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U.S. Rep. Gerry Connolly stayed around to talk with any Greenspring seniors who had questions after his town hall meeting on Monday, July 18.



State Senate
Candidates Debate

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A+: A Year Off

A+, PAGE 8

Committed To Medicare

NEWS, PAGE 3

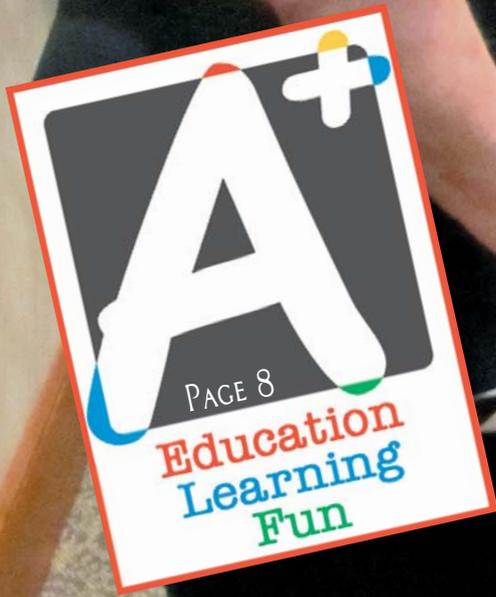


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NEWS Connolly Vows To Protect Medicare

Greenspring seniors attend town hall on Medicare, Medicaid and Social Security.

BY VICTORIA ROSS
THE CONNECTION

U.S Rep Gerry Connolly (D-11) wants seniors to know that he will fight for to protect to their Medicare, Medicaid and Social Security benefits for them.

He brought his message to nearly 100 seniors who participated in a town hall panel discussion at Greenspring retirement center in Springfield, on Monday, July 18.

"Don't be fooled by false choices," Connolly told the residents in his opening remarks. "Medicare is not an all or nothing choice. The United States can afford Medicare, but we can't afford to finance tax cuts on the backs of our senior citizens."

He said that the senior safety-net program, created in 1965 to guarantee health care to all Americans over the age of 65, could be put on more solid financial footing. He noted that before Medicare, more than 60 percent of the nation's seniors did not have health insurance, but now nearly 100 percent of seniors, or 47 million people, have access to healthcare with Medicare.

"There's no question that we can make the system more efficient," Connolly said, and one of the ways to do that is to curb



PHOTO BY VICTORIA ROSS/THE CONNECTION

U.S. Rep. Gerry Connolly (D-11) conducted a town hall meeting at Greenspring Retirement Center in Springfield on Monday, July 18 to talk about Medicare, Medicaid and Social Security. Panelists included, from left, Howard Houghton, program coordinator of VICAP; Bill Kallio, state director of AARP; Joanne Grossi, regional director with the U.S. Department of Health and Human Services and Lester Austin, senior public affairs specialist with the Social Security Administration.

fraud and abuse. "Every year, Medicare loses \$60-\$80 billion because of waste, fraud and abuse, and that's what we need to tackle," he said.

Connolly also said that Social Security did not create debts and deficits, and should be off the table in during deficit-reduction

talks.

"At a time when older Americans are less secure in their retirement and less able to afford quality health services, now is not the time to cut their benefits ... although over 90 percent of seniors for retirement, less than half have been able to save more

"The United States can afford Medicare, but we can't afford to finance tax cuts on the backs of our senior citizens."

— U.S. Rep. Gerry Connolly (D-11)

than \$50,000 ... many of America's seniors are simply unable to afford further financial strains," Connolly said in a July 15 letter to President Barack Obama, signed by Connolly and other members of Congress.

Joanne Grossi, one of four panelists and the regional director of the U.S. Department of Health and Human Services, said that fraud seminars have helped to recover \$4.2 billion in the past six months.

She also told residents that they might not realize how many benefits they have.

"Since January 1 of this year, all Medicare recipients get free preventative services. Pap smears, mammograms and wellness visits are free since we enacted health care reform," Grossi said.

According to panelist Lester Austin, a senior public affairs specialist for the Social Security Administration, many seniors don't access their benefits because of the myths and misconceptions about Medicare and Social Security. "I know there's a lot of confusion out there, but my message to you is 'when in doubt, fill it out.' Fill out that form,

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37th District Primary Race Heats Up

Flanary, Hunt vie to score points with voters by emphasizing differences in Senate race.

BY VICTORIA ROSS
THE CONNECTION

In their bid for a chance to unseat incumbent Sen. Dave Marsden (D-37) in the Nov. 8 general election, Republicans Jason Flanary and Steve Hunt declared independence from each other, delineating their differences before a standing-room only-crowd at Monday night's Braddock District candidates forum.

Both defined themselves as fiscal and social conservatives, defending Second Amendment rights, deriding "tax-and-spend" Democrats, and championing right-to-life values. They both agreed that traffic congestion is one of the key job killers in Fairfax County and that putting more money into mass transit is "throwing money down the drain," Flanary said.

They also agreed that legislation aimed at deregulating business would make the state more competitive; big government is bad government and Virginia's public col-

leges and universities should have incentives to keep Virginia students in the state.

But Flanary, a former vice president of the Fairfax Chamber of Commerce, cast himself as a no-nonsense business leader, while Hunt emphasized his experience as an engineer and social conservative.

A former U.S. Marine, Flanary talked tough and fast, touting his business and military experience, his willingness to "pound sand" when confronting tax issues, and his readiness to "hit the ground running" when it's time to get things done in Richmond.

"Steve is a great guy and one of the nicest guys I know. But at the end of the day, you win or you lose, and I'm ready to win," Flanary said, noting that Hunt, a former Fairfax County School Board member, has lost more elections than he's won.

"Dave [Marsden] has proven he is going to work to keep his seat. We need someone in Richmond who is going to represent your values. It's time for a Republican senator

again," Flanary said.

Flanary frequently mentioned the 5,347 doors he has knocked on since announcing his candidacy, and the number became a comic line throughout the evening, drawing laughs almost every time he repeated it, about 15 times during the 7:30-9 p.m. event.

Hunt, a retired U.S. Navy flight officer and engineer, turned his campaign losses into a positive, pointing out that he is the only one who has the name recognition and experience to beat Marsden.

"I've got a deep track record and name recognition across the district. This is the first time Jason has done something that's not in the political background," Hunt said. "He is a smooth guy. He's lobbied on Capitol Hill and Richmond. I'm not interested in ribbon-cuttings and press releases," Hunt said after the event.

Flanary, who has run campaigns for Del. Tim Hugo (R-40) and Supervisor Pat Herryty (R-Springfield), said his business experience is exactly what's needed to reform government. "We need someone who can fix the

inefficiencies of government, who can apply a business model to our financial issues. We need someone who will analyze how every single dollar is being spent in every area. That's the problem I have with government in general. They waste time and

money, and we can't afford that anymore. In knocking on ... yes, 5,347 doors, I've learned that people are tired of wasteful spending."

Flanary took a page from Herryty's talking points when he asked the audience if they noticed how many times Route 123 has

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GOP Senate Candidates Debate

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been paved in the past few years. “Meanwhile, the Fairfax County Parkway needs to get some attention, but it’s not a primary road. It’s considered a secondary road, and transportation money can only be spent to primary roads. What rocket scientist came up with that?”

In his closing statements, Hunt, who is known as a Tea-Party conservative, said business experience is important, but it’s an oversimplification to think that government can be run like a for-profit business.

“People want the government to stop intruding into their lives. We need to stop the federal government from encroaching on Virginia’s sovereign rights,” Hunt said. “Whenever Democrats have been in charge, there’s been fiscal peril. Socialism has failed. I have the track record of public service before there even was a Jason,” Hunt said, which drew laughter from the crowd.

Flanary stood up and shot back: “As Steve so eloquently put it, I’m 33-years old, the same age as [Virginia Attorney General] Ken Cuccinelli (R) when he when he won this seat back in 2002.”

Although Flanary and Hunt were the official candidates of the night, Supervisor John Cook (R-Braddock), who moderated the debate, won the “popular” vote by displaying a dry sense of humor every time he read an audience questions, and joking with audience members.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Republican candidates Jason Flanary and Steve Hunt confer before the Braddock District Candidates Forum on Monday, July 18. Both are vying for the chance to unseat incumbent Sen. Dave Marsden (D-37) in the Nov. 9 general election. The 37th District includes Centreville, Chantilly, part of Fairfax, Fairfax Station, Burke and Springfield.

“Oh, look, another transportation question. I am shocked,” he said, after opening the fifth transportation question in a row. Cook read about 10 questions, and transportation-related questions, mostly concerning congestion, Metro funding and HOT lanes, accounted for about 70 percent of the queries.

The only spontaneous burst of applause came when Cook encouraged the crowd to vote in the primary, and mentioned that “a certain Braddock District supervisor would certainly appreciate your vote, too.”

Cook acknowledged he was having a good time moderating the debate. “I’m not on the hot seat tonight, so I can be a little more relaxed,” he said.

When encouraging people to vote in the Aug. 23 primary, Cook said “It’s a very convenient day for an election, isn’t it? Gee, right in the middle of everyone’s summer vacation.”

Mary Ann McGee, a Burke resident for 17 years, said she thought the debate was a terrific idea. “I think it says something that our supervisor is the only person who has had provided this opportunity,” she said.

McGee said she knew more about Hunt before the debate, but was pleased to have the opportunity to learn more about Flanary. “I was disappointed there were so many questions about transportation,” she said.

T.R. Reid and his wife, Pamela, both retired military from Springfield, said the

debate was their first chance to meet Flanary. “I was undecided, but he swayed me. There was no hesitation when he answered questions. He was very energetic.”

Pamela Reid said she considers herself a moderate who is willing to consider all candidates, regardless of party affiliation. “But this year, I feel like ‘anybody but a Democrat.’ President Obama is so awful. He’s taking this country down a terrible road,” she said.

Flanary may have swayed the Reids, but Roopoli Chandra was visibly annoyed by Flanary’s repeated comments about his business experience. Wearing a Hunt campaign sticker, she cornered Flanary after the meeting, asking him to defend his assertions about his business experience.

“How can you talk about your business experience when you only served for one month as the executive director of CapNet?” Chandra asked. “I don’t understand that. I think it’s very improper. Please explain that to me.”

Flanary bridged the question like an experienced politician, and noted that he left CapNet, a technology association representing more than 30 companies, only because he had a “great opportunity” to serve on the Fairfax County Chamber of Commerce. “It was a chance to promote pro-business policies and improve economic viability,” he said.

Chandra said she wasn’t convinced.

Connolly Town Hall

FROM PAGE 3

because chances are you are entitled to more than you think.”

Virginia’s State Director of AARP Bill Kallio said that seniors might feel “dazed and confused” because, while they planned well for retirement and paid into Social Security, the recession jeopardized their healthcare benefits. “Seniors want to stay independent, but their health care costs area increasingly outpacing their income,” Kallio said.

Kallio said seven out of 10 people over the age of 65 will need some kind of long-term support in their lifetime, and that Medicare and Social Security are key in helping seniors maintain their independence.

He added that a recent poll of AARP’s 1 million plus members in Virginia identified their top three concerns as economic security, health security, and staying independent. “

During the question and answer session, Mervyn Reeves, 72, told the panel that his internist saved his life, and he wanted to remain a patient.

“But, I recently got a letter saying that he is privatizing his practice, and I will have to pay extra to become a member,” Reeves said. He also told the panel that his doctor did not like the extra costs associated with a push to make electronic medical records mandatory.

Howard Houghton, Fairfax County’s coordinator of the Virginia Insurance Counseling and Assistance Program, said that “concierge service” is becoming increasingly common as doctors try to offset rising costs of operating a medical practice. “Basically, you pay to be a member of the club, and to get same-day medical appointments and other benefits. But it often costs \$1,000 or more, and Medicare won’t pay the entrance fee to clubs.”

“My wife and I told our doctor we couldn’t afford it. We’re public servants,” Connolly said.

Connolly added that electronic record keeping was critical in providing health services to seniors who often take multiple medications. “When doctors see the benefits, they will understand how important it is,” Connolly said.

Former Fairfax County Board Chair Audrey Moore, 82, stood up and pointed out the ID necklace that Greenspring residents wear. “You may have noticed this. We already have electronic medical records, and it’s a wonderful service. All of our doctors see how helpful it is,” she said.



Candidate Steve Hunt, a former Fairfax County School Board member, chats with a supporter after the Braddock District Candidates Forum, held Monday, July 18. Hunts’ supporters said his long history of service and conservative values will appeal to the approximately 4 percent of voters who cast votes during an August primary in an ‘off/off’ election year, meaning a year without a presidential or gubernatorial race.

NEWS

Fatal Crash on Motorcycle in Springfield

Fairfax County Police officers from the West Springfield District Station are investigating a fatal motorcycle crash that occurred on Saturday, July 16, around 7 p.m., at the intersection of Braddock and Twinbrook roads.

Crash Reconstruction detectives have determined that a 63-year-old woman from Maryland was operating a 1997 Lexus sedan westbound on Braddock Road. While attempting to turn left onto Twinbrook, two 2008 Harley Davidson motorcycles, manned by a 50-year-old Manassas-area man and a 45-year-old Annandale-area man, struck the passenger side of the Lexus despite all drivers applying their brakes. All motorcyclists were wearing helmets and speed and alcohol appear to have had no effect.

The two men and the 44-year-old female passenger on the 45-year-old man's bike were transported to Inova Fairfax Hospital, and the Lexus driver was uninjured. William Cowherd of Annandale died from his injuries a short time later. The 50-year-old man and the passenger received severe injuries but are expected to survive.

This is the 20th fatal crash in Fairfax County this year, and Crash Reconstruction detectives are trying to determine the causes and any fault in each.

"A lengthy investigation goes into each case," said Officer Shelley Broderick, of the Fairfax County Police's Public Information Office. The findings are then presented to the commonwealth attorney before any charges are made. This investigation for this case is ongoing, and no fault or charges have been released.

Anyone with information is asked to contact Crime Solvers by phone at 1-866-411-TIPS/8477, e-mail at www.fairfaxcrimesolvers.org or text "TIP187" plus your message to CRIMES/274637 or call Fairfax County Police at 703-691-2131.

COMMUNITY NOTES

The Kingstowne Area Artist's Association (KAAA) has membership opportunities for artists in the Kingstowne area. The group welcomes all fine art mediums and genres. It also hosts monthly meetings and an annual art show/sale for its members, and KAAA work is displayed in several local establishments. For more information, go to <http://www.kingstowneartists.com> or call Sandy Mann at 703-921-5557.

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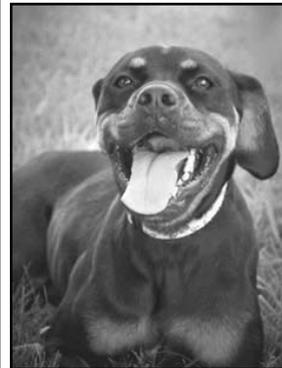
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State Farm

OPINION

From the CEO

Statement of Peter C. Labovitz, President and Chief Executive Officer, Connection Newspapers, LLC

For more than 20 years I have been honored to be President and Chief Executive Officer of the Connection Newspapers, which serve the people of Northern Virginia and suburban Maryland. Since The Alexandria Gazette was founded in 1784, our organization's journalism has played an essential role in our communities.

But like all American newspapers, in recent years the Connection Newspapers have faced daunting technological and economic challenges. We have weathered repeated crises that killed or crippled many others in the news media. I am proud that we have kept these vital community voices alive.

After the 9/11 terrorist attacks, when the country came to a virtual standstill, our revenues temporarily plummeted. And when the severe recession began in 2007, our revenues plunged again, often failing to cover our operating costs.

Backing Cook

To the Editor:

Living in Fairfax isn't an easy task considering all of the traffic, and high costs of living, especially in the Braddock District. We are faced with the commuters on Route 123, Interstate 495, and commuter students that attend George Mason University as well as Northern Virginia Community College.

With that being said, we've had one person in our community step up and tackle these issues. John Cook (R), the Braddock District Supervisor has been a driving force in our community, by taking care of our neighborhoods. He has found ways to cut down on traffic especially around the George Mason campus and Route 123 by working with state and George Mason University officials to achieve state funding of a "Western Bypass" at Braddock and Route 123. With the Western Bypass, the Braddock area will see a 10 to 30 percent reduction in congestion at Braddock Road and Route 123.

While considering the well being of the entire county in all his decisions, he also keeps in mind the issues of his constituents on a personal level. He established the Community Engagement Initiative to help people become more connected to and involved in their communities, as well as provided leadership training to over 125 community leaders to facilitate in the community building efforts.

As a 19-year old living in the Braddock District, seeing what John Cook has been able to accomplish, I proudly support him for reelection this November.

During these two periods of great financial duress, our organization filed all of our required tax returns but did not pay all of its federal payroll taxes in full. We initially fell behind after 9/11. Most of the payroll taxes in this period were paid, but some balances remained due. For several quarters in 2007-2008, we again fell short.

July 19, 2011

As President and Chief Executive Officer of Connection Newspapers, I take personal responsibility for this significant failure in oversight and in the organization's management systems. I am deeply sorry this happened.

I am personally making arrangements to pay the most recent shortfalls in full. We have changed our organization's processes to ensure that nothing like this happens again. We have been current on our payroll taxes for more than

Following local politics is actually what motivated me to apply for an internship with the Fairfax County Republican Committee and the experience has taught me so much about the local election process. This opportunity has afforded me the opportunity to meet John personally.

I strongly encourage students that are going away to college to take an opportunity to make a difference in their community by registering to vote absentee in both the Aug. 23 primary elections and again on Nov. 8 in the General Election.

Regardless of party affiliation, students need to be active and engaged in local politics, and voting is the first step towards actively making a difference.

Tiffany Vu
Fairfax

Highest Priorities

To the Editor:

After reading the commentary from Nina Kwartin of Vienna, "A Lead Not to Follow," [Vienna/Oakton Connection, June 8-14, 2011] I see a need to ensure our community properly gives credit where it is due. The Board of Supervisors did nothing to "provide all our local schools with full day kindergarten."

All, 100 percent, of the credit goes to our School Board members who have watched Chairman Bulova (D-At-large) and the Board of Supervisors year after year do nothing for our schools' growing student population.

I challenge my opponents to publicly dispute my statement. We need to honestly review what has taken place so we can move forward together in serving our community.

Teachers and other school employees, as well as firefighters and other county employees, have had an effective pay cut as they have endured denial of a deserved pay raise year after year during Bulova's time as chairman of the Board of Supervisors.

We understand the impact Bulova has had on their quality of life when we consider the pay freeze in the shadow of rising food costs, gas prices and real estate taxes.

This year, our School Board has not overcome the effective pay cut, but has helped lessen the impact of Chairman Bulova's failed leadership on the quality of life for our school employees by awarding a token 1 percent pay raise. Inflation still gnaws at a faster pace.

The limited pay increase is largely symbolic in an election year when year after year the Board of Supervisors has not enabled county and school employees to maintain their quality of life.

School Board members also voted to provide for the costs of new disciplinary procedures, to fund full-day kindergarten in every elementary school and to limit the burden of student fees.

Despite a lack of support from Chairman Bulova, our School Board has generally kept a steadfast commitment to community priorities.

The relationship between the School Board and the Board of Supervisors has clearly deteriorated during Bulova's term as

three years. No employee of Connection Newspapers has suffered any financial loss whatsoever because of this.

On July 19, 2011, I pled guilty to two misdemeanor charges of failure to make timely payments of payroll taxes in the U.S. District Court in Alexandria. To our employees, our readers, our communities and local and federal governments, I apologize. I understand that newspapers are a public trust and I know our entire organization works hard every day to earn that trust. I will do all I can to sustain that trust as we go forward.

It's my privilege and responsibility to serve as steward of these historic and vital newspapers. I hope to continue in this role. I am committed to doing whatever I can to ensure the Connection Newspapers adapt to these very difficult and challenging times and continue serving our communities for years to come.

Board of Supervisors chairman.

Frankly, Bulova has not advocated effectively for our community. In fact, she has been silent as Fairfax County taxpayers are forced to subsidize other taxpayers in funding a state mandate at an annual cost of over \$501 million annually. This amount represents more than 24 percent of the revenues we generate through our real estate taxes.

Because of her choice to favor silence over advocacy, she has led the Board of Supervisors year after year to deny needed resources to our schools' growing student population.

Now, as the majority of School Board members have decided to end their service, they seek more fervently to vote for the priorities they consider important to their legacy.

The question remains, of course, what are the consequences of their vote. For example, how many children will be moved to substandard facilities to accommodate full-day kindergarten? The Board of Supervisors did not provide the necessary \$12 million to \$14 million for a preferred transition to full-day kindergarten. Some students will be displaced to accommodate the changes.

Within this framework, a high priority remains restoring and strengthening the relationship between the Board of Supervisors and the School Board. Together we will invest in our community's highest priorities.

Will Radle (I)
Franconia

The writer is a candidate for chairman of the Fairfax County Board of Supervisors.

THE CONNECTION

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FAITH

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

Westwood Baptist Church, 8200 Old Keene Mill Road in Springfield, will change its Sunday morning schedule for the month of August. Worship will begin at 9 a.m. followed by a brief fellowship time and then Sunday School for all ages at 10:15 a.m. 703-451-5120.

Barcroft Bible Church, 9401 Little River Turnpike in Fairfax, invites rising kindergarden-sixth graders to the "Kickin' it Old School" Summer Bible Camp with games, music and crafts. 10 a.m.-1 p.m. Lunch provided. \$15 per child. www.barcroft.org/kh-bible-camp.

St. George's United Methodist Church, 4910 Ox Road in Fairfax, is hosting Vacation Bible School with The Shake-it-Up Café July 25-29 from 9 a.m.-12 p.m. Age 4 through rising 4th grade will enjoy storytelling, crafts, music and more, while grades 5 and 6 will participate in a Mission Camp. They will travel to work on mission projects during the week. www.stgumc.org/VBS2011.html or 703-385-4550.

St. Peter's in the Woods Episcopal Church, Route 123 and Burke Centre Parkway in Fairfax Station, will conduct Vacation Bible School from Sunday, July 24-Thursday, July 28, 5:30-8 p.m. "Hometown Nazareth: Where Jesus was a Kid." Music, games, crafts a petting zoo and more. For ages 4-10 years. Dinner will be served each evening. \$10 per child. Register at www.spiw.org or 703-503-9210.



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College Can Wait

Some local high school graduates delay college to pursue other opportunities.

BY JULIA O'DONOGHUE
THE CONNECTION

While most of her friends worried about whether they would get along with their freshman year college roommates last summer, Emily Hunt thought about living with a Mexican host family and attending high school classes conducted entirely in Spanish.

After graduating from McLean High School in 2010, Hunt deferred her acceptance to James Madison University for a year so she could live abroad through an exchange program sponsored by Rotary International.

"I didn't really feel ready to jump right into college life. I wanted to take some time to see more of the world and decide what I wanted to study," said Hunt, whose exchange was sponsored by the Rotary Club of McLean.

Over 10 months, she lived with three host families while she attended an extra year of high school in Aguascalientes, Mexico. She returned from Mexico in June and plans to enroll at James Madison as a freshman this fall.

Hunt said there were many tangible benefits to taking time off between high school and college, typically referred to as a gap year.

For example, she speaks fluent Spanish now and spent time with students from many different cultures. Her classmates not only included other Mexicans but also students on Rotary scholarships from Japan and other parts of the world.

"I became so much more mature over the last year. I was away from my parents for an entire year and I had to handle situations all on my own. Now I feel very confident," said Hunt.

Many students who study abroad through Rotary International go during high school but Hunt worried that credits from a foreign high school wouldn't transfer. She wanted to be able to graduate on time from McLean with the rest of her friends, so she decided to go abroad after high school and start college a year late.

"I figured whatever year I started college, I was going to be able to make friends," she said.

MANY EUROPEAN students take a gap year to travel or do community service before starting university, though American students who take time off before college remain an exception to the rule. Fewer than one percent of incoming freshman at Virginia Tech, one of the commonwealth's largest universities, take time off between college and high school, according to the school's admissions office.

Gap years do have some high-profile advocates, including admissions officers at

some of the country's most elite universities.

William Fitzsimmons, dean of admissions and financial aide at Harvard College, encourages taking time off between high school and college. Between 50 and 70 students defer admission to Harvard every year and the results have been "uniformly positive" in helping teenagers avoid burn-out in college, wrote Fitzsimmons in article on the university's admissions website.

"Perhaps the best way to get the full benefit of a 'time off' is to postpone entrance to college for a year. For nearly 40 years, Harvard has recommended this option, indeed proposing it in the letter for admission," he wrote.

The Massachusetts Institute of Technology [MIT] allows prospective students to check a box indicating they want to defer their enrollment for one or two years on the school's reply form.

"My hope is that you will at least consider, just for a moment, taking a gap year. ... We will grant a deferral for almost any reason," said Matt McCann, an MIT admissions officer and graduate on the school's website.

Princeton University sponsors its own "bridge year" program for a small group of incoming freshmen. A handful of students put off the start of their freshman year at Princeton in order to do community service in Ghana, India, Peru and Serbia. The university covers the cost of the trip and living expenses for the students who participate.

YET PARENTS, other students and faculty can be skeptical of the benefits of taking a gap year.

Bruce Pujanauski said he was a little skeptical of his son taking a year off between high school and college. Kevin Pujanauski won a scholarship with the Congress-Bundestag Youth Exchange to study abroad at a high school in Germany after he graduated from Thomas Jefferson High School for Science and Technology in 2007.

"We weren't really familiar with these programs. His older siblings had graduated from high school and gone directly to college. It just wasn't something we were familiar with," said Bruce Pujanauski, who lives in Oak Hill.

But Bruce Pujanauski said he couldn't think of a better experience for his son, who came back speaking and writing German fluently. Now a student at the University of



PHOTO BY JULIA O'DONOGHUE/THE CONNECTION

McLean High School graduate Emily Hunt deferred her admission to James Madison University so she could spend a gap year going to school in Mexico.

Virginia, Kevin returned to Germany between his freshman and sophomore years of college to intern in Berlin.

"The whole experience was just fantastic for him. He got everything out of it," said Bruce Pujanauski.

Some of Kevin Pujanauski's peers were also a little confused about his plans to go to Germany.

"My friends were like 'What? Huh? You're still going to be in high school?' ... It was strange for most students. At TJ, life is

all about getting ahead," he said.

Yet Kevin Pujanauski grew a lot as a person during his year in Germany, where he was the only American in his high school. It allowed him to experience the freedom and responsibilities that come with living on your own before he entered college. The teenager, who had never been outside the United States before, also got to visit 10 or 11 other countries.

The trip was not only good for Kevin Pujanauski's personal growth but his professional and academic development. Kevin Pujanauski still sees the benefits of that growth when he goes on job interviews.

"I think in terms of my maturity, the benefit was two or three fold. I worked out a lot of issues that most people have to deal with when they are freshman in college," he said.

The cost of gap year can also be a deterrent for some families. Some gap year programs, particularly those that are structured and involve international travel, can cost as much as a year of college itself.

Camille Morrow of Alexandria said her parents told her she will have to attend a public university or college after they help pay for her gap year excursions. She plans to attend Virginia Commonwealth Univer-

Gap Year Resources

Is your child considering taking a year off between high school and college? Here are some helpful websites and books with information on gap years.

❖ <http://www.usagapyearfairs.org> - Look for upcoming local gap year fairs during the 2011-2012 school year at this website.

❖ <http://www.gapyear.com> - General information on gap years and gap year programs

❖ "The Gap Year Advantage: Helping Your Child Benefit From Time Off Before Or During College," by Karl Haigler and Rae Nelson. This book has general tips on the gap year process.

❖ "The Complete Guide To The Gap Year: The Best Things To Do Between High School and College," by Kristin White. This book is another "tell all" on taking a gap year.

sity in the fall of 2012.

Morrow, who graduated from T.C. Williams High School in June, is enrolling with National Outdoor Leadership School (NOLS) program this fall and may be traveling to West Africa in the spring. The costs for NOLS program alone is a little under \$12,000.

"I will need to spend a lot of my free time working but I need to pay them back for some of this," said Morrow, whose parents were very supportive of her taking time off before going to college.

"I've been in school for so long. I felt like it would be nice to take a break. I will pretty much be sleeping on the ground for three months and I am not allowed to have a cell phone," said Morrow, who will backpack, canoe and camp in the Southwest United States. "I definitely think it will be good for me to get away. I think I will come back more attuned to myself."

Not all gap year plans require that a family shell out an immense amount of money for tuition.

For example, Hunt and Pujanauski are both receiving full scholarships to study abroad, which assuaged their parents' concerns about the cost of taking a gap year. Volunteer programs like Americorps — where students can assist flood, hurricane and tornado victims for example — also cover room and board for their participants.

"I think the fact that I received a full scholarship helped. I think [the gap year] would have been a much tougher sell if I had been asking my parents to pay for it," said Kevin Pujanauski.

Some young adults also choose to work during their gap year.

Liam Malakoff is working on getting various Red Cross and wilderness first responder certifications so he is better qualified to get a job in Colorado outdoors community. A recent graduate of T.C. Williams, Malakoff would like to be a whitewater rafting, canoeing or camping guide in the western United States during his time off.

"The one rule I set for myself is that I have to do something. There is no point in taking a year off and not doing anything with it," he said.

Malakoff, who just returned from kayaking competition in Wisconsin, is also hoping to organize a whitewater kayaking race series on the East Coast.

ENTERTAINMENT

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

THURSDAY/JULY 21

African Folktales. 7 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Bright Star Theater presents African tales. All ages. 703-339-7385.

Beach Jewelry. 4:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Use elements such as natural stone, beach glass, shell and wood to create island jewelry. Age 12-19. 703-249-1520.

Book Discussion Group. 7 p.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Call for title. Adults. 703-971-0010.

English Conversation Group. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

Springfield Writers' Group. 7 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Share your work, give and receive feedback in a supportive setting. Adults. 703-451-8055.

FRIDAY/JULY 22

African Folktales. 2:30 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Bright Star Theatre presents African tales that have been passed down for generations. All ages. 703-451-8055.

SATURDAY/JULY 23

8th Annual Asian Food and Tennis Festival. 10 a.m.-10 p.m. George Mason University, 4400 University

Drive, Fairfax. With 35 multi-cultural food and 150 product vendors. Four showcase villages, Heritage India, Wow Philippines, Image of China and Amazing Thailand. Free admission. info@asianfestivaldc.com.

Meridian. 4 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. Contact Info@outerloopresents.com to play. All ages. \$10 in advance, \$12 day of show. www.jaxxroxx.com.

African Folktales. 10:30 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Bright Star Theatre presents African tales that have been passed down for generations. All ages. 703-339-4610.

Workhouse Film Institute with Clifton Film Fest. 7:30 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Creative and thought-provoking independent films by local filmmakers, students and adults. \$5. www.WorkhouseArts.org.

SUNDAY/JULY 24

Eighth Annual Asian Food and Tennis Festival. 11 a.m.-6 p.m. George Mason University, 4400 University Drive, Fairfax. With 35 multi-cultural food and 150 product vendors. Four showcase villages, Heritage India, Wow Philippines, Image of China and Amazing Thailand. Free admission. info@asianfestivaldc.com.

Northern Virginia Archers Field Target Course. 9 a.m. 10875 Hampton Road, Fairfax Station. 3D Hunter course. Tournament scoring. \$8 per person. www.northernvirginiaarchers.org or 703-250-6682.

MONDAY/JULY 25

Johnny Reb and Billy Yank. 10:30

a.m. Lorton Library, 9520 Richmond Hwy., Lorton. Storyteller Gary Lloyd shares true tales from both sides of the Civil War. Cosponsored by the Erie and John Hopkins Educational and Charitable Trust through the Fairfax Library Foundation. Age 6 and up. Free. 703-339-7385.

WEDNESDAY/JULY 27

Stuntology. 10:30 a.m. John Marshall Library, 6209 Rose Hill Drive, Alexandria. Sam Bartlett, musician, artist and author of Stuntology, presents pranks, tricks and stunts to amuse yourself and amaze your friends. 703-971-0010.

English Conversation Group. 10:15 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

Travel Club. 1 p.m. Richard Byrd Library, 7250 Commerce St., Springfield. Bring lunch and enjoy a lively discussion. Adults. 703-451-8055.

THURSDAY/JULY 28

English Conversation Group. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice English and improve your English speaking skills. Adults. 703-249-1520.

English Conversation Group. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Conversation group for adults learning English. 703-339-4610.

FRIDAY/JULY 29

Stuntology. 2:30 p.m. Kingstowne

SEE ENTERTAINMENT, PAGE 10

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ENTERTAINMENT

FROM PAGE 9

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Elisa from Italy, 16 yrs. Likes to play tennis, swim, loves to dance. Elisa hopes to play American softball and learn American 'slang' while in the USA.

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SUNDAY/AUG. 7

Artists' Reception. 2-5 p.m. The Artists' Undertaking Gallery, 309 Mill St., Occoquan. The exhibit "reLeaf: An Exploration of Leaf and Tree Forms" features copper works by Anne Jordan of Fairfax and mixed media by Elisabeth Hudgins of Arlington. 703-494-0584 or www.theartistsundertaking.com.

Nitehawks Swing and Gregg Smith. 2 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Big band dance arrangements, jump and jive tunes, ballads and rock & roll. Free. www.WorkhouseArts.org.

WEDNESDAY/AUG. 10

Civil War History of the Hunter Mill Road Corridor. 7:30 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. With forum speaker Jim Lewis, a historian, tour guide and member of the Bull Run Civil War Round Table. Free. 703-425-9225.

SATURDAY/AUG. 13

2nd Saturday Art Walk. 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.

WEDNESDAY/AUG. 17

Creation's End, Seven Kingdoms, Widow, Artizan and more. 6:30 p.m. Jaxx, 6355 Rolling Road, Springfield. \$10 advance, \$12 at the door. 703-569-5940 or www.jaxxroxx.com.

SATURDAY/JULY 30

Cocker Spaniel Adoption Show. 11 a.m.-2 p.m. Alexandria Hybla Valley Petsmart, 7690 Richmond Highway, Alexandria. Meet cockers of all ages available for adoption. All dogs are spayed or neutered. Volunteers will help potential adopters find a good match and answer questions. Sponsored by Oldies But Goodies Cocker Spaniel Rescue. 703-533-2373 or www.cockerspanielrescue.com.

Charity's Law Benefit & Fundraiser For Hope & Faith. 4 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. With Krass Judgement, Hatred, Twisted Tower Dire and more. All ages. \$10 advance, \$12 at the door. 703-569-5940 or www.jaxxroxx.com.

Stuntology. 10:30 a.m. Richard Byrd Library, 7250 Commerce St., Springfield. Sam Bartlett, musician, artist and author of Stuntology, presents pranks, tricks and stunts to amuse yourself and amaze your friends. 703-451-8055.

WEDNESDAY/AUG. 3

Michael Cleveland and Flamekeeper. 7 p.m. Lee District Park Amphitheater, 6601 Telegraph Road, Franconia. Bluegrass. 703-324-SHOW.

THURSDAY/AUG. 18

Lionheart, I Declare War, Molotov Solution, Armor for the Broken and more. 5 p.m. Jaxx, 6355 Rolling Road, Springfield. \$12 advance, \$14 at the door. 703-569-5940 or www.jaxxroxx.com.

FRIDAY/AUG. 19

Space Rock Invasion USA Tour with Nektar, Brainticket, Huw Lloyd Langton (Of Hawkwind) and more. 8 p.m. Jaxx, 6355 Rolling Road, Springfield. Age 21 and up. \$25 advance, \$30 at the door. 703-569-5940 or www.jaxxroxx.com.

SATURDAY/AUG. 20

DC Fest with Michael W. Smith and Steven Curtis Chapman. 3 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Also with Kutless, Big Daddy Weave, Matthew West, Sidewalk Prophets and Jonny Diaz. Tickets \$15-\$99, available at www.ticketmaster.com and 703-573-SEAT. www.patriotcenter.com.

SUNDAY/AUG. 21

Canine Cruises. 6 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Cruise on the Park's dog-friendly pontoon boat while your dog scans for ducks, geese, and other lake dwellers. \$6 per person, no charge for the dog. One dog per person limit. Reservations and pre-payment required. 703-222-4664 or www.fairfaxcounty.gov/parks/parktakes/.

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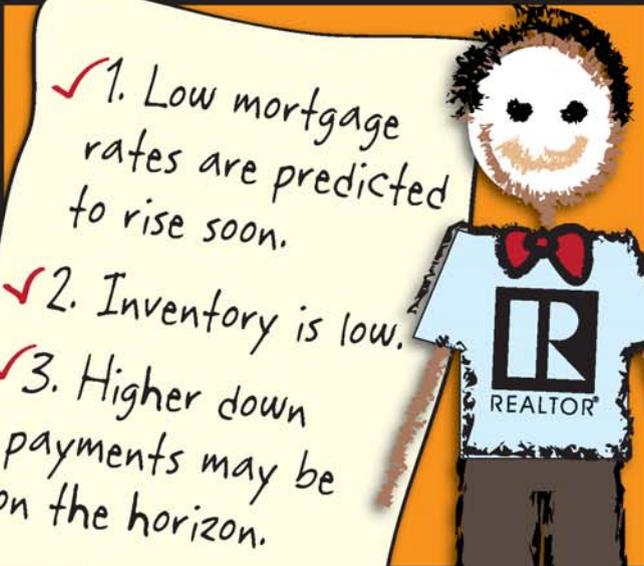
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HOME SALES

In June 2011, 171 Springfield homes sold between \$950,000-\$104,000. This week's list represents those homes sold in the \$950,000-\$449,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Subdivision
7708 HUNTSMAN BLVD	6	6	1		SPRINGFIELD	\$950,000	Detached	0.26	LAKWOOD HILLS
7154 WOODLAND DR	4	4	1		SPRINGFIELD	\$849,500	Detached	0.55	LEEWOOD
7016 CLIFTON KNOLL CT	4	3	1		ALEXANDRIA	\$790,000	Detached	0.25	CEDAR KNOLL
6008 MASONDALE RD	4	3	1		ALEXANDRIA	\$750,000	Detached	0.09	KINGSTOWNE
7605 MCWEADON LN	5	4	1		SPRINGFIELD	\$738,000	Detached	0.21	ACCOTINK BLUFF ESTATES
6298 WILLOWFIELD WAY	5	3	1		SPRINGFIELD	\$712,500	Detached	0.21	HIGHGROVE ESTATES
6321 BROCKETTS XING	4	2	1		ALEXANDRIA	\$685,000	Detached	0.18	CRESTLEIGH
6918 TRILLIUM LN	5	3	1		SPRINGFIELD	\$667,500	Detached	0.24	DAVENTRY
7812 BELLEFLOWER DR	5	3	0		SPRINGFIELD	\$600,000	Detached	0.25	HUNTER VILLAGE
8690 YOUNG CT	5	3	1		SPRINGFIELD	\$600,000	Detached	0.20	MIDDLE VALLEY
7509 MULLINGAR CT	4	3	1		SPRINGFIELD	\$575,000	Detached	0.24	DONEGAL OAKS
7608 MARITIME LN	4	3	0		SPRINGFIELD	\$554,000	Detached	0.21	LAKWOOD HILLS
8330 KENWOOD AVE	4	3	1		SPRINGFIELD	\$552,500	Detached	0.21	KENWOOD OAKS
8601 ETIA DR	5	2	1		SPRINGFIELD	\$545,000	Detached	0.25	KEENE MILL STATION
8714 ETIA DR	5	2	1		SPRINGFIELD	\$535,000	Detached	0.22	KEENE MILL STATION
7229 WHITSON DR	4	3	0		SPRINGFIELD	\$530,000	Detached	0.33	ROLLING VALLEY
6503 CARRSBROOK CT	4	2	2		SPRINGFIELD	\$525,000	Detached	0.33	MONTICELLO WOODS
7605 PALOMA CT	4	2	1		SPRINGFIELD	\$522,500	Detached	0.29	LAKWOOD HILLS
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6622 THURLTON DR	3	3	1		ALEXANDRIA	\$514,900	Townhouse	0.04	KINGSTOWNE
6013 GREELEY BLVD	4	2	1		SPRINGFIELD	\$510,000	Detached	0.29	CARDINAL FOREST
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6007 WENDRON WAY	3	3	1		ALEXANDRIA	\$498,000	Townhouse	0.04	KINGSTOWNE
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6512 MELIA ST	4	3	0		SPRINGFIELD	\$489,900	Detached	0.51	SPRINGFIELD FOREST
6729 DOROTHY GILES CT	3	2	1		ALEXANDRIA	\$485,000	Townhouse	0.04	ISLAND CREEK
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7041 FIELDHURST CT	3	3	1		ALEXANDRIA	\$485,000	Townhouse	0.04	MEWS THE
8336 MAGIC LEAF RD	4	3	1		SPRINGFIELD	\$480,000	Detached	0.26	NEWINGTON FOREST
5632 INVERCHAPEL RD	6	3	0		SPRINGFIELD	\$479,900	Detached	0.44	RAVENSWORTH FARM
7805 BLUE JASMINE CT	4	2	1		SPRINGFIELD	\$475,000	Detached	0.21	AFTON GLEN
9212 ANELOPE PL	4	2	1		SPRINGFIELD	\$475,000	Detached	0.26	ORANGE HUNT ESTATES
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9021 DAUM CT	3	3	1		SPRINGFIELD	\$460,000	Townhouse	0.04	SOMERSET AT SOUTH RUN
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Summer Football Thrills Fans

Mel Kiper football passing tournament comes to the area.

BY RICH SANDERS
THE CONNECTION

No, it is not yet high school football season in Northern Virginia or around the country. But last week, from Thursday, July 14 through Saturday, July 16, some of the top high school gridiron players both locally and across the nation converged in Chantilly to take part in one of the biggest off season events anywhere at the Mel Kiper, Jr. 7 on 7 University National Championship Tournament, a non-contact passing event meant to upgrade teams' aerial attacks as well as individual fundamentals in a highly competitive setting.

Poplar Tree Park, located off of Stringfellow Road in Chantilly and under the jurisdiction of the Fairfax County Park Authority, was the venue of the 32-team spectacle. Fast-moving games, played in less than 45 minutes, took place over the three days on the park's two 100-yard turf fields. On one field alone, two games could be played at once with each game utilizing 50 yards of real estate.

"Seven on 7 is clearly a different type of football," said Lake Braddock Secondary football coach Jim Poythress, whose Bruins were one of four participating teams from the Northern Region. "It's about competing at a high level, managing a game, and overcoming adversity. You get to play against some great athletes."

Games moved briskly as teams in possession of the ball had less than 30 seconds to snap the ball following each play, with a game official audibly counting down the final 15 seconds.

High school teams from Maryland, Virginia, Washington, D.C., New York, Florida, Iowa, Pennsylvania, Georgia, Arkansas, Delaware, and Mississippi were on hand. Some of the nation's top recruited high school players participated. Local participating teams from the Northern Region, along with two-time defending Division 6 region champion Lake Braddock, were Oakton (Concorde District), Lee (Patriot District), and Yorktown (National District).

The event's star power came from Mel Kiper Jr., the well-known ESPN college football and NFL pro draft analyst and his wife were on hand for the entire three days. Kiper kept tabs on all the games but paid special attention to the school where he once attended and graduated from, Calvert Hall out of Baltimore. The popular, energetic Kiper was immediately recognized by players, coaches, and football fans alike and spent much of his time talking football with folks.

Several months ago, Kiper, who has directed and led his own 7 on 7 University



Lake Braddock Secondary football coach Jim Poythress, right, was pleased with his team's showing in reaching the quarterfinals round of last week's 7 on 7 national tournament held in Chantilly. Standing next to Poythress is Greg Quigley, a Bruins' assistant coach and father of Bruin players Tanner and Tyler.

Series for several years, contacted Washington, D.C., area pass league organizers, including Oakton High football coach Joe Thompson, to talk about combining forces and creating a national tournament. Last week's showcase at Poplar Tree was the result of those talks.

"Mel Kiper came on board with his group, so we were able to put his name on it," said Thompson, who teamed with friend Jim Boone in recent years to run both Northern Region and metro area passing league tournaments. "He's been instrumental in getting teams here."

Kiper said he was enjoying the three days of action at Poplar Tree Park as a fan first and foremost.

"I'm not evaluating [players] here," he said. "I'm just watching great kids and great coaches. This will be a memorable experience for them. It's thrilling for me to have Calvert Hall here. They were number one in [Maryland] last year."

Kiper said the arrangements to conduct the tournament at Poplar Tree Park were made late but that he was thrilled with the site.

"I can't thank these people enough," he said of the county park officials and Thompson's group. "It's a great atmosphere and everything you want in a football setting. We couldn't be happier with this. We were in the position late in the [organizing] process waiting for a venue."

"You have two turf fields here, concessions in between the fields and trees in the background," said Kiper. "The atmosphere is great and you have everything you could want. Poplar tree is a special site and they have been accommodating."

IN THE DAYS leading up to it, Brotman-Winter-Fried Communications promoted the event heavily on local radio airwaves and other media forums. The primary event

sponsor for the inaugural national tournament is Under Armour.

Local teams Lake Braddock and Oakton both went as far as the tournament quarterfinals before losing. Lake Braddock qualified for final day play on Saturday and defeated Waterloo East (Iowa), 34-6, in a 9 a.m. game before losing to Red Lion (Pa.), 52-36, in a quarterfinals game.

Poythress, the Lake Braddock school season head coach, said the Bruins, who run a 5-wide offensive attack during the fall, were in their element at the wide-open passing tournament.

"We won our first three games," said Poythress, of the earlier tournament action wins over teams from Iowa, Baltimore, and New York. "The kids call their own plays. Tyler Quigley, who was a defensive back for us last fall, was our quarterback. We run a pretty good offensive system and we were built for this [passing league]. There are some really good teams here. My feeling here is to have fun, enjoy the experience and if you win, you win."

Oakton reached the quarters by defeating Warwick High (N.Y.), 45-21, on Saturday morning. Their run to a championship then ended with a loss to Calvert Hall, which ultimately reached the title game where it fell to Pulaski (Ark.), 30-26.

Shaun May, the media and public relations director for Brotman-Winter-Fried Communications, said one of the best attributes of the Kiper passing league is that high school teams can grow as a unit during the off season.

"It keeps the guys together," said May. "These kids are in class together, play football together, and now have come together for something like this."

And he said the players all want to meet Mel Kiper.

"You talk to these kids and they're all like, 'Where's Mel?'"

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21 Announcements

ABC LICENSE
Dveloce, LLC trading as Dolce Veloce, 10826 Fairfax Blvd, Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine/Beer, on/off Mixed beverages license to sell or manufacture alcoholic beverages. Giuseppe Ricciardi, President

21 Announcements

ABC LICENSE
Lubrano of FairCity Mall, Inc trading as Mamma Lucia, 9650 Main Street #40 Fairfax, VA 22031 The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine & Beer on premise license to sell or manufacture alcoholic beverages. Rosa Di Savino, President.

116 Childcare Avail.

BURKE Childcare avail in my home, OFC Lic, FT & PT, days, evenings, Back-up care & special needs children welcome. Large yard for lots of fun! 703-569-8056

21 Announcements

LEGAL NOTICE

The following store will be holding a public auction on July 27 starting at 12 Noon

Storage Mart 1851
11325 Lee Highway
Fairfax, Va, 22030

Unit 1071 Stuart Pott boxes, totes, bags
Unit 1055 Timothy Fornshill boxes, furniture, electronics
Unit 1027 Wilton Crouch tools, furniture

26 Antiques

We pay top \$ for antique furniture and mid-century Danish/modern teak furniture, STERLING, MEN'S WATCHES, jewelry and costume jewelry, paintings/art glass/clocks. Schefer Antiques @ 703-241-0790. Email:theschefer@cox.net

21 Announcements

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

3 RE for Rent

3 RE for Rent

Just Minutes to King Street metro, \$850/mo includes utilities
One BR sublet in a 3BR/1.5 Bath renovated townhouse with driveway and street parking. Share house with 2 other professional young adults. Fully renovated with new kitchen, new bathrooms, updated basement and living room. \$850/month includes utilities. Bus stop at front door, one mile to King St Metro, Duke St near Old Town. Available May 1-July 31. 240-460-7375.

21 Announcements

21 Announcements

21 Announcements

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21 Announcements

21 Announcements

21 Announcements

AUCTION

Sale conducted for BB&T for the Estate of Hilda H. Zeigler
Thursday... Aug. 11th... 1pm

Open House: Aug. 2nd 2 to 4pm
Grand View Estates - 216 Fairground Rd. - Woodstock, VA 22662
Brick Home/Duplex-Living room/FP (gas logs) & offset dining area. Kitchen w/ nice cabinets, hall bath, 2nd BR with French doors to sun-room, master BR has double closets & master bath. Hardwood floors throughout except Kitchen/Baths. Garage w/ laundry room. Views!
Homeowners Association! Broker Participation Invited!

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Manassas **\$398,500**
Rare find—all brick 4BR, 3.5 bath rambler on private 1 acre wooded cul-de-sac lot in Bell Forest. 3250 finished SF. Granite counters, ceramic tile, hardwoods, dbl. deck, 3 fireplaces and no HOA. See photos www.CallMaryNow.com
Mary LaRoche 703-919-0747



Annandale **\$539,000**
Must see this fantastic split 4-level house with 5 bedrooms, SS appliances, granite counter-tops, ceramic tile floor, hardwoods in LR & DR, new carpets, windows, and much more.
Judy McGuire 703-581-7679



Springfield **\$420,000**
Exceptional value in West Springfield! Almost everything new. New carpet, refinished hardwoods, remodeled bath, new roof, windows and more! Beautifully landscaped lot on cul-de-sac. Enjoy the backyard oasis featuring deck, pond, and patio with trellis cover. Wonderful location—walk to elementary and middle schools and close to everything. Don't wait on this one!
Susan Evans 703-503-4025



Centreville **\$334,900**
Sully Station garage townhome. Wood floors on main & upper levels. Updated eat-in kitchen with granite opens to deck overlooking back yard. Living & dining rooms share a gas fireplace. Master bedroom with luxury bath. Finished lower level with recreation room, full bath & laundry room.
Judy Semler 703-503-1862



Lake Ridge **\$299,000**
Immaculate 3-level TH with 3/4 bedrooms, 3.5 baths, WIC in MBR w/ vaulted ceiling, spacious w/hdws, 42" cabinets in kitchen, and much more. Steps to Occoquan Reservoir, located in sought-after community. Must see!
Judy McGuire 703-581-7679



Centreville **\$629,000**
Beautifully updated Colonial sited on quiet cul-de-sac in wonderful Virginia Run! Offers screened porch & breezeway to wooded backyard & finished walk-out lower level!
Carol Hermandorfer 703-216-4949



Annandale **\$405,000**
Lovely and Affordable 4 BR, 2 Full Bath Split Foyer inside the Beltway. Many updates within past 3-4 years include Appliances, Windows, Furnace and A/C, Wilson Art Kitchen Flooring, Aluminum Siding, Upstairs Bath, HWH and Washer/Dryer. Lower Level has Bedroom, Full Bath, and Cedar Closet. Nicely Landscaped Lot.
David Levent 703-338-1388



Alexandria **\$198,500**
Alexandria Knolls 2 bedroom & 2 bath condo. Updated kitchen. Large living room. Dining room. Balcony entrances from living room and both bedrooms. Fresh paint throughout. Washer/dryer in unit. Garage parking. Terrific location with access to transportation. All utilities included in monthly fee.
Judy Semler 703-503-1885



Clifton **\$1,950,000**
Exquisite, One-of-a-Kind Custom-Built Equestrian Estate with over nine beautiful acres, a Morton 6-stall horse barn with riding arena, and 5 fenced paddocks. For more information, go to www.hermandorfer.com
Carol Hermandorfer 703-216-4949



Rappahannock River **\$149,900**
Water Views! Your private beach awaits you! Nice 3 bedroom, 2 bath brick rambler with screened porch, gas fireplace, fully furnished with shed on nearly 1 acre. The perfect vacation or retirement spot, just steps away to deeded access waterfront property and sandy beach. 2 Hrs from DC in Lancaster, VA / Northern Neck.
Betsy Rutkowski 703-503-1478



Lake Anna **\$449,000**
Well-maintained Water Access. 4000+ square foot home on 1.18 acres with boat slip. 4 bedroom 3.5 baths, hardwood floors, ceramic tile, attached 2 car garage, finished basement. Huge master suite, with his and hers walk-in closets. paved driveway & stamped concrete sidewalk.
Dana Isaac 540-661-2166



Reston **\$549,000**
Just Listed! Impeccably maintained 4 BR/3 BA "Z" home in private setting backing to trees. Spacious rooms, hardwoods floors, 2 fireplaces, new HVAC, large deck, walkout lower level with wet bar & bedroom. Close to Reston Town Center, trails, parks and swimming pools.
Nancy Basham 703-703-772-2066



Fairfax Station **\$849,900**
Custom home on serene 5-acre wooded lot. Walk to Burke Lake. Impeccable architectural details throughout. Fabulous 2009 gourmet eat-in kitchen. Wood floors. 3 full & 2 half baths. 3 fireplaces. Master w/fireplace & dressing room. Family room w/wet bar. Library w/fireplace. Living room w/fireplace & view of the natural surroundings. Large patio.
Visit www.KilkennyLane.com
Judy Semler 703-503-1885



Tysons Corner **\$339,900**
Fabulous Tysons Corner location. 2 BR, 2 BA unit in The Rotonda. Newly renovated kitchen, fresh paint and carpet. Community includes indoor and outdoor pools among many other amenities.
Courtney Branham 703-503-1835



Springfield **\$399,000**
Great home at a great price! Renovated kitchen w/42" cabs, hardwood floors, 3 BR, 2.5 BAs! Spacious family room in lower level, rear deck for summer fun! Quiet neighborhood, on a cul de sac! Gas heat! Mins to Pfx Pkwy & Metro! Sought after W. Springfield HS! Call for info.
Marsha Wolber 703-618-4397



Burke **\$629,900**
Don't miss out on seeing this home! It's Lovely. 5 Bedrooms upstairs. Large eat-in kitchen with granite countertops, island, newer stainless appliances, butler's pantry, recessed & pendant lighting. Spacious master bedroom with huge walk-in closet. Newer windows. Walk-out basement. Enjoy BBQ's on the deck overlooking wooded common area.
Diane Sundt 703-615-4626



Lake Anna **\$990,000**
Breathtaking Waterfront! 6 bedrooms, 3.5 baths features wall of windows, sunroom, screened porch. 3,000+ sq ft with a dining room large enough for 20 people. Double boat shelter w/ sun deck & designated swimming area & just onshore a playground & firepit.
Greg Isaac 540-661-2019



Clifton **\$1,197,000**
Gracious Luxury! This Custom brick home beams with elegant architectural elements on over 5 acres! This 6 BR & 5.5 BA home w/a gourmet kit, 2-story family rm, sunroom, au/pair suite, fin walk out lower level, w/media room, & 2 laundry rooms make it perfect for easy living and entertaining!
Carol Hermandorfer 703-216-4949



Fairfax **\$639,000**
4 BR. 2.5 BA, 3 fin level home in Colchester Hunt features sun/breakfast room addition w/ view of pool, patio & landscaping! Many updated including kitchen, baths, window, carpets and paint. Outstanding lot in terrific neighborhood!
Carol Hermandorfer 703-216-4949



Burke **\$335,000**
Beautifully maintained 2 BR + Den, 3 1/2 BA, 3 level townhouse. Family room with fireplace on main level + Rec room, den, & full bath on lower level. Move-in ready.
Charles Shaw 703-989-7169



Falls Church **\$285,000**
Rarely available two bedroom unit in Falls Plaza with two reserved parking spaces. Walk to West Falls Church Metro, shopping, and more! Large balcony overlooks quite common area. Freshly painted and ready for move-in!
Susan Evans 703-981-7664



Rappahannock County **\$2,700,000**
142 +/- acres of rolling hills, trees, and views. 4 houses, 3 horse barns, inside and outside riding arenas, run-in, equipment building, pond, two 20-acre parcels already perked. All this and more!
Claudia Callis 703-620-2790



Rappahannock County **\$499,999**
Large two-sided home for extended family with 2 kitchens, 2 master bedrooms, 2 master BR baths, 2 LR/DR, 2 fireplaces, sunroom and deck overlooking twenty acres. Adjacent property for sale.
Claudia Callis 703-620-2790



Fairfax **\$550,000**
Country Club View! Amazing Space! Beautifully renovated 5 BR/3 BA home with over 3,000 s.f., plus a great backyard. Kitchen has new cabinets & granite; hardwoods on main level; 2 gas fireplaces; all baths updated; freshly painted throughout, plus much more! Convenient to VRE, schools, & shopping.
Mary Hovland 703-946-1775
Cathy DeLoach 571-276-9421



Fairfax **\$599,900**
Hard to find...6 bedroom home under \$600k in Robinson School District, near GMU. Great for large families, or as an investment property for maximum rental income. Remodeled kitchen and baths.
Dina Gorrell 703-989-5000

703-425-8000



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Town of Clifton \$749,900
Known as the Canary Cottage, this historic home located in the heart of Clifton dates back to the 1880s. BEAUTIFUL courtyard leads to REMODELED kitchen. 9+ ft ceilings, wood floors, 3 fireplaces!

UNDER CONTRACT



Fairfax Station \$859,000
RARE opportunity to own this one-of-a-kind CUSTOM quality home in South Run! MAIN LEVEL Master BR, completely REMODELED GOURMET kitchen, warm hardwoods, and vaulted ceilings!

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Fairfax \$449,900
4 bedrooms, 2½ baths, rec room & den on lower level, hardwood floors, updated kitchen, screened in porch, fully fenced rear yard, oversized 2-car garage!!! Move-in condition! Minutes to park and bus stop.



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



Clifton \$599,000
Renovated 4 BR, 3 BA rambler in private, picturesque setting sited back off road. Inviting open living spaces enhanced by Brazilian Tigerwood floors, stone fireplace, skylights, and designer paint. Expansive walkout LL features rec room w/ fireplace, bedroom, bath & plenty of storage. Mary Hovland, 703-946-1775 or Cathy DeLoach, 571-276-9421.

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Susan.Borrelli@LNF.com



Lorton Model Home Perfect! \$799,900
Absolutely Gorgeous w/all the bells & whistles AND backs to common area! Premium granite, Brazilian cherry hardwood, 2 fireplaces, sunroom, finished basement with full-scale granite wet bar. Incredible master suite w/ gas fireplace, custom cabinetry, vaulted ceiling, gorgeous luxury bath and enormous walk-in closet. Call Susan at 703-216-2620.

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Clifton \$2,849,000
Stunning 5 Bedrooms, 6 Full Baths, 1 Half Bath, Gorgeous Master Suite, Gourmet Kitchens, Shimmering Pool with Fountains, Magnificently Landscaped on 5 Tree-lined Acres in Historic Clifton.



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Fairfax Middleridge RENTAL \$2,200
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Springfield \$399,000
Great home at a great price! Renovated kitchen w/42" cabs, hardwood floors, 3 BR, 2.5 BAs! Spacious family room in lower level, rear deck for summer fun! Quiet neighborhood, on a cul-de-sac! Gas heat! Mins to Pfx Pkwy & Metro! Sought-after W. Springfield HSI! Call for info.



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Crosspointe \$679,000
Elegant Van Metre Sheffield on small cul-de-sac backing to trees. 3 finished levels w/lower level walk-out to fenced yard. Screened porch & deck, hardwood floors, 2 fireplaces, library, kitchen w/desk adjacent to large fam rm, 5 BR, 3.5 BA & much more! CALL ANN WITHERSPOON TODAY!



CROSSPOINTE \$724,900
Gorgeous Monroe Colonial on Large Flat Lot Backing to Trees - 3 Finished Levels - Redesigned, Gourmet Kitchen - HW Floors on Main Level - Upgraded, New Carpet Up - 2 Fireplaces - New Windows - Cul-de-sac Location - Deck & Gazebo & MUCH, MUCH more. Call Sheila Adams 703-503-1895.



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Lorton \$718,900
Beautiful Hallowing Point Home on nearly 1-acre lot with private fenced in yard, swimming pool and access to private pier, boat ramp and beach. Ngoc Do & Associates, 703-798-2899.



Lorton \$799,990
Stunning, fully appointed 4 BR, 4.5 BA Monterey featuring over 6,000 sq ft and finished basement. Ngoc Do & Associates, 703-798-2899.



Richard Esposito

703-503-4035

Richard@LNF.com

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Springfield \$360,000
This T/H has over 1,500 sq ft on 3 finished levels. Amazing Walk-in Closet and storage space. Hardwood on main and deck overlooks trees. LL has Fam Rm, Storage Rm, Office w/exterior entrance. Richard Esposito, 703-503-4035.

ELLIE WESTER

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ellie.wester@longandfoster.com



Centreville \$399,900
Newly Listed!
Immaculate and convenient home in Xanadu Estates. Many updates include deck, appliances, carpet, etc. 3 levels, 4 bedrooms, built-ins.

703-425-8000