

Annie Mack-Evans and husband, Willie Evans, at her retirement celebration on Saturday, Jan. 28, at the Springfield Golf & Country Club. Mack-Evans is the first African-American female officer to retire from the Fairfax County Police Department.

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PHOTO BY VICTORIA ROSS/THE CONNECTION



The fourth grade Advanced Academic Program (AAP) students at Mosby Woods Elementary created Mosby Town. There are shops, gas stations, single family homes, townhouses, retail stores, a hospital, sports arena, and a small airport.

Students Create 'Mosby Town'

Something fascinating is happening at Mosby Woods Elementary in Fairfax. The fourth grade Advanced Academic Program (AAP) students were introduced to the world of architecture by a team of professionals who work for the local architectural, engineering and management consulting firm, Dewberry. They learned through multiple activities what and how architects do what they do. Their final project was to create a 1/16th inch scale model called Mosby Town. They divided into twelve teams of six; each tasked with creating a 3' x 3' section of the model, which included residential and commercial components that mirror their current environment and lifestyle. The final project was jig-sawed together to create a model town measuring 18' x 6'. There are shops, gas stations, single family homes, townhouses, retail stores, a hospital, sports arena, and a small airport!

The students will also be presenting their Mosby Town project to architects at Dewberry.



The students' vision of Mosby Town. There are shops, gas stations, single family homes, townhouses, retail stores, a hospital, sports arena, and a small airport.

Rotary Club of Fairfax President Brian Lubkeman (right) welcomes Christopher Zimmerman, Musical Director, and Tara Nadel, Patron Services Manager of The Fairfax Symphony Orchestra on Jan. 23.



Rotarians Host Maestro Zimmerman

The Fairfax Rotary Club welcomed Fairfax Symphony Orchestra musical director Christopher Zimmerman to its Jan. 23 membership meeting. Speaking to a crowd of over 50 business and community leaders at the American Legion Hall in Fairfax City, Maestro Zimmerman mesmerized the audience with his colorful talk which emphasized his 2011/2012 Season focus on "the diversity of classical music."

Entertaining the audience with excerpts from The Fairfax Symphony Orchestra upcoming programs, Zimmerman reinforced Fairfax Rotary Club members' commitment to supporting worthwhile non-profit organizations in and around the Fairfax community.

Joining Maestro Zimmerman during the presentation was Tara Nadel, Patron Services Manager and Educational Director. She detailed the many educational and community outreach programs conducted by The Fairfax Symphony Orchestra throughout the year including over 50 youth education programs held at elementary, secondary and high schools.

The Rotary Club of Fairfax meets on Mondays at 12:15 p.m. at the American Legion Hall on Oak Street in Fairfax City. For more information about the Rotary Club of Fairfax, visit the club's website at www.fairfaxrotary.org or email Rotary Club of Fairfax's Executive Director Irby N. Hollans, Jr., at ihollans@earthlink.net.

Girl Scouts Invited to Community Celebration

This year Girl Scouts of the USA is celebrating its 100th anniversary. To mark the occasion, the South Central Fairfax Association of the Girl Scouts of the Nation's Capital (GSCNC) is conducting a special event and opening it up to the community at Springfield Mall on Saturday, Feb. 18, from 11 a.m. to 2:30 p.m. This 100th Anniversary Thinking Day Celebration will offer something for everyone, but current and former Girl Scouts of all ages and their families are especially encouraged to stop by to join the fun. Throughout the event, local Girl Scouts will be performing on stages and displaying information that they have learned about countries with Girl Scouts and Girl Guides around the world at more than 75 display tables. In addition, there will be a flag ceremony and international parade of flags through the mall at 11:30 a.m., an international fashion show by the girls at noon, a presentation

at 1:30 p.m. by re-enactors portraying the founders of Girl Scouts and Boy Scouts – Juliette Gordon Low and Lord Robert Baden-Powell, and a closing promise circle at 2:15 p.m. There also will be an area for trading swaps, as well as booths featuring Girl Scout history, local Girl Scout camp opportunities, Girl Scout cookie booth sale locations, and information about joining Girl Scouts as a girl or an adult volunteer.

Additionally, whether you were a Girl Scout in other parts of the country or locally, Girl Scout alumni are invited to stop by the event to share their favorite memories on videotape at a booth recognizing the contributions of Girl Scouts to leadership and community service through the years.

For more information on the event, contact Carol Ann Cunningham, Chair of GSCNC's South Central Fairfax Association, at carolanncunningham@verizon.net or 703-863-5263.

WEEK IN FAIRFAX

International Night At Daniels Run Elementary

Daniels Run Elementary will host its annual International Night on Friday, Feb. 3, based on the Lunar New Year and the Chinese Year of the Dragon. This celebration of cultures will begin in the morning with assemblies for the entire school featuring student performances of music and dance from countries of their heritage. In the evening, parents will join the celebration by setting up booths with displays of artifacts from different cultures, including

musical instruments, rugs, maps, toys, folk art, and games. Some parents will also provide samples of food representing their heritage and will wear traditional attire from around the world. Contact principal Kathy Mullenix at 703-279-8400 or krmullenix@fcps.edu or event liaison Peg Weiss at FindPeg@verizon.net.

David's Bridal to Present Surprise \$25,000 Scholarship

David's Bridal will present a surprise \$25,000 scholarship to the winner of their

"Sketch Your Prom Dress" contest and reveal for the first time the winning dress.

A local high school student, from WT Woodson High School in Fairfax, has been named the winner in a National "Sketch Your Prom Dress" contest sponsored by David's Bridal—the nation's most trusted wedding, prom and special occasion retailer, and Seventeen.

High School students from across the country submitted sketches of his/her dream prom dress along with a 100-word description of their design vision and inspiration, for a chance to win the experience of a lifetime. Entries were judged by a panel of Seventeen Magazine Fashion Editors and design experts based on style, originality,

and commercial appeal. Each week the Top 10 Judge's favorites were posted on Facebook for input from Seventeen and David's Bridal fans everywhere.

After several weeks of reviewing thousands of entries, the winner was chosen. The grand prize winner will receive:

A trip to New York City, a \$25,000 scholarship, \$5,000 for the winner's high school, a feature in a Spring issue of Seventeen magazine and the winner's dress developed, manufactured, and sold by David's Bridal for Prom 2012.

Ceremony for the scholarship winner be Friday, Feb. 3, from 12-12:30 at WT Woodson High School, 9525 Main Street, Fairfax, VA 22031.

NEWS

Putting Food on the Table

Food banks struggle to keep shelves stocked in winter.

By VICTORIA ROSS
THE CONNECTION

On a bright winter Saturday afternoon, bus driver Lynn Temple boxed up jars of peanut butter and cans of food donated by shoppers at Giant grocery store in Lorton.

