Excellence in 2009. One size does not fit all when it comes to educating our children.

If Clifton Elementary is closed,

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# LETTERS

FROM PAGE 8

how a decision will impact Clifton. However, the closure of CES will be felt by communities from Lee's Corner to Silverbrook and most of those communities do not know about the very real potential of closing CES or why it is relevant to them. The closure of CES is the tip of the proverbial iceberg and the real mass of the issue lies below the surface — the disruption of elementary, middle and high school attendance areas for thousands of families. That re-districting plan is to be addressed only when the decision to close Clifton is made — too late to use CES as part of a broader solution.

The Fairfax County School Board anticipates overcrowding in Lees Corner, Waples Mill, Providence, Greenbriar East, Greenbriar West, Eagle View, Powell, Bull Run and London Towne elementary schools by the 2015-16 school year. The board's preferred strategy for addressing this overcrowding is to build a new school within the Southwestern Region. One of the challenges the board faces with the construction of a new school is site selection.

One site that has been deemed highly desirable by the board is a large plot of land at Liberty Middle School. It seems that this site meets many of the requirements for a new elementary school and is of particular interest to the board because it is a plot of land already owned by the Fairfax County Public School system — a "bird in hand." This location is not without issues. First and foremost, the Liberty Middle School site is not near the anticipated overcrowding. If a new elementary school is built at this location, a massive boundary study will be required — one that may include up to 28 elementary schools. Secondly, the location will add more congestion onto

Union Mill Road, a high traffic area that already supports the community of Little Rocky Run, a shopping mall, a middle school, and a high school. Finally, it has recently come to light that there is naturally occurring asbestos at the planned site. The containment and treatment of the construction site could add more than \$1 million to the cost of the school, which was not included in any initial estimates. Finally, the implications of undertaking such an endeavor in close proximity to an existing middle school has been neither explored by the board nor open for public discussion.

How could the board justify the construction of a new school at such a site given these limitations without seriously exploring other options (e.g., another location or additions to existing schools)? It is simple. CES is within 3 miles of the Liberty Middle School site and the board has linked the closure of CES to the construction of a new elementary school. A boundary study to assess the impact of a new school at the Liberty Middle School site will not be initiated until a decision about closing Clifton has been made. It is difficult to predict which elementary schools will be affected, but some conclusions can be made based on the building utilization studies conducted by the board

The impact of closing CES cannot be fully appreciated until after it is too late. I doubt that the residents of the Union Mill, Willow Springs, Fairfax Villa and Oakview elementary school systems even know decisions are being discussed that will have a significant impact on where their children will attend school in the coming years.

**Ken Coon**  
Clifton

## BULLETIN BOARD

### FRIDAY/JULY 9

**Line Dance Class.** 10 a.m. Durga Temple, 8400 Durga Place, Fairfax Station. For age 55 and up. All levels. Ongoing, meets every Friday. \$5. Registration required at [www.fairfaxcounty.gov/rec](http://www.fairfaxcounty.gov/rec) or 703-324-5544, TTY 711.

### TUESDAY/JULY 13

**Yoga.** 10 a.m. at Heatherwood Retirement Community, 9642 Burke Lake Road, Burke. For age 55 and up. 8-one hour sessions. Learn basic Yoga postures while building strength and increasing and endurance and flexibility. Bring a mat and wear loose comfortable clothes. \$5. Registration required at [www.fairfaxcounty.gov/rec](http://www.fairfaxcounty.gov/rec) or 703-324-5544, TTY 711.

### WEDNESDAY/JULY 14

**Tai Chi Exploration.** 1 p.m. and 2 p.m. at Woods Community Center, 10100 Wards Grove Circle, Burke. For age 55 and up. 8-one hour sessions. Increase flexibility and maintain health through breathing and the gentle movements of Tai Chi, Chi Kung, and Yoga. \$5. Registration required at [www.fairfaxcounty.gov/rec](http://www.fairfaxcounty.gov/rec) or 703-324-5544, TTY 711.

### THURSDAY/JULY 15

**Fairfax Toastmasters.** 7:30 p.m. at Fairfax High School Room J136, 3501 Rebel Run, Fairfax. Meetings on the first and third Thursdays of the month. [fairfaxtoastmasters@gmail.com](mailto:fairfaxtoastmasters@gmail.com).  
**Karate.** 1 p.m. at Ekoji Buddhist Temple, 6500 Lakehaven Lane, Fairfax. For age 55 and up. 8-one hour sessions. Introduction to basic karate techniques. \$5. Register at [www.fairfaxcounty.gov/rec](http://www.fairfaxcounty.gov/rec).



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# Let's Get Fit

BY ARIELLE RETTING  
THE CONNECTION



## Local woman, 40, trains as body-builder.

**A**fter 17 years of climbing the corporate ladder, 30-year-old Sherry Nicely noticed she was getting winded — both metaphorically and physically.

“I was just never really satisfied or fulfilled, and sitting behind a desk doing accounting I realized that my health wasn’t as good as it could be,” Nicely said. “You know, that sick and tired of being sick and tired kind of feeling? I thought I was way too young to feel that way.”

So Nicely did what most people do: she joined a gym.

“I couldn’t wait to come home from a stressful day at work and go to the gym to work out my frustration,” Nicely said.

But a gym membership didn’t quench her craving for fitness. She immediately got a personal trainer for a few sessions to take her fitness to the next level.

“It was my passion and my hobby,” Nicely said. “I constantly had my head buried in a fitness or nutrition book or magazine.”

While visiting her family on vacation four years ago, her mother found an article about becoming a personal trainer in one of those very fitness magazines. She asked her daughter, “Why don’t you do this?”

For the first time Nicely began thinking about turning her passion into a career. “It never occurred to me to do what I love for a living,” Nicely said.

After eight months of hard thinking and

tough training, she became a certified personal trainer, quit corporate America and took a job as a personal trainer at Fitness Together in Alexandria. She felt right at home at the Fitness Together franchise, saying, “I knew that was the right place for me.”

After a few months working in Alexandria, Nicely took the plunge and opened a franchise in Fairfax. She believed the private, one-on-one personal training was something she could offer to Fairfax-suburban neighborhoods that no other franchise could.

“I truly feel that we put the personal back in personal training,” Nicely said. “I could actually see changes and positive results I was making in my clients’ lives. Two of my clients have changed so much that they became personal trainers themselves.”

Fast forward a year and the Fitness Together franchise in Fairfax was a success. Everything finally fell into place, and her world began to calm down. That is, until friend and employee Fernanda Winchester asked Nicely if she had ever entered a body-building competition. Now she was ready for another adventure.

Now 40, Nicely began training for her first figure competition, a division of bodybuilding meant for “very fit, well-toned but a softer body type” than what most people envision when they hear the word ‘bodybuilder.’ The competition is drug and steroid-free, usually requiring drug tests or polygraphs beforehand.

“My only goal was at the age of 40 to

step on stage and look like I belonged there,” Nicely said. “I didn’t go in thinking, ‘I’m going to win this.’ It was just, ‘What am I made of?’ ‘Do I have the discipline?’”

Nicely proved she had the discipline when she completed the Mount Rogers figure competition, but had a hard time sticking to her strict diet due to cravings when she began training for her second figure competition, the Natural North American last May.

“I’m human,” Nicely said of her struggle. “I’m like any other woman. I don’t pretend that I’m not. When I’m in training it’s very disciplined and strict, but it’s worth every minute.”

Difficult as it may be, the

training and experience don’t just help Nicely, but aid her in becoming the best trainer she can be.

“The discipline that the body figure competition requires has caused her to have more sympathy and offer more inspiration to her clients,” said Nicely’s friend Dave Sutton. He described her new-found interest in competing “a full-blown passion for fitness and nutrition.”

But Nicely is so much more than just a trainer to her clients; she’s living proof that hard work, discipline and goals are all a person needs to change his or her life.

“A lot of women have a myth that they’re just going to look a certain way when they get beyond 40, and I’m here to teach them and prove them differently,” Nicely said.

“My only goal was at the age of 40 to step on stage and look like I belonged there.”

— Sherry Nicely, personal trainer

“Once you make up your mind and you want something, your body will follow.” — Sherry Nicely

### How do you stay fit at 40?

I make my health a priority. Women tend to put everything else above themselves ... and ignore their own health. I make it a priority. I take the time to prepare my own meals so that I’m not caught out somewhere without proper nutrition. I exercise on a daily basis, so there’s never a day that I’m just sitting. Our bodies weren’t meant to sit.

### Is it harder to stay in shape as you get older?

Our bodies absolutely change as we age, especially women. The only thing is adapting to the changes as they come. I don’t think it’s any easier, or harder, to stay in shape at 40 as it was at 25. Once you make up your mind and you want something, your body will follow. It’s easy. It gets hard when you think of diet as a bad four-letter-word [instead of]

fuel for your body and nutrition.

### What does fitness mean to you?

Fitness to me means the fountain of youth. I’m 40 and I’ve never felt better, looked better [and] had more energy than I do right now, and that’s because I made fitness and nutrition a lifestyle. It’s not a quick fix. This is the only body we have. We don’t get to trade it in. Some people take better care of their cars than they do their body. It’s got to last me for the long haul, and I hope that’s a long time, so I’ve got to take care of it.

### What’s an easy thing to do to live a healthier lifestyle?

Drink water. It is the number one. I fill this [gallon-sized jug] every morning with water, and I don’t go to bed that night until I drink at least 1 gallon of water. I don’t drink any sodas, anything else but water,

because you really don’t have time when you’re trying to drink a gallon. Our bodies are made up of over 70 percent water. It’s essential for every function of the human body, yet so many people don’t even have a sip during the day. By drinking more water you have energy, your body functions properly, your skin gets clear, your hair, your nails, everything a woman would want.

### What advice do you have for women who need to get fit?

If possible, hire a personal trainer. A personal trainer will guide you through proper exercise technique and design an individualized program to fit your needs. They will also provide motivation and encouragement. Start small and plan on working out two to three times a week and stay consistent ... results will happen.

— ARIELLE RETTING



# CALENDAR

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

## THURSDAY/JULY 8

**Mamma Mia!** 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. \$44-\$231. 703-938-2404 or www.wolftrap.org.

**Swing Dance with Junk Yard Saints.** 7:30 at The Old Town Hall, 3999 University Drive, Fairfax. \$10. www.headoverheelsdance.com.

**Wolftrap Childrens Theatre in the Woods.** Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. 10 a.m. Culkin School of Irish Dance: Tir na nOg, 11:15 a.m. Robbie Schaefer: Songs for Kids Like Us. Free workshops follow the 10 a.m. performance; reservations required at 703-255-1824. \$8-\$10. www.wolftrap.org.

**Boyce Avenue and Tamar Kaprelian.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$12. jamminjava.com.

**Brain Benders.** 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. See everyday objects through scientific eyes. Presented by Maryland Science Center. Age 6-12. 703-293-6227.

**Dig Those Dinosaurs.** 2:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Beale Street Puppets presents prehistoric performers that bring the past alive. All ages. 703-978-5600.

**Thursday Theater.** 11:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Bring lunch and watch movies, we supply the popcorn. Call for titles. Ages 1-6 with adult. 703-644-7333.

**Alte Kameraden German Band.** 8 p.m. at Veterans Amphitheater, City Hall, 10455 Armstrong St., Fairfax. German folk music and polkas. Free. Weather permitting. Bring a blanket or lawn chair. 703-757-0220 or www.fairfaxband.org.

## FRIDAY/JULY 9

**Mamma Mia!** 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. \$44-\$231. 703-938-2404 or www.wolftrap.org.

**City of Fairfax Concert Band.** 7:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Big band sounds. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

**Night Music.** 7:30 p.m. Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Vintage rock. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

**David Johansen.** 7:30 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$30. jamminjava.com.

## SATURDAY/JULY 10

**Mamma Mia!** 2 p.m. and 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1645 Trap Road, Vienna. \$44-\$231. 703-938-2404 or www.wolftrap.org.

**Wolftrap Childrens Theatre in the Woods.** Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. 10 a.m. Culkin School of Irish Dance: Tir na nOg, 11:15 a.m. Robbie Schaefer: Songs for Kids Like Us. Free workshops follow the 10 a.m. performance; reservations required at 703-255-1824. \$8-\$10. www.wolftrap.org.

**The Fairfax Symphony Orchestra's OTO String Quartet.** 10 a.m.

Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performances.

**Jimmy Lange Boxing.** 7:30 p.m. at the George Mason Patriot Center, 4500 University Drive, Fairfax. Ticket Information: Doors open at 6:30 p.m. with the first fight set for 7:30 p.m. Tickets \$35-\$500, online at www.ticketmaster.com, via Phonecharge at 703-573-SEAT or www.patriotcenter.com.

**Erik Mongrain.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$15. jamminjava.com.

**Fairfax County Master Gardeners Association, Inc.** 10 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Master Gardeners provide horticultural tips, information, techniques and advice to home gardeners. Adults. 703-293-6227.

**Neighborhood Plant Clinic.** 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. The Fairfax County Master Gardeners Association gives tips and strategies. Adults. 703-978-5600.

## SUNDAY/JULY 11

**Hidden History of Northern Virginia.** 2 p.m. at Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Author and television producer Charles Mills will share stories and anecdotes he has collected about Northern Virginia and highlight the importance of the region from colonial to modern times. Free. 703-385-8414.

**Mamma Mia!** 2 p.m. and 8 p.m. at Wolf Trap Foundation for the Performing Arts, 1645 Trap Road,

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703-978-4141  
St. Paul Catholic Church... 703-968-3010

**Coptic Orthodox**  
St. Mark... 703-591-4444

**Disciples of Christ**  
Fairfax Christian Church... 703-385-3520

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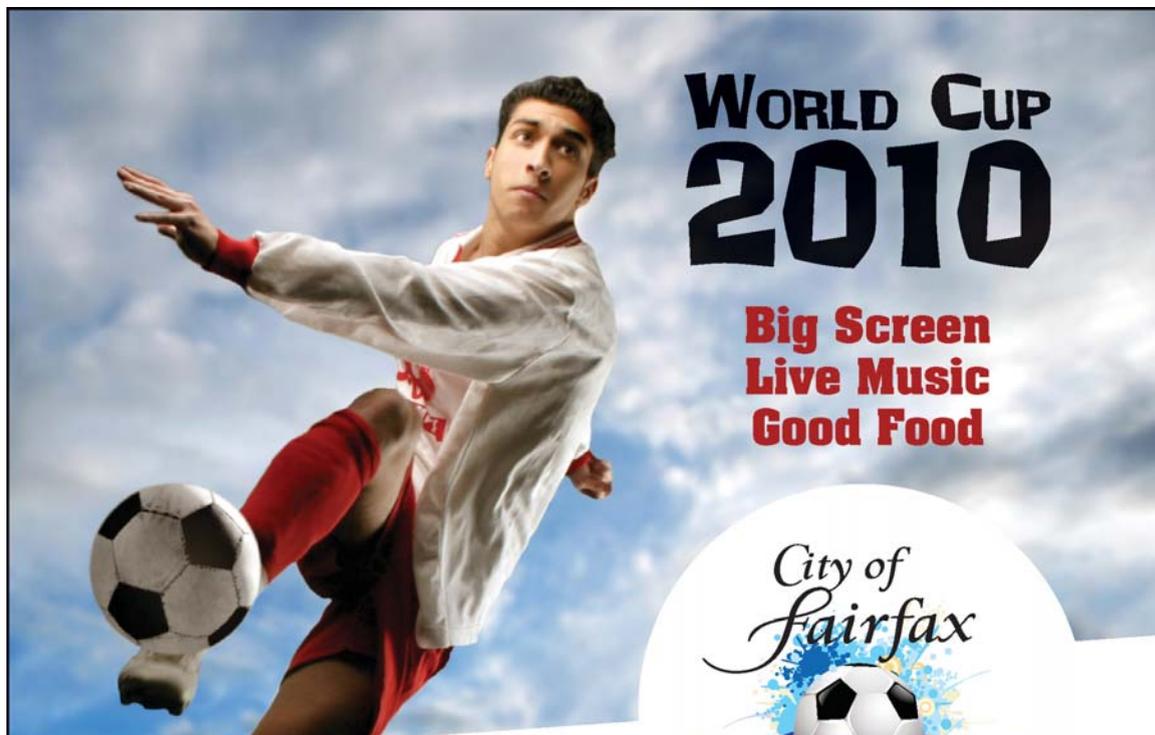
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# One Coach's 'Workman' Effort for Rams

For family reasons, longtime Robinson track and field coach Jeremy Workman steps down.

BY RICH SANDERS  
THE CONNECTION

For several years, Jeremy Workman had been considering stepping down as head coach of the Robinson Secondary School track and field/cross country programs in order to spend more quality time with his family. Now, following the conclusion of the recent outdoor spring season, the popular coach has made it official that he is relinquishing his coaching duties.

"I've been thinking about it for a number of years and was putting it off," said Workman, a 1987 Chantilly High graduate who has been a head coach at Robinson since 1995. "I've got kids ages 7 and 2. With the nature of being a cross country and track and field coach, I couldn't juggle everything. I have excellent assistant coaches. I thought it was time I could step down and let other people take over."

Workman will continue his duties as a physical education teacher at Robinson. The school's new cross country head coach will be 1999 Robinson

graduate Kim Coffield, an assistant coach on Workman's staff in recent years and a former runner at Virginia Tech. The school is still in the process of selecting a new indoor/outdoor season head track and field coach, according to Robinson director of student activities Marty Riddle.

Workman, as a high school runner at Chantilly during the mid 1980s, competed in such events as the 400 and 200-meters. His head coaches while with the Chargers were Glenn Bayless and Ken Kincade. Workman was part of a Chantilly boys' outdoor team that finished second, behind champion Stuart, in the old Potomac District in 1986. He was named boys' team MVP as a senior. Workman ultimately went on to run at Virginia Tech (Class of 1992) where he concentrated on the 400 and 800 running events.

He became Robinson's girls' and boys' cross country head coach in 1995 and, during his time at the helm of those programs, led the Rams to seven district titles combined, two region crowns and two state championships, with the boys winning states

in 1999 and the girls in 2001. On the track and field side, he served as an assistant beginning in 1995 before becoming head coach in 1999. Most recently, he led the Robinson boys' team to district and region outdoor titles in 2006.

Workman's love for his athletes and coaching was superseded in recent years by the concern he felt in spending so much time throughout the school year away from his family. Along with his regular school day of teaching, he spent afternoons and evenings involved with his teams' practices and competitions. Saturdays were often spent at day-long meets.

"All coaching, particularly in track and field, it's too much," he said. "When I came home my son was going to bed."

Workman and his family — wife Cindy, son Jacob, 7, and daughter Chloe, 2 — reside in the Fair Lakes area of Fairfax.

"Jacob [is involved in] track, baseball, basketball," said Workman. "I want to spend some time working with him at a critical age and I couldn't do that. I don't want to have regrets. They are only seven and two once. I don't want to look back when they're 16, 17, 18, and say, 'I wish I was with them

a little more when they were younger.'"

He said that the day might come when he returns to coaching.

"The door will always be open to coach, and I can do

it later [in life]," he said. "I'm still going to follow [the program] and be around to help the new coaches if they need it. I've had great support at Robinson from the administration and the parents as well."

**WORKMAN'S STRENGTH** as a head coach, besides his technical knowledge and passion for running and track and field, has been his ability to relate with people, his own athletes, members of his coaching staff, as well as rival school personnel and the Robinson community in general.

"In any organization that's run well, a lot of times it comes down to the relationships," said Riddle. "Jeremy did an excellent job there, whether it was with his coaches or the athletes. He's able to bring out the best in people. [His stepping down] is a big loss for us, but I'm happy for Jeremy."

Workman had a fervent desire to see his athletes get the most out of their athletic experience at Robinson.

"He just cares so much for the kids," said Coffield, a former member of Workman's Robinson teams and, for the past four years, a part of his coaching staff. "He has put in countless hours. The kids love him. His demeanor in some ways is reserved but the kids respect him. We'll miss him."



Jeremy Workman, a 1987 graduate of Chantilly High School, said he might one day return to coaching.

Coffield, following college at Tech, served as an assistant track coach at Christiansburg High School outside of Blacksburg. When she had the opportunity to join Workman's coaching staff at Robinson, she jumped at it.

"I was really excited about coming back and working for coach Workman, and having the opportunity to learn from him," she said. "I was so impressed with the way he handled practices every day."

Kelley Devlin, a former Robinson assistant coach under Workman who currently is part of the coaching staff at Centreville High School, said Workman's enthusiasm for track and field is infectious.

"He has had such a successful program at Robinson because he is so well-liked, respected and admired by so many athletes at Robinson," said Devlin. "Hundreds of students flock out for each season because of the tremendous amount of success that the cross country and track and field programs have. I thoroughly enjoyed coaching with him for six years, he taught me so much about distance running and was the best role model and mentor I could possibly have. He will be truly missed by the Robinson track and field athletes and in the region. He has done so much good for the sport and has instilled excellent work ethics, values and life lessons for athletes to carry with them forever."

Workman teaches running as a lifelong activity, not just suited for high school or college athletes. Coffield said she fell in love with running as a result of her high school experience.

"The biggest thing he taught us about running is that it's a lifelong activity, not something that stops when you graduate,"

she said. "It's a fantastic sport and it's something kids can do their whole lives and have fun with."

Riddle said Workman's day to day coaching presence will be missed.

"I know Jeremy has a great passion for track and has done an outstanding job at Robinson," said Riddle. "He has had a big

impact on Northern Region track. I also know Jeremy wants to spend more time with his family. I respect Jeremy for that."

Workman's coaching experience at Robinson was a wonderful one.

"I've enjoyed being at Robinson and working with the different kids," said Workman, who has seen more than 30 of his athletes go on to compete at the NCAA Division 1 level. "We always had a very large program, and that kind of reflected the school. The program gave kids a positive outlet to work on sports."

**WORKMAN KEPT** so many youngsters on his teams that as many as four school buses were needed to transport the team to invitational meets outside of the area.

"Management wise, it was a little tough," said Workman, with a laugh. "Only about a half of the [team members] would run at the meet, but the others were still a part of it and got something out of it."

Workman also got a lot out of leading his student-athletes, but now he is ready to move on.

"Robinson is certainly a place I've enjoyed most and it was difficult walking away from the kids," he said. "It hasn't hit me yet. I don't think it will until cross country season comes around. I feel I made the decision for the right reasons."

"I've been thinking about it for a number of years and was putting it off."

— Jeremy Workman

"I know Jeremy has a great passion for track and has done an outstanding job at Robinson."

— Marty Riddle, Robinson director of student activities

# SPORTS



PHOTO BY MICHAEL K. BOHN

**Mike Kirby, a George Mason University graduate, was the runner-up in the Virginia state amateur tournament on July 3.**

## Kirby Second in State Pushes Virginia Beach's Brinson Paolini to the final hole.

BY MICHAEL K. BOHN  
THE CONNECTION

**M**ike Kirby, a 25-year-old Falls Church resident, was the runner-up in the 97th Virginia Amateur Championship on July 3 at Alexandria's Belle Haven Country Club. Kirby, a financial analyst for the U.S. Department of Defense, took the two-time defending champion, Brinson Paolini of Virginia Beach, to the final hole before losing 1-up.

**"If I can hang with him, for a working guy, that's not too shabby."**

— Mike Kirby

"If I can hang with him, for a working guy, that's not too shabby," he said afterward. "The pressure is just not there anymore, so I just go out and give it my best shot." The back-and-forth match came down to the 36th and final hole, with Paolini 1-up. Both players hit their approaches into greenside bunkers, but each left his sand shot about 3 feet from the cup. Slightly away, Paolini sank his. He could only pick up his coin and congratulate the state's first three-time winner.

The 32nd and lowest seed in the match play portion of the tournament, Kirby defied the bracket odds and won his way into the final.

"I tried to put a little heat on Brinson, but he responded to it well," said Kirby.

Kirby, a graduate of George Mason University, was pleased that he could keep up with a full-time golfer.

## CALENDAR

### FROM PAGE II

Vienna. \$44-\$231. 703-938-2404 or [www.wolftrap.org](http://www.wolftrap.org).

**Kate Miller-Heidke.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$120 advance, \$13 at the door. [jamminjava.com](http://jamminjava.com).

**Neighborhood Plant Clinic.** 1 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. Adults. 703-644-7333.

### MONDAY/JULY 12

**Chris Isaak and Marc Brussard.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$40 in-house, \$25 lawn. 877-WOLFTRAP or [www.wolftrap.org](http://www.wolftrap.org).

**Mid-Atlantic Band Battle III.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. [jamminjava.com](http://jamminjava.com).

**Friends of the Library Meeting.** 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Join the Friends group for their monthly meeting. Adults. 703-978-5600.

**Cardio Kickboxing.** 2:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Great music and movement helps you experience a full body workout with instructor Bardia Jafari. Wear loose clothing and tennis shoes. Age 12-18. 703-644-7333.

### TUESDAY/JULY 13

**Julio Iglesias.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$42 in-house, \$25 lawn. 877-WOLFTRAP or [www.wolftrap.org](http://www.wolftrap.org).

**Wolftrap Childrens Theatre in the Woods.** Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. 10 a.m. Syntetic Family Theater: Cowardly Christopher Finds His Courage, 11:15 a.m. Steve Roslonek: Stevesongs. Free workshops follow the 10 a.m. performance; reservations required at 703-255-1824. \$8-\$10. [www.wolftrap.org](http://www.wolftrap.org).

**Fairfax Farmers Market.** 8 a.m.-12 noon, at Van Dyck Park.

**Mid-Atlantic Band Battle III.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. [jamminjava.com](http://jamminjava.com).

**English Conversation Group.** 7 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Conversation group for adults learning English. 703-293-6227.

**Let's Hear It for the Girls.** 7 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Mother-daughter book discussion group. "The Evolution of Calpurnia Tate" by Jacqueline Kelly. Age 9-11 with adult. 703-978-5600.

**Neighborhood Plant Clinic.** 10 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. The Fairfax County Master Gardeners Association gives tips and advice. Adults. 703-644-7333.

**Summer Preschool Story Time.** 10:30 a.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Come in for some cool stories. Age 3-5 with adult. 703-644-7333.

### WEDNESDAY/JULY 14

**The B-52s with Supercluster.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$40 in-house, \$25 lawn. 877-WOLFTRAP or [www.wolftrap.org](http://www.wolftrap.org).

**Wakefield Farmers Market.** 2-6 p.m., at 8100 Braddock Road, Annandale.

**Mid-Atlantic Band Battle III.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. [jamminjava.com](http://jamminjava.com).

**Rocknoceros.** 2:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Join Coach Cotton, Williebob, and Boogie Woogie Bennie for a rockin' good time. All ages. 703-249-1520.

**Sound Waves.** 10:30 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Share the nautical nonsense of Charlie Williams, the Noiseguy, as sound effects bring splashy stories to life. Age 6-12. 703-978-5600.

### THURSDAY/JULY 15

**Instrument Petting Zoo and City of Fairfax Concert Band.** Petting Zoo at 6:45 p.m., concert at 7:30 p.m. at Veterans Amphitheater, City Hall, 10455 Armstrong St., Fairfax. Classics, pops and marches especially for children with free ice cream and balloons, an instrument petting zoo, and John Lyon on folk guitar. Free admission. Weather permitting.

SEE CALENDAR, PAGE 15

## COLLEGE NOTES

**Michael Edwards** of Burke, a junior, public and urban affairs major in the College of Architecture and Urban Studies at Virginia Tech, was picked to be a 2010 Virginia Tech Orientation Leader. Twenty-four orientation leaders and six orientation assistants will welcome the class of 2014 during Student Orientation in July.

**Isabella Ton**, a junior in accounting and finance from Fairfax, was a member of a student team from Virginia Tech's Pamplin College of Business to win third place in the college's second annual diversity case competition. Ton and her teammates received \$500.

**Claire Holman** of Fairfax, a junior majoring in English in the College of Liberal Arts and Human Sciences, was recently named one of the 2010-11 Virginia Tech Union. Holman was named director of films.

Fairfax resident and Azusa Pacific University student **Lisa Damerell** made the academic deans' list at APU. Damerell, a cinematic arts major, is honored for a fall semester 2009 academic standing of 3.5 or better grade-point average. Damerell is joined by more than 1,565 other students receiving the same honor.

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# The Truth Behind the Movies

Nature films aren't always as they appear, says author Chris Palmer during talk at REI in Fairfax Corner.

BY AMBER HEALY  
THE CONNECTION

**T**he little boy in the front row was enraptured by the short video clip of grizzly bear cubs in the wild, playfully splashing in the cold Alaskan river within sight of their mother but unaware of the documentary filmmaker's camera.

When the question and answer session of Chris Palmer's discussion of his new book, "Shooting in the Wild: An Insider's Account to Making Movies in the Animal Kingdom," Lucas Hwostow of Fairfax raised his hand and asked how the director was able to get so close to the bear. Palmer, with a grin that suggested he'd had to answer this question before, came clean.

"The director used a long-distance lens," said Palmer, director of the Center for Environmental Filmmaking at American University, who was discussing his new book at the REI in Fairfax Corner on Tuesday, June 8.

But the long-distance lens, which allowed the filmmaker to get the close-up from far away, wasn't the worst part: Palmer confessed that the bear cubs seen interacting with the filmmaker in the earlier portion of the tape weren't the same ones that were playing in the water. Worse yet, the sound of water dripping off the cub's paw wasn't authentic; it was recreated in a studio after the fact when a technician recreated the effect using a tub and his own arm.

As he explains in his classes and his book, wildlife films can be more than meets the eye. Sometimes in order to "get the shot," the image that captures the interest of fans and producers alike, filmmakers have to resort to using animals kept on wildlife preserves instead of setting up their equipment and waiting, as long as it might take, to get the same shot.

Other times, Palmer said, the filmmakers will blatantly set up a scene, for example, by putting a captured predatory animal, like a chimp, in the same room or location as an animal it preys upon, like another, lesser primate. Then the cameras roll, and the audience is led to believe that this altercation happened naturally in the wild and is a common occurrence, which might not be completely true.

People are attracted to wildlife films for their beauty and the fascinating life of animals, Palmer said. But there's a right way and a wrong way to do it.



**Chris Palmer, director of the Center for Environmental Filmmaking at American University and author of a new book about what goes on when making nature films, discusses the ethical debate caused by some directors' tactics during a discussion at REI in Fairfax Corner on Tuesday, June 8.**



**Chris Palmer talks with Rhonda Krafchin, outreach specialist at REI in Fairfax Corner, following his discussion of his new book, 'Shooting in the Wild: An Insider's Account to Making Movies in the Animal Kingdom,' on June 8.**

Using the examples of Steve Irwin, the infamous "crocodile hunter," and Timothy Treadwell, the sunglasses-wearing shaggy haired man who lived with grizzly bears in Alaska because he believed he could keep them from being poached, Palmer said sometimes people have the best intentions but go about their conservation efforts in the wrong way.

Those men, and countless others, sometimes get the shots they want by disrupting the animals' natural way of life. Treadwell in particular "habituated" the bears to his presence, Palmer said, meaning the bears became accustomed to him, which may lead them to be accepting to other humans who may wish to do them harm.

The right way to make nature films, Palmer said, is to ask three questions: Is this film being done in a way that is harassing the wildlife? Is the audience being deceived to think something's happening that isn't taking place naturally? And is this promoting conservation?

**PALMER HAS** been involved in making nature films for the past three decades and admits he made mistakes in the past. People didn't know better and didn't think twice about setting up certain shots, he said, because if they didn't come back with sensational footage that would entice audiences, their odds of getting funding for future projects would be in jeopardy.

Things are better now, he told the audience of 20 people at REI on June 8. He praised the footage in the wildly popular television series Blue Planet," for not only capturing breathtaking images, but also be-

ing more realistic in portraying the lives of animals around the world. He also credited the BBC and National Geographic for their efforts to encourage reality in nature documentaries.

However, he admitted that there are loopholes and ways of arguing for and against the work of any conservationist or filmmaker. The forward to his book is written by Jane Goodall, the grandmotherly Brit whose work with chimps has made her something of the animal's patron saint.

But Goodall spent years living with chimps, so couldn't that be considered habituation, making them comfortable with one human and therefore less wary of others?

Palmer smiled and admitted that someone, somewhere, may criticize Goodall for exactly that reason. But her work in conservation and education about chimps and wildlife preservation may outweigh any ill effects of her living

with the animals.

"There are extremes on both sides," Palmer said. "No one wants animals to be treated badly or abused for the sake of a shot. But in between the extremes, there's a whole world of disagreement and debate. That's where people get hot under the collar."

Rhonda Krafchin, outreach specialist at REI, said special events like Palmer's talk happen every so often, as a way to educate their customers and provide a different perspective on topics of interest to their outdoors-loving members.

"People love going into or watching movies about the great outdoors, but they rarely ask about whether the people making these movies are good stewards of nature," Krafchin said.

**"No one wants animals to be treated badly or abused for the sake of a shot."**

— Chris Palmer

PHOTOS BY AMBER HEALY/THE CONNECTION

# CALENDAR

FROM PAGE 13

Bring a blanket or lawn chair. 703-757-0220 or [www.fairfaxband.org](http://www.fairfaxband.org).

**Frankie Valli & The Four Seasons.** 8 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. \$45 in-house, \$25 lawn. 877-WOLFTRAP or [www.wolftrap.org](http://www.wolftrap.org).

**Wolftrap Childrens Theatre in the Woods.** Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. 10 a.m. Synthetic Family Theater: Cowardly Christopher Finds His Courage, 11:15 a.m. Steve Roslonek: Stevesongs. Free workshops follow the 10 a.m. performance; reservations required at 703-255-1824. \$8-\$10. [www.wolftrap.org](http://www.wolftrap.org).

**Mid-Atlantic Band Battle III.** 8 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10. [jamminjava.com](http://jamminjava.com).

**Groovy Reading.** 10:30 a.m. City of Fairfax Regional Library, 10360 North St., Fairfax. Sing and dance with Groovy Nate and his puppets. All ages. 703-293-6227.

**Afternoon Reading Group.** 1 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. "A Lesson Before Dying" by Ernest J. Gaines. Adults. 703-293-6227.

## FRIDAY/JULY 16

**Johnny Cash Tribute Band.** 7:30 p.m. Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Country. Free. 703-324-7469 or [www.fairfaxcounty.gov/parks/performances](http://www.fairfaxcounty.gov/parks/performances).

**The Kennedys.** 7 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$18. [jamminjava.com](http://jamminjava.com).

**Murphy's Kids, The Independent and Parachute Musical.** 10 p.m. Jammin' Java, 227 Maple Ave. E., Vienna. \$10 advance, \$13 at the



## Art Exhibit at JCC

The JCC of Northern Virginia Bodzin Art Gallery is pleased to announce the opening of a new art exhibit called **Summer Colors** running June 22 through Aug. 10. Barbara Kaplowitz's exhibit delights us with its playful paper mache birds and stunning photographs that explore the natural beauty of flowers. Carol S. Zilliacus works magic with her polymer clay jewelry and more. The artist reception is Thursday, July 8, 6 p.m. - 7:30 p.m.

door. [jamminjava.com](http://jamminjava.com).

**NSO at Wolf Trap: West Side Story & More.** 8:15 p.m. Wolf Trap Foundation for the Performing Arts, 1624 Trap Road, Vienna. Emil de Cou, conductor, with Tchaikovsky, Prokofiev, Gounod and Bernstein. Tickets \$20-\$52. 877-WOLFTRAP or [www.wolftrap.org](http://www.wolftrap.org).

## SATURDAY/JULY 17

**The GoodLife Theater.** 10 a.m. Burke Lake Park Amphitheater, 7315 Ox Road, Fairfax Station Puppets. Free. 703-324-7469.

**Burke Farmers Market.** 8 a.m.-12 p.m. at 5671 Roberts Parkway, Burke.

## Town Hall Meeting

On July 8, Governor McDonnell's Commission on Government Reform & Restructuring will be holding a public town hall in McLean. The public is invited to share suggestions about what state government is doing well and how Virginia can improve its services to taxpayers. Members from the commission, as well as Administration staff, will be on hand to take comments and answer questions from the public. They will then report back on their findings to the Governor. July 8, 2:00 p.m. to 3:30 p.m.

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### Chantilly/South Riding

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5106 GAINSBOROUGH DR.....	\$475,000	Sun 1-4	Mary Hovland	Long & Foster	(703) 425-8000
10725 Norman Ave.....	\$480,000	Sun 1-4	Ron Fowler	Weichert	(703) 691-0555
4080 Clovet Dr.....	\$524,900	Sun 1-4	Dana & Janet Desarno	Samson Properties	571-212-7770
3213 AMBERLEY LN.....	\$630,000	Sun 1-4	Hyder Ali Lakhani	Jobin	(703) 385-9410
12898 GAGNE DR.....	\$720,000	Sun 1-4	Dzung Ho	Fairfax Realty	(703) 533-8660
3775 CENTER WAY.....	\$815,000	Sun 1-4	Ed Duggan	Century 21	703-989-7735
10809 Carol St.....	\$892,900	Sun 1-4	Susan Evans	Long & Foster	703-981-7664
11716 PINE TREE DR.....	\$1,250,000	Sun 1-4	Pat Stack	Weichert	(703) 597-9373
3423 TILTON VALLEY DR.....	\$1,650,000	Sun 1-4	Maureen Amendola	Long & Foster	(703) 437-3800

### Oak Hill/Herndon

12830 Parapet Way.....	\$1,339,900	Sun 1-4	Courtney Riley	Weichert	(703) 934-0400
2515 Wheat Meadow Ct.....	\$383,900	Sun 1-4	Rakesh Kumar	Samson Properties	703-475-6673
12540 Arnsley Court.....	\$425,000	Sun 1-4	Steve Lefave	Samson Properties	703-599-1239

### Fairfax Station

7101 Park Point Ct.....	\$649,950	Sun 1-4	Kathleen Quintarelli	Weichert	703-862-8808
9606 Larkview Ct.....	\$809,000	Sun 1-4	Brenda Dodd	Keller Williams	703-407-1818
8303 Pinyon Pine Ct.....	\$899,000	Sun 1-4	Mary FitzHenry	Long & Foster	703-250-8915
10910 Rice Field Pl.....	\$1,149,990	Sun 1-4	Helen Grozbean	Century 21	571-233-4287

### Lorton

7337 Ardglass Dr.....	\$339,950	Sun 1-4	Tom & Cindy And Associates	Long & Foster	703-822-0207
6900 Hamilton Ct.....	\$350,000	Sun 2-5	Karl Acorda	Long & Foster	703-961-2483
11375 River Rd.....	\$1,197,000	Sun 1-4	Ngoc Do	Long & Foster	703-495-6251

### Burke

5819 Robins Nest La.....	Call	Sun 1-4	Dane Work	RE/MAX	703-869-4567
5713 Edgewater Oak Ct.....	\$323,000	Sun 1-4	Catie Morales	Long & Foster	703-278-9313
12232 Wye Oak Commons Cir.....	\$357,900	Sun 1-3	Aaron Seekford	Arlington Realty	703-447-4663
12270 Wye Oak Commons Cir.....	\$359,900	Sun 2-4	Dynamic Duo & Assoc	Coldwell Banker	571-436-4498
5704 Lakeside Oak La.....	\$400,000	Sat/Sun 1-4	Dominique Zarow	Long & Foster	703-313-6500
10809 Oak Wilds Ct.....	\$489,900	Sun 1-4	Robert Chevez	Keller Williams	703-679-1700
6553 Koziara Dr.....	\$549,999	Sun 1-4	Doris Crockett	Weichert	703-615-8411

### Springfield

8409 Millwood Dr.....	\$425,000	Sun 1-4	Tom & Cindy And Associates	Long & Foster	703-822-0207
5508 Kathleen Pl.....	\$500,000	Sun 1-4	Kristi Morgan	ERA	703-909-4462

### Annandale

4523 Windsor Arms Ct.....	\$374,900	Sat/Sun 1-4	Karen Parker	Keller Williams	703-564-4018
7854 Oreana Dr.....	\$425,000	Sun 1-4	Ernie Apaga	Assist 2 Sell	703-941-5050
8466 Nicole Ct.....	\$485,000	Sun 1-4	Alex Hijazi	Coldwell Banker	703-524-2100

**To add your Realtor represented Open House to these weekly listings, please call Karen Washburn at 703-778-9422 or E-Mail the info to [kwashburn@connectionnewspapers.com](mailto:kwashburn@connectionnewspapers.com) All listings due by Tuesday at 3 pm.**

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**ADMINISTRATIVE ASSISTANT**  
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**32 Lost**

**\*LOST DOG\***

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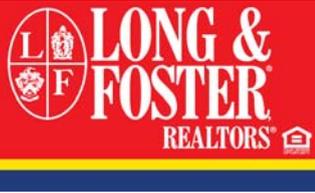


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**FOR RENT in Kings Park West! \$1,995**  
BEAUTIFUL all brick END UNIT w/ 3 finished levels in popular Kings Park West! LARGE eat-in kitchen, separate dining rm, and spacious family w/ deck. Master bdrm suite w/ sitting rm. FINISHED LL rec rm features gas frplc and walk-out to patio w/ fenced yard. LOADS of storage!  
CONVENIENTLY LOCATED 1/2 mile from GMU. Close to connector buses.



**Fairfax Station \$599,900**  
4 bdrms, 3 1/2 baths. Totally remodeled kitchen with granite, new cabinets & stainless steel appliances! Bay windows, skylights & MBR cathedral ceiling. Spacious rec rm with bar area & large storage rm. Raised hearth FP in family rm with French doors to deck. Wonderful pond & patio in private flat rear yard.



**Laurel Hill \$799,000**  
Immaculate home has 5 bedrooms, 4.5 baths, premium lot on cul-de-sac, backs to Fairfax county park land. No expense has been spared, upgrades galore!  
For 24-hour recorded information call 1-888-495-6207 x203



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**DATES IN 2010:** **TIME:**  
September 28 7:00-9:00 PM

**September 1** **LOCATION:**  
**September 29** Long & Foster's Northern Virginia Training Center  
3069 Nutley St.  
Fairfax, VA 22031

From the Beltway (495), take Rte. 66 West to the Nutley St. South Exit (exit 62) towards Fairfax. Go through the intersection of Lee Highway and Nutley Street. The training center is located in the Pan Am Shopping Center on the left.

**TO REGISTER:**  
Please contact Mary Ann Plonka at 703-503-1898 or maryann.plonka@longandfoster.com



**Fairfax, near GMU**  
Feels like a single family home! This design award community has quality construction + masterful details & great location. Backing to trees, this upgraded garage townhome has a graceful curved staircase, 9 ft ceilings in living area, master suite w/cathedral ceilings & more. For a special showing, contact Mary Hovland @ 703-946-1775.

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**Clifton \$879,950**  
**Dream house!**  
Pulte Built in 2002, Wentworth V has every option, over 7600 sq ft! Beautiful sun room, Florida room with walls of windows, private views to the backyard woods! Two story foyer, 10' ceilings on main, amazing custom walkout LL with Nanny Suite and Kitchenette and more! 5/6 BRs, 4.5 BAs, \$25K in prof landscaping! Perfect for Extended Families! Perfect!

## www.5838WaterdaleCt.com

Great 3 bedroom, 2.5 bath townhome located in sought-after community of Little Rocky Run. Visit property website for more info!



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**UNDER CONTRACT IN 4 HOURS & SOLD IN 20 DAYS!**  
**Reston, North \$334,900**

**A total make-over: Looks New!**  
End TH in Reston with hardwoods on main lvl, new kitchen granite & appliances, New upgraded Carpet, New designer neutral paint, Fenced private back with flagstone patio. Nice community with shopping, schools & CUE bus nearby.  
Call Kay Hart for APP'T: 703-503-1860



**MANASSAS/ WOODBRIDGE \$799,950**

Gorgeous home! What a setting! Look out on your own spectacular priv 4+ acre parkland from your fabulous deck with screened porch! Enjoy this stately colonial home w/ 3- Car Gar., 5 BR, 3.5 BA, w/ Morning Rm, custom interior paint, Dual staircase, Stone FP in Fam. Rm., gourmet kit, with granite. Shows like a model! This home sports a sprinkler system, outdoor motion sensor lighting, luxury mbr suite, sitting room, Jacuzzi BA, water filtration system and LL BR and Full BA. Call Florence!



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Life Member, NVAR Multi-Million  
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Life Member, NVAR TOP PRODUCERS  
**Ann Witherspoon**  
703-503-1836



**Lake Frederick \$499,900**  
Immaculate Beauty in Adult Community - 3 Years Young - Shows Like a Model - 3 Large BR - 4 Large BA - 3 Finished Levels w/walk-out LL - 9 Ft Ceilings - Gas FP - Main Floor MBR - Fabulous Community Amenities.  
CALL / EMAIL ANN WITHERSPOON  
703.503.1836 ann@annwitherspoon.com

## Sheila Adams

**703-503-1895**

Life Member, NVAR Multi-Million  
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**Fairfax Station \$795,000**  
**SIX+ ACRES**  
This beauty was APPRAISED IN OCTOBER 2009 FOR \$924,000 - Fantastic buy!!! Custom Built Solid Brick Colonial featuring 6+ acres, 5 Car Garage, 4 BRs, 3 1/2 Baths, Custom quality Wood Cabinets/Granite/Ceramic Tile/Center Island, 4 FP's, Huge Finished LL w/Recreation Rm/Game Rm/Exercise Rm, Pool/Hot Tub  
CALL SHEILA ADAMS 703-503-1895



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**Clifton \$649,000**  
Beautiful Colonial Home w/2-car garage on 1+ acre private cleared lot surrounded by parkland. Composite deck leads to patio w/hot tub & fully fenced-in level yard. Updated Gourmet Kitchen opens to 2-story family rm w/frpl & skylights. Formal LR & DR with hardwood floors. Finished walkout bsmt w/wet bar.



**Fairfax Station \$1,175,000**  
Gorgeous all brick Colonial on private 5 Acre lot with 4BR, 4.5BA. Completely updated kitchen & baths, walk-out lower level with media rm, game rm & gym! Luxurious pool, hot tub, tiered decks, patio & private tennis court; perfect for entertaining.



## Richard Esposito

**703-503-4035**

Richard@LNF.com  
Service is the difference I provide



**Annandale \$950,000**  
This brick and stucco home was built in 2006 and has over 5,500 sq. ft of living space and sits on a half-acre lot. The home features a grand two-story entry foyer, 6 bedrooms, 7 full bathrooms and a 3 car side load garage. The home has a main level office as well as a stunning kitchen, formal living room and den. The finished lower level is a walk out with additional rooms as well as a recreational room. Welcome home!

## ELLIE WESTER

**703-503-1880**

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ellie.wester@longandfoster.com



**Burke \$589,000**  
Delightful 4 bedroom colonial in Signal Hill with a gorgeous park-like view. Lake Braddock School, walk to the VRE, and shopping is just minutes away. Replacement windows and new (2010) HVAC system.

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