"I had a woman come up to me this morning. She said she's trying to feed seven people in her family, and she can't get enough food from the local pantries," Temple said. "It just hurt me to hear that."

Temple is one of a dozen people who volunteered with Fairfax County's "Stuff the Bus" campaign on Jan. 28, a county-wide food drive that parks FASTTRAN buses in Giant and Shoppers Food shopping centers to collect food for needy families and individuals.

WHILE FOOD PANTRIES benefit from the seasonal dose of good will during the holidays, donations typically decrease during the first few months of the new year.

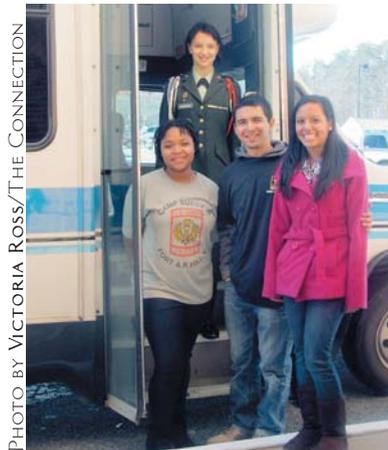
"There's a high food demand now, but we are out of many basic items, like cereal, canned fruit and peanut butter," said Lynn Swogger, president of the Lorton Community Action Center (LCAC) Board. "We have a very giving community, especially around the holidays, but hunger is a need that doesn't go away."

LCAC, which recently opened a new food pantry warehouse, distributes food to seniors, unemployed, homeless, single parents and families struggling to make ends meet in the Lorton, Ft Belvoir, and Newington area.

"Many of our families are working and struggling to maintain the basic needs for their family," said Andrea Tracey Cochrane, LCAC's director of development. "They have to make hard decisions, hard choices. Do they pay for food or prescription drugs this month?"

Linda Patterson, LCAC's executive director, said there is not one typical profile of those who need food.

"One never knows exactly who will need help from LCAC on any given day. Today, I met a young woman who was laid off two



Hayfield High School Junior ROTC students volunteered for the Stuff the Bus food drive on Saturday, Jan. 28, at the Giant in Lorton. From left, Alyssa Huffman, Amber Ackerman, James Cardenas and Catherine Torres.



Roxanne Rice, executive director of Food for Others, and Sarah Allen, of Fairfax County Neighborhood and Community Services, show the "Stuff the Bus" poster highlighting the food collection drive.

Where to "Stuff the Bus"

Buses will be at following locations on Saturdays from 9:30 a.m. to 4:30 p.m.

FEBRUARY 4

McLean Giant
1454 Chain Bridge Road
McLean, VA 22101
Benefiting Share, Inc.
Clifton Giant
5740 Union Mill Road
Clifton, VA 20124
Benefiting Western Fairfax Christian Ministries

FEBRUARY 11

Fair City Mall Shoppers
9622 Main Street
Fairfax, VA 22031

weeks ago. She had never before asked for assistance, but was in need of food and suggestions for employment," Patterson said, adding that LCAC gave the woman food and worked with her on a plan to get her back on her feet.

According to Alan Nicholas, LCAC's food pantry manager, the organization gives out an average of 10 pounds of food each week per family just in non-perishable items, such as those received with Stuff the Bus, and an additional 10-20 pounds of meat, bread and vegetables per week.

"It's safe to say that we distribute an average of 40 pounds of food to each family we serve on a weekly basis. We are currently serving an average of 175 families a week," Nicholas said.

Hampered by fewer donations in a slow economy, many nonprofits serving Fairfax County are struggling to provide food to increasing numbers of families in need.

"(The decline) is definitely noticeable in the winter," said Roxanne Rice, executive director of Food for Others, the largest di-

Benefiting Food for Others
Kingstowne Giant
5870 Kingstowne Blvd
Alexandria, VA 22315
Benefiting Koinonia Foundation

FEBRUARY 18

Fair City Mall Shoppers
9622 Main Street
Fairfax, VA 22031
Benefiting Our Daily Bread
Seven Corners Center Shoppers
6360 Seven Corners Center
Falls Church, VA 22044
Benefiting Falls Church Community Service Council

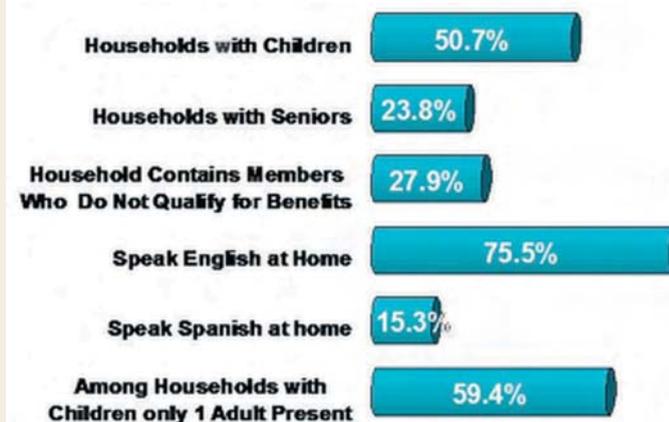
rect distributor of free food in Northern Virginia. "It's dramatic how much food comes into us in November and December, as opposed to the rest of year."

Of the 2.7 million pounds of food that Food for Others distributed in 2011, 231,870 pounds was collected through food drives. Of that amount, 58 percent of it was donated in the months of November and December.

"The shelves always get bare this time of year. The big rush was in November and December, and then they will continue to go down," Rice said.

"Last Friday, prior to the Stuff the Bus drive, our pantry shelves were completely empty," Nicholas said on Tuesday. "The food that came in over the weekend is being distributed right now, and will be on tonight's dinner table for those we serve in the Lorton community."

At Ecumenical Communities Helping Others (ECHO) in Springfield, donations have been steady, but ECHO's food pantry contains 35 percent less than it did last year,



SOURCE: FAIRFAX COUNTY DEPARTMENT OF FAMILY SERVICES, OCTOBER 2011.

Fairfax-Falls Church households receiving Supplemental Nutrition Assistance Program (SNAP) benefits

Food Insecurity in Fairfax County

Last week, Fairfax County released a report prepared by the Department of Neighborhood and Community Services which provides a glimpse into food security and access issues in the Fairfax-Falls Church area. According to the Economic Research Service (ERS) of the U.S. Department of Agriculture, families experience food "insecurity" when the "eating patterns of one or more household members are disrupted, food intake reduced, because of lack of money or other resources." The report, which covers fiscal year 2011, showed that Fairfax County is home to more than 62,000 individuals who live below the poverty level - which is defined as an annual income of about \$22,000 for a family of four - and another 86,000, who are just above the poverty level.

Highlights of the report:

- More than 44,000 residents in Fairfax-Falls Church receive Supplemental Nutrition Assistance Program (SNAP) benefits, a federal food and nutrition program.

- In 2011 the Fairfax County Department of Family Services (DFS) received 17,703 applications for SNAP, an average of 1,475 new applications per month.

- In the Fairfax-Falls Church area, SNAP provided benefits to nearly 23,000 households containing 54,332 individuals and 23,560 children under age 18.

- Nearly 90 percent of the households receiving SNAP benefits have incomes below the poverty level.

- As of October, 2011, according to the report, households receiving SNAP benefits had a median annual income of just more than \$8,000. In contrast, the 2010 median annual income for all Fairfax county households was \$103,010, according to the U.S. Census Bureau's 2010 American Community Survey.

- One in four students enrolled in Fairfax County Public Schools receives free and reduced-cost lunches.

—VICTORIA ROSS

according to executive director Meg Brantley.

At Our Daily Bread (ODB) in Fairfax, there is a steady waitlist for food assistance, and the number of requests for one-time emergency deliveries is up. More than half of ODB's clients are children.

"We have 60 families on our Food Program, and generally about 60 on the waiting list to come onto the program," said Heather Webb, communications director for ODB.

While ODB's pantry is still relatively full as a result of holiday food drives, Webb said that may not last for long.

"I would expect that by mid-March to early April, our pantry supplies will be low again and will remain somewhat low until the fall. That's the usual trend. We used to be low by February, though, so the Stuff the Bus initiative is helpful to get us through the coldest months," Webb said.

To help keep pantry shelves stocked during the winter months, Fairfax County intentionally scheduled Stuff the Bus events between Martin Luther King Day in January and Presidents' Day, according to Pat Stevens, execu-

tive director of the Office of Public Private Partnerships (OP3).

"Winter is when food pantries report that traditional giving is at its lowest point," Stevens said.

LOCAL FOOD PROVIDERS, such as Our Daily Bread, FACETS and Food for Others, have become so concerned about the lack of food that they asked Fairfax County's OP3 to help them network and collaborate to meet the growing demand.

In the meantime, initiatives such as "Stuff the Bus" help to refill the coffers of local food pantries.

Last week, "Stuff the Bus" volunteers collected 1,746 pounds of food at the Fox Mill Giant in Herndon, and 2,158 pounds of food were collected at the Lorton Giant, according to Michael Artson with Fairfax County's Neighborhood and Community Services.

All donations will go directly to local nonprofit organizations that help feed needy families and individuals in the Fairfax-Falls Church Community. To find out when and where "Stuff the Bus" will be at a grocery store near you, visit www.fairfaxcountypartnerships.org or call 703-222-9764.

Officer Who Made Difference

First African American female officer retires from FCPD.

BY VICTORIA ROSS
THE CONNECTION

As the youngest daughter of a preacher in Oak Hill, W. Va., Annie Mack-Evans said she knew growing up that her life's calling was to "Do all you can do and leave the outcome to God."

But she had no idea that she would become a teacher, mentor and inspiration to other women of color as a detective and master police officer with the Fairfax County Police Department.

"Even though I am only the first black woman to retire from the agency, my legacy I leave behind shows there will be many others to follow," said Mack-Evans. "In addition to so many others; the first Korean, Vietnamese and Middle Eastern officers will follow me."

More than 200 family, friends and co-workers gathered at the Springfield Golf & Country Club on Saturday, Jan. 28, to celebrate the career and retirement of Mack-Evans, the first African-American female officer to retire from the Fairfax County Police Department.

"She is an inspiration to everyone she meets.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Annie Mack-Evans and husband, Willie Evans, at her retirement celebration on Saturday, Jan. 28, at the Springfield Golf & Country Club. Mack-Evans is the first African-American female officer to retire from the Fairfax County Police Department.



PHOTO CONTRIBUTED

Annie Mack-Evans assists colleagues in the classroom. She is the first African-American female officer to retire from the Fairfax County Police Department. Her retirement celebration was held Saturday, Jan. 28, at the Springfield Golf & Country Club.



The event was held at the Springfield Golf & Country Club, where a table was set up to display the numerous badges and awards she has received during her 28 years with the department.

She brings so much energy and enthusiasm to everything she does. She is the definition of a 'giver,'" said Yolanda Newman, a longtime friend who served as mistress of ceremonies for the event.

COLLEAGUE Dwight Bower, Director of Recruiting and Testing at the Fairfax County Police Academy, said working with Mack-Evans for the past nine years has been an enriching experience.

He said that he and Mack-Evans come from very different backgrounds, but both believe in the importance of the need to develop, encourage and mentor young officers and applicants who represent diverse minority cultures.

"She's from a large family, and grew up in a coal-mining town. I'm the only child of a Philadelphia Main Line family, but we're both stubborn and we both have the same core values," Bower said. "She strongly values her religious convictions and she believes in challenging

herself and others."

Mack-Evans joined the Fairfax County Police Department in 1984, after graduating from Fairmont State College. She said she recognized early that her future should be shaped around her essential core values: teaching, coaching, mentoring and helping others.

As a "teacher" within the FCPD, she taught First Aid, Defensive Tactics, Rape Aggression Defense and a host of other courses. She has worked in traffic safety education, served as a school resource officer, instructed school safety patrols across the county, and been a squad leader and recruit training instructor at the Fairfax County Criminal Justice Academy.

Her last stop with the FCPD began in 2002 and lasted until 2012 in Human Resources Recruitment, where she drew aspiring police officers to the agency and taught them about what made her department special.

She nurtured partnerships with the nine criminal justice academies housed within the Fairfax County Public Schools, recognizing that these students were the hope and future of the FCPD.

CURRENTLY, the FCPD has 1,315 officers. Of those, black females make up just 1.21 percent.

"We've still got a long way to go to help build minority candidate interest in the FCPD. We have top quality personnel but we are always on the lookout for more," she said. "For someone who is looking for a career where they can truly impact the lives of others and want to feel like they've made a difference, there's no better place than the FCPD."

"Annie has made a difference in the lives of every person she meets," said friend Felicia Penn. "She inspires me to do better. We are here to celebrate Annie, and show her the love and support she's always shown us."

AREA ROUNDUPS

Meeting Set for I-66 EIS

A Tier 1 Environmental Impact Statement (EIS) is being developed by VDOT, the Federal Highway Administration and the Virginia Department of Rail and Public Transportation to study potential transportation needs and improvements in the I-66 corridor from Route 15 in Prince William County to I-495 in Fairfax County.

Toward that end, a public meeting is slated for Thursday, Feb. 2, from 5-8 p.m., at the VDOT Northern Virginia District Office, 4975 Alliance Drive (off West Ox Road) in Fairfax. (Snow date: Feb. 15).

Comments may be emailed to the study team's leadership (reference "I-66 Tier 1 EIS: Public Comments" in the subject line). Send them to CG.Collins@VDOT.Virginia.gov or Stephen.C.Walter@Parsons.com.

Check on Snow Plows

VDOT has a new Web tool that shows the status of snow plowing in northern Virginia neighborhoods. Once it snows at least two inches, residents may find out the status of plowing in Fairfax County neighborhoods at novasnowplowing.virginia.gov.

VDOT has organized northern Virginia streets into 600 "snow maps" which are assigned to plow drivers. These are the maps users will view and be able to find out whether crews are plowing, have plowed or have not started a particular snow map. Street-by-street progress is not shown.

Users should enter their complete street address, including city and state, to see a color-coded snow map indicating the plowing status in that area. Green means a neighborhood has been plowed; yellow, plows are in progress in the neighborhood; blue, plows have not yet started the neighborhood; and gray, this area is not maintained by VDOT. Cities, towns and some developments maintain their own roads.

The website tracks VDOT-maintained neighborhoods only. Residents may view a video on how to use the new site at <http://youtu.be/HMRaItZLgyo>.

BULLETIN BOARD

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.

3939 Oak St., Fairfax. "Any questions concerning your meds?" will feature a local pharmacist to address questions. \$11. 703-425-7983.

of Fairfax-Burke. "Sharks!" presented by Juliet Eilperin, a Washington Post reporter and author of "Demon Fish-Travels through the Hidden World of Sharks." \$8. Reserve at 703-620-0161 or www.fairfax-burkesc.org.

SUNDAY/FEB. 12

Registration Open House. 10 a.m.-1:30 p.m. Clifton Children's Academy, 14315 Compton Road, Centreville. For kindergarten and preschool classes; limited registration available for winter 2012. 703-968-8455 or www.childrensacademy.com.

TUESDAY/FEB. 14

Fairfax NARFE Chapter 737 Luncheon Meeting. 11:30 a.m.

WEDNESDAY/FEB. 15

The Mechanics of Alzheimer's Disease. 1:30 p.m. Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Discussion will include the disease process and tests that can be used to properly diagnose and assess progression. Free. Reserve at 703-204-4664.

Lunch N' Life. 12 p.m. Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. For age 50 and up, sponsored by the Shepherd's Center

SATURDAY/FEB. 18

4th Annual Family Reunion Workshop. 7:30 a.m.-5 p.m. Fairfax Marriott at Fair Oaks, 11787 Lee Jackson Memorial Highway, Fairfax. A one-day seminar with a keynote presentation by Reunions Magazine Editor-in-Chief, Edith Wagner, as well as helpful tips in planning a reunion. Free, pre-registration required at dmiller@fxva.com.

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OPINION

About Halfway

Always entertaining, the high-stakes session of the Virginia General Assembly reaches new heights this month.

The user-friendly website for the Virginia General Assembly plus live-streaming of the legislative sessions might make you believe that most of the important decisions in Richmond are being made out in the sunshine.

But as Mount Vernon's Del. Scott Surovell points out, some of the most important work of the legislature takes place in committees and subcommittees, but unless you are present in the room, you have no way of knowing who killed what or why.

EDITORIAL When a subcommittee votes, there is no requirement to record who voted or how each legislator voted. But this is where most legislation meets its fate.

According to the National Council of State Legislatures, there are only 14 legislatures in the United States that do not have audio or video live streaming or digital archiving of committee and subcommittee proceedings.

LETTERS TO THE EDITOR

Parent Notification To Protect Students

To the Editor:

Fairfax Zero Tolerance Reform (FZTR) supports a bill introduced by Del. Timothy Hugo (R-40) requiring that parents be notified by principals or their designees before they are questioned about a serious violation and that students be warned about their due process rights. This bill, HB 1080, aligns with a recent U.S. Supreme Court decision that protects student Miranda rights and it ensures parents/guardians are considered partners at the very beginning of any disciplinary process. It would not affect a teacher's ability to impose discipline in the classroom.

FZTR strongly opposes three other bills introduced by officials, one in the House (HB 656) and two in the Senate (SB 391 and SB 167) because they do not go far enough to protect parent and student rights and some, in fact, will make the situation worse for families and children. We urge their patrons to work with Del. Hugo to get his bill passed. HB 1080 most closely aligns with the outcomes sought by FZTR and by parents throughout

Here are a few current issues that might make you want to tune in.

State Sen. Chap Petersen of Fairfax is championing legislation on parental notification; it's a shame to see this as needed since the Fairfax County School Board could have rendered it unnecessary. SB 167 would require school administrators to notify parents once they begin an investigation that could lead to criminal charges or expulsion.

"The intent of this bill is not restrict principals from the everyday supervision required in a building with 2,000 young people," Petersen said. "It's to separate those investigations which can change the lives of young people, e.g. a decision to expel, and make sure that parents are notified immediately that this is happening."

Petersen also sought some consequences for some older students, SB 626, because of complaints from residents that students from "a nearby college" were engaging in poor behavior in residents' front yards in late evening.

Petersen will likely be successful in repealing the ban on hunting on Sundays.

State Sen. Adam Ebbin of Alexandria proposed legislation that would have prohibited discrimination in state hiring on the basis of sexual orientation; that died in committee.

Earlier this week, state Sen. Janet Howell from Reston offered some very specific commentary on a bill that will likely require women

Fairfax and Virginia.

On other discipline issues, FZTR supports:

❖ HB 365 and HB 887, which would require school superintendents to provide education services to students who are suspended or expelled.

❖ HB 366 and HB 544, which would prohibit long-term suspensions and expulsions based solely on disruptive or disorderly behaviors or technology offenses. Caveat: Cyberbullying is not to be considered a technology offense.

❖ HB 367, which would require school divisions to report their disciplinary offenses and outcomes as part of the Board of Education's School Performance Report Card.

❖ HJ 66 and HJ 89, which would direct a Joint Legislative Audit Review Committee (JLARC) evaluation of school suspension and expulsion practices.

FZTR cannot support SB 168 Closed-Circuit Cameras because it would not legislate a change in current school practices, and could codify existing deleterious practices where officials claim any school activity has an effect on "safety." FZTR opposes HB 1179, to allow school divisions to provide their character education programs during a summer stu-

dent academy. Character education must be a fully-integrated, school-wide, daily process employed in every classroom if it is to be truly effective.

It cannot be "taught" in a 6-week setting but, rather, instilled through consistent actions, interventions and supports.

Fairfax Zero Tolerance Reform calls upon the community, elected officials, principals, and the Fairfax County School Board to support these bills as aligned with our community values. Parent notification, in particular, was a key platform issue for many elected FCPS board members who claimed their support for this during their campaigns. We are encouraged that our elected

officials are addressing much-needed school discipline reforms and student protections.

Fairfax Zero Tolerance Reform was formed in 2005 by parents concerned over mandatory, inflexible student discipline practices in Fairfax County Public Schools. Its mission is to transform the FCPS discipline system from a criminal and punitive approach to a restorative, educational, and therapeutic process by working with families, FCPS, county staff, civil rights and child development specialists, and legal representatives. More information about FZTR's discipline reform efforts is available at FairfaxZeroToleranceReform.org.

Fairfax Zero Tolerance Reform (FZTR)

Live Streaming, More

You can watch legislative sessions of the Virginia House of Delegates and Senate via live streaming video at the General Assembly website: <http://legis.state.va.us/>

Follow the Virginia Senate on Twitter, @vasen and the Virginia House of Delegates on Twitter @vahouse

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seeking an abortion to first view an ultrasound of the baby. If women will be forced to have an unnecessary medical procedure, an ultrasound, then men should have a rectal exam and a cardiac stress test before receiving a prescription for erectile dysfunction medication, Howell proposed in an amendment.

It's a bit of comic relief in a year when the more conservative Virginia General Assembly will pass many new laws at odds with the views of most Northern Virginians.

Although many press reports describe the Democratic-controlled Senate of the past as a barrier to anti-abortion legislation, in fact one of the most significant anti-abortion laws escaped that body last year. The requirement that most facilities that provide abortions meet the physical standards of a hospital will likely close many if not most of these facilities.

These anecdotes represent just a few grains of sand of what is actually transpiring right now in Richmond.

— MARY KIMM

Write

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

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By e-mail: south@connectionnewspapers.com

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LETTERS

Benefits of Smaller Class Sizes

An open letter to the Fairfax County School Board

To the Editor:

We have a great school system in Fairfax County. Our test scores are high, our students are engaged in challenging educational curriculums, and our schools have received national recognition as being some of the best in the nation. As a matter of fact, many families choose to move to Fairfax County over other counties in the Washington Metropolitan Area because of our high-quality schools. However, without paying close attention to one of the most basic and important, aspects of the educational experience, class size, our school district will falter. Small class sizes are important for a variety of reasons, including the development of a stronger student-teacher rapport and improved morale as well as the increase of student achievement and success, especially among historically under-achieving groups.

Student-teacher relationships are greatly improved when there are fewer students in the classroom. Reducing class sizes results in more one-on-one instructional time for each student. Knowing this, students are more able to interact with their teachers, turning impractical, non-interactive lectures into dynamic, effective, engaging learning experiences. For this reason, students will have less difficulty asking their teachers for help, and with less administrative work, including paperwork, grading, behavior management, etc., teachers will be able to focus on what they truly love; teaching. Having been in four school districts and six schools throughout my educational career, I have discovered that when my classes have been small, I have had better, more open relationships with my instructors and have therefore been more able to learn from them.

Overall, morale is improved when class sizes are decreased, especially among teachers. According to the Pennsylvania State Education Association, reduced class sizes lead to higher morale, which translates into higher attendance rates and lower attrition rates. This leads to lower expenditures for substitute teachers, as well as higher teacher retention. According to the proposed budget for FCPS in FY2013, \$19,510,889 is allotted

for substitutes. According to the same document, FCPS is proposing to allot \$3,154,944 for teacher training for the next fiscal year. Although these costs cannot and should not be eliminated in completely, increased morale through class size cuts will allow decreases in these budgets. In addition, happier teachers create better educational environments. According to Gallup research published in the New York Times, "lower job satisfaction foreshadowed poorer bottom-line performance." Can we afford "poorer bottom-line performance" when it comes to our children?

Student achievement especially benefits from small class sizes. According to the Center for Public Education, Wisconsin's Student Achievement Guarantee in Education program saw that "students in grades 1-3 in SAGE classrooms scored significantly higher...than students in traditional classrooms." In addition, students in the smaller classes had lower average pretest scores, but showed significantly higher scores on the post-test. Tennessee's Student/Teacher Achievement Ratio found that gains in student achievement from classes of 13 to 17 students were typically twice as large for poor and African-American students, historically underachieving demographics. In addition, the gains for all students persisted for years after said students were placed back in regular-sized classrooms. Florida has also seen great improvements in student achievement because of constitutionally-required class size limits that limit classes for grades K through 3 of 18, 3 through 8 of 22, and 9 through 12 of 25. Florida increased its NAEP score by seven points in fourth grade reading between 2003 and 2011, while Virginia increased it by only three points in the same period.

Smaller class sizes are beneficial for all of us in the Fairfax County public schools. When considering the budget for this coming fiscal year, please keep this in mind. Quality of education is dependent on the ability to learn from a teacher; if a student is unable to get the help he needs from a teacher, he will falter and be unable to reach his academic potential. Fairfax County schools are great, but couldn't we make them better? Smaller class sizes will help us improve while maintaining Fairfax's educational superiority.

Nicholas Western
Sophomore, Robinson Secondary School

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When your work speaks for itself, don't interrupt.
—Henry J. Kaiser

CALENDAR

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.

SATURDAY/FEB. 4

Tschaikowski St. Petersburg State Orchestra. 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. With Roman Leontiev, conductor. Compositions by Vivaldi, Bach, and Handel, Stravinsky, Poulenc, Rachmaninoff, Shostakovich, Prokofiev and Tchaikovsky. \$25-\$50. www.gmu.edu.

7th Annual Seed Exchange. 12:30-4 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. \$15, \$10 for Washington Gardener subscribers and Friends of Green Spring. Bring your extra seeds to swap with other gardeners. Fee includes lectures, goody bag and seed swap. Register at 703-642-5173.

Family Fun: Valentine Workshop. 2-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Code 290 182 3601. \$6. Family-friendly program for ages 5 and older; children must be accompanied by a registered adult. Learn fact and folklore about Cupid. Try Valentine crafts. Register at www.greenspring.org or 703-642-5173.

SUNDAY/FEB. 5

George Washington's Garden. 1:30 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Code 290 182 4401. \$10. The beauty, use and importance of Mount Vernon's

gardens and landscape will be discussed with a focus on the most recently restored pleasure garden. Register at www.greenspring.org or 703-642-5173.

MONDAY/FEB. 6

Garden Sprouts: Love Is In The Air. 11 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Code 290 182 3901. \$5 per child. 3-5 years with accompanying adult. Find the love in nature, from the cooing doves to the redbud leaves, and make a Valentine treat. Register at www.greenspring.org or 703-642-5173.

WEDNESDAY/FEB. 8

Civil War Forum: Mosby's Combat Operations in Fairfax County. 7:30 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Presented by Don Hakenson, Past President of the Stuart-Mosby Historical Society and History Commissioner for Lee District in Fairfax County. Free and open to the public. www.fairfax-station.org or 703-425-9225.

FRIDAY/FEB. 10

Virginia Opera: Orphée. 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. The Virginia Premiere of Philip Glass's Orphée, based on Jean Cocteau's reimagining of the myth of Orpheus and Euridice. Sung in French with English supertitles. \$44-\$86. 888-945-2468 or www.gmu.edu.

Basic Gardening: Tree and Shrub Pruning.



Jonathan Blalock and Heather Burk in Virginia Opera production of Orphée

Virginia Opera Presents 'Orphée'

The Virginia Opera will present "Orphée" on Feb. 10 and Feb. 12 at 8 p.m. George Mason University's Center for the Arts Concert Hall, 4400 University Drive, Fairfax. The Virginia Premiere of Philip Glass's Orphée, is based on Jean Cocteau's reimagining of the myth of Orpheus and Euridice. Sung in French with English supertitles. Tickets are \$44-\$86, available at 888-945-2468 or www.gmu.edu.

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"Sometimes I See Myself In You," by Hank Willis Thomas and Deborah Willis, part of George Mason University's "Progeny" exhibit, beginning Feb. 1.

'Progeny' at GMU's School of Art

Exhibit features photos by renowned photographer, GMU alumnus Deborah Willis.

Beginning Feb. 1, George Mason University's School of Art and the African and African American Studies Program present "Progeny," a photography exhibition that is the first collaborative effort between Deborah Willis, an artist who received her doctorate in cultural studies from George Mason University in 2000, and her son, Hank Willis Thomas.

"Progeny" originally appeared in the Miriam and Ira D. Wallach Art Gallery at Columbia University in New York City in 2009, and will be featured at GMU's Fine Art Gallery in the Art & Design Building from Feb. 1-29.

Named one of the "100 Most Important People in Photography" by American Photography Magazine, Deborah Willis received her doctorate in cultural studies from George Mason University in 2000 and now heads the photography and imaging program at the Tisch School of the Arts at New York University. She is the recipient of Guggenheim and MacArthur fellowships. Her work focuses on the Af-

rican American female form and she is considered one of the nation's leading historians and curators of African American photography and culture.

Hank Willis Thomas investigates themes of identity, history and popular culture and critiques advertising and cultural norms through his work, which also focuses on African American subjects. He received his B.F.A. through the Tisch School of the Arts and his M.F.A. in photography and M.A. in Visual Criticism through the California College of the Arts in San Francisco. His work is in numerous public collections, including the Whitney Museum of American Art and the Brooklyn Museum in New York, the High Museum of Art in Atlanta and the Museum of Fine Arts in Houston.

There will be an opening reception for "Progeny" on Feb. 15 from 6 p.m. to 8 p.m. and an exhibition lecture by Deborah Willis on Feb. 16 at 1:30 p.m. The Fine Art Gallery is open Monday through Friday, 9 a.m. to 5 p.m. and other times by appointment.

1:30 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Code 290 182 2501. \$10. Basic pruning techniques and tips on tool selection. Register at www.greenspring.org or 703-642-5173.

The Vagina Monologues. 8 p.m. GMU Harris Theatre, 4400 University Drive, Fairfax. Proceeds will benefit the Mason

Victims of Violence fund and Dating Abuse Stops Here (DASH). \$25 at <http://cfa.gmu.edu/calendar/867>. 703-993-8892 or sas.gmu.edu.

SATURDAY/FEB. 11

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.

Jimmy Lange Boxing. 7 p.m. George Mason University Patriot Center, 4500 Patriot Circle, Fairfax. Tickets \$35-\$500, available at www.ticketmaster.com and 703-573-SEAT. Accessible seating is available at 703-993-3035. www.jimmylangeboxing.com or www.patriotcenter.com.

Starting from Scratch with Seeds. 9:30 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Code 290 188 5301. \$22. Grow flowers, vegetables, and herbs from seed and expand your garden. Mary Frogale, Green Spring's propagator/horticulturist, discusses potting mixes, containers, seed treatments, lighting, fertilization, watering, seed sources, and timing. Register at

www.greenspring.org or 703-642-5173.

Arlo Guthrie: Boys' Night Out. 8 p.m. George Mason Center for the Arts, 4400 University Drive, Fairfax. With his son Abe Guthrie, his grandson Krisha Guthrie, and longtime collaborator Terry a la Berry. Tickets \$24-\$48 at 888-945-2468 or cfa.gmu.edu.

The Vagina Monologues. 3 p.m. and 8 p.m. GMU Harris Theatre, 4400 University Drive, Fairfax. Proceeds will benefit the Mason Victims of Violence fund and Dating Abuse Stops Here (DASH). \$25 at <http://cfa.gmu.edu/calendar/867>. 703-993-8892 or sas.gmu.edu.

Friends of the Library Book Sale. 10 a.m.-5 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. 703-339-4610, TTY 711.

www.fcps.edu

Fairfax County Public Schools FY 2013 Proposed Budget

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All listings due by Tuesday at 3 P.M.

WELLBEING



Fitness expert Brad Hibbs of Greenspring, a retirement community in Springfield (shown here with Greenspring resident Julia Gerow), says motivating seniors can be challenging.

Cybercycling for Better Health

Exergaming — exercise combined with video games — might offer a greater cognitive benefit than traditional exercise alone.

BY MARILYN CAMPBELL
THE CONNECTION

The same staccato beeps and flashing graphics that keep some youth glued to video games might also boost cognitive function in senior citizens.

A study published in the February issue of the American Journal of Preventative Medicine shows that exergaming — exercise combined with video games — might offer a greater cognitive benefit than traditional exercise alone.

“[A] cybercycle, a recumbent bike equipped with a computerized screen that allows interactive virtual-reality gaming, has been shown to improve executive function, which indicate abilities such as planning, organizing and problem-solving,” said Kathy Richards, Ph.D., a Herndon resident and assistant dean, Doctoral Programs and Research Development School of Nursing at George Mason University.

The Cybercycle Study, conducted by scientists at Union College in New York, tested 79 volunteers ranging in age from 58 to 99. Some of the volunteers completed three months of regular exercise on stationary bikes; others completed the same amount of exercise on cybercycles. Cybercyclists completed 3D tours and raced against a “ghost rider,” an avatar based on their last best ride.

Though the cyclists all exercised for the same amount of time and at the same level of intensity, researchers found that the cybercycle riders had significantly better executive function than those who used a plain stationary bike. They also experienced a 23 percent reduction in progression to dementia compared with the control group.

“We found that for older adults ... cybercycling two to three times per week for three months yielded greater cognitive benefit, and perhaps added [greater] protection against mild cognitive impairment (MCI), than a similar dose of traditional exercise,” said lead investigator Cay Anderson-Hanley, Ph.D., from the Healthy Aging and Neuropsychology Lab and Department of Psychology at Union College. “Navigating a 3D landscape, anticipating turns and competing with others requires additional focus, expanded divided attention and enhanced decision-making. These activities depend in part on executive function, which was significantly affected.”

Dr. Jan Gable, an Alexandria resident and the medical center director at Greenspring, says that there are two types of memory changes that occur with age. “The normal age-related change in memory is not progressive and does not lead to disability. This is characterized by delay in recall such as ‘word searching,’” she said. “The other category is dementia, a relentlessly progressive deterioration in brain function that usually affects memory first and later judgment, initiative, personality and finally movement and swallowing.”

Research shows that exercise may prevent or delay dementia and improve cognitive functioning in normal aging.

“Although we may not completely understand the specific processes that contribute to dementia, current evidence certainly suggests that physical and cognitive activities improve functioning in older adults,” said Kristin Anderson, M.D., M.P.H., family and preventive medicine physician for Molina Healthcare and Community Health Care Network in Reston. “An example of this would be ballroom dancing.”

SEE NEUROFEEDBACK, PAGE 11

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Willard Griffing of Greenspring, a retirement community in Springfield, exercises using a stationary bike. The American College of Preventative Medicine reports that only 7 percent of those over 75 exercise regularly.



Jean Matheson of Greenspring, a retirement community in Springfield, exercises using a stationary bike. A new study shows that exergaming — exercise combined with video games — might offer a greater cognitive benefit than traditional exercise alone.

Neurofeedback Improves Functioning

FROM PAGE 10

ing, which involves learning steps paired with exercise.”

The American College of Preventative Medicine reports that only 14 percent of adults aged 65-74 years old and only 7 percent of those over 75 report regular exercise.

“Motivating people at any age to exercise can be a real challenge,” said Brad Hibbs, a Burke resident and a wellness manager at Greenspring retirement community in Springfield. “Certainly this generation is especially challenging due to the fact that for most this is not something they were accustomed to doing on a routine basis.”

Mary Lee Esty, Ph.D., L.C.S.W., president of the Brain Wellness and Biofeedback Center of Washington, says neurofeedback — essentially biofeedback for the brain during which clinicians attach sensors to a person’s scalp to rebalance brainwave activity — might also improve cognitive functioning. “There is more and more evidence that neurofeedback actually improves executive functioning even in early dementia,” she said. “A personal experience was when my mother-in-law was in her early 90s, and it was increasingly obvious that she was having to search for words and was having trouble with fluency. But even after just one treatment, it made a huge difference in her word retrieval and ease of conversation.”

Delight in our HomeLifeStyle sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our A-plus: Education, Learning, Fun pages, the third week of every month.

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PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

West Springfield point guard April Robinson is working to get back in shape after returning from a five-week absence due to an ankle injury.



Logan Battle led West Springfield with 19 points during a 40-37 victory against T.C. Williams on Jan. 30.

West Springfield's Robinson Getting Back in Shape

Standout point guard returns after missing five weeks with injured ankle.

BY JON ROETMAN
THE CONNECTION

West Springfield senior April Robinson struggled to catch her breath outside of the visiting locker room at T.C. Williams High School. The Spartans had defeated the Titans 40-37 on Jan. 30 when Robinson's breathing became enough of a challenge that it caught the attention of head coach Bill Gibson. "Are you OK?" Gibson asked his star point guard. "What's the matter?"

"I'm out of shape," a winded Robinson responded. Realizing No. 32 was simply out of gas, Gibson had some fun.

"We all knew that," he said with a laugh. "That's why we've been trying to get you in shape."

Robinson, a 2011 first-team All-Met selection, has worked on her endurance since returning to the lineup after missing more than a month with an injured ankle. Monday's match-up with T.C. Williams was Robinson's fourth game after her five-week lay-off and the Titans put her to the test. TC pressured Robinson in the backcourt and forced her to work up and down the floor.

"The full-court pressure was killing me," Robinson said. "I'm so tired. ... I haven't run like that in practice."

Robinson, who will play for Duquesne University next season, had a relatively quiet offensive night,

finishing with five points. But in a tightly-contested match-up of the top two teams in the Patriot District, Robinson made her biggest impact when it mattered most.

West Springfield led 38-37 with less than a minute to play when Robinson came up with a steal and called timeout. After the Spartans extended their lead to 40-37, Robinson blocked Gaby Moss' potential game-tying 3-point attempt. Moss got another chance in the closing seconds, but the Titan standout's 3-point shot was off the mark.

"[Robinson is] a smart player," Gibson said. "She understands the game and she knows time and situation. That's a big plus. Her basketball IQ is really good."

The victory improved the Spartans' record to 17-2, including 11-0 in the district. West Springfield's two losses came during a holiday tournament in Miami, when the team was without Robinson. The Spartans have won nine in a row and are ranked No. 6 in the Washington Post's top 20. The Titans dropped to 13-6, with a 9-2 district mark. TC's two district losses have come against West Springfield by a combined four points.

Georgetown-bound Logan Battle led the Spartans with 19 points. Lindsey Mares finished with eight points and Amy Berglund added six. Battle said there hasn't been much difficulty in getting used to having Robinson back on the floor.

"It's pretty much like falling back into old times," Battle said. "It's not something we have to get used to. It's more something she needs to get used to — getting back into conditioning and getting back into the game."

West Springfield will travel to face West Potomac at 7:30 p.m. on Thursday, Feb. 2. The Spartans' next home game is Feb. 7 against Woodson. The Patriot District tournament begins Feb. 14.

Woodson Tops Lake Braddock

Woodson sharp-shooter Tommy Stepka hurts Bruins with long range shooting.

BY ELTON HAYES
SPECIAL TO
THE CONNECTION

The three-point shot is arguably the most satisfying in basketball. When coupled with aggressive defense, it can make a team virtually unstoppable. The Woodson High boys' team connected on seven 3-pointers and buried visiting Patriot District opponent Lake Braddock defensively to win 73-50 last Friday night, Jan. 27.

After missing his first two shots, Woodson junior Tommy Stepka settled down and finished the evening with a team-high four 3-pointers and 17 points.

"I didn't lose my confidence and kept shooting until it went in," said Stepka. "I kept getting more confident as the game went on."

The Cavaliers outscored the Bruins 26-7 in the third quarter to avenge their 68-52 loss to Lake Braddock on Jan. 3.

"They shoot the ball pretty well. We knew we couldn't get into a 3-point shooting contest with them. We did and we lost," said Bruin head coach Brian Metress. "They hit those corner threes and just kept stretching the lead."

BRUINS' SENIOR Dylan O'Connor scored 21 points in his team's win over Woodson earlier this month, but the Cavaliers held him to just eight points Friday night. Dismal shooting from the free throw line plagued the Bruins as the team went 18-of-28 and struggled to find consistency.

"We only made two 3-pointers all night; we turned the ball over and got outrebounded," said O'Connor. "Every win in the Patriot District is tough.

Beating them at their house is hard to do."

Woodson freshman Eric Bowles Jr. forced a turnover on the first possession of the game and the Cavaliers maintained a disruptive up-tempo brand of defense for the duration of the contest.

"Our coaches really stressed going aggressive but being under control and taking the right shots," said Cavalier junior Alfred Carr, who finished with



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Woodson High junior forward Alfred Carr (42) goes up for a jump ball versus Lake Braddock senior forward Tyler Snow (20) during last Friday night's Patriot District boys' basketball game between the Bruins and host Cavaliers. No. 4 in the foreground for Lake Braddock is sophomore forward Sam Fiedorek.

13 points. "We really did that and Tommy hit the threes to open up the middle and I got the chance to work inside."

The win was Woodson's ninth in the Patriot District and seventh consecutive. Head coach Doug Craig says none of it matters if his team can't produce similar results in the upcoming postseason.

"We're trying to be consistent and keep getting better," said Craig. "We're winning games now but we want to be the best team in February and March."

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Tax Map No. 035-2-08-0302

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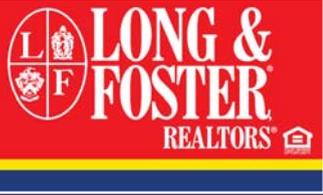
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 ALEXANDRIA, VA 22305

"QUOTE"
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 are saying about
Alexandria Toyota!

"I gave this dealership a great rating because it was the greatest experience I have ever had at a dealership. John McMillan was exceptional as a salesman. He was able to answer every question and he made me feel like I was special as a buyer. It was truly a great experience and again I cannot say enough about John McMillan, he is truly an asset to Alexandria Toyota."

- Dealerrater Quote


4.9 / 5 RATING



LONG & FOSTER® # 1 in Virginia

703-425-8000



Vienna **\$1,690,000**
Spectacular! 9 BR/7.5 BA custom Sekas built home with 4 levels on private lot within walking distance of shops. Hardwoods on two levels, beautifully appointed rooms, fabulous chef's kitchen, screened porch, pool, deck, hot tub, exercise & media rooms, separate entrance for home office, 3 car garage, circular drive.
Nancy Basham 703-772-2066



Fairfax Station **\$815,000**
Space, space and more space! Beautiful Berry built home in SOUTH RUN! Updated and renovated throughout, kitchen and bathrooms redone - vaulted ceilings, study/main level bedroom with full bath. In addition to 5 bedrooms and 4 full baths, the walkout basement is fully finished. Multiple decks, treed fenced rear lot, and 2 car garage!
Pam Boe 703-503-1888



Fairfax **\$983,500**
Great Home in Prime Location. Large 5 BR, 3.5 BA on .5 acre within 1 mile to the Vienna Metro. Great Room. Cozy Family Room. Eat-in Kitchen. Slate, Hardwoods, Carpeting, Tile Floors. Partially finished basement with bedroom/full bath/walkout to patio. 2 rec rooms. 3 car garage. By appointment only.
Buzz Jordan 703-850-4501



Landsdowne/Leisure World **\$205,000**
2 bedroom, 2 bath. Spacious enclosed glass sunroom off living room & bedroom. Neutral décor throughout, just like new!!!
Betty Barthle 703-425-4466



Fairfax Station **\$710,000**
4 bedrooms, 3 full baths, 4 levels. Perfection!!! Totally renovated from top to bottom! Beautiful kitchen and baths! Spacious rooms throughout. Family room & den plus large rec room. Master suite with separate sitting room. Tiered decking overlooking parkland setting.
Betty Barthle 703-425-4466



Centreville/Sully Station **\$304,900**
This 3 bedroom + Den home has got connections! Just a hop, skip, & a jump to Routes 28, 29 & 66. Steps to shopping, restaurants & more! Everything is new including gleaming hardwood floors, granite countertops, stainless appliances, ceramic tile, updated baths, fresh paint, new HVAC, large deck & patio, fenced yard. A move in ready home & regular sale!
Catie, Steve & Associates 703-278-9313



Centreville **\$630,000**
Gorgeous home with hardwood floors on main level. Fully finished basement with 2 additional rooms. Gourmet kitchen with granite countertops and double wall oven. Master bedroom with sitting area. Master bathroom with jetted tub and separate shower. You won't be disappointed.
Emel Safoglu 571-344-2206



Burke Centre **\$569,900**
This Westbridge model home has 3 levels, 4 bedrooms, 2.5 bathrooms and over 2,200 sq. ft. of living space. This home has been updated and meticulously maintained.
Richard Esposito 703-503-4035



Falls Church **\$774,900**
Beautifully renovated 5 BR, 3 BA home located in the Lake Barcroft area! Quick commute to the Pentagon! Elegant new kitchen and bathrooms! Gleaming hardwood floors! 1/2 acre lot backs to parkland! 2 car side entry garage. See virtual tour at www.3817BentBranchRoad.com
David Billups
Virginia Clark-Billups
703-690-1795



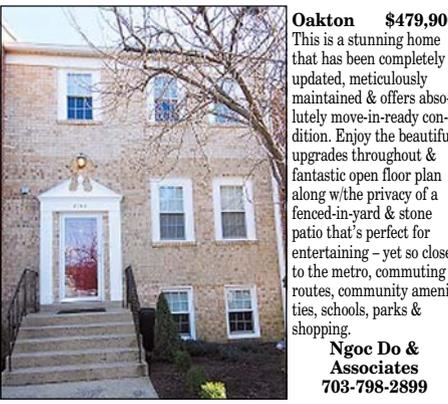
Fairfax **\$419,700**
This terrific TH won't be available long! With a classic, colonial brick front, this spacious home offers 3 fin lvls, 3 BRs & 3.5 BAs. Features include bright open kitchen, hardwood floors, 2 Fppls, Trex deck w/ stairs to LL patio, and walkout basement. Completely move in ready with an added bonus - the large MBR includes a loft with fireplace!
Carol Hermandorfer
703-503-1812



Fairfax **\$449,000**
Open Saturday 1-4. Beautiful 1986 Colonial Style End Townhouse. 3 Lvl, 4 BRs, 3.5 BAs. Fin Bsmt. Great features include gas fireplace, cathedral ceilings, huge deck, fenced back yard, 3 parking spaces, and within yards from the pool. Recently updated kitchen, windows & shutters, carpets, paint, master shower, modern lighting fixtures, & more. Convenient to Metro bus & major routes, movie theater, restaurants, and shopping.
Kinder Saud
202-369-5597



Fairfax **\$499,000**
Simply Beautiful! Bright & light 4BR/2.5BA Colonial in Kings Park West. Newly updated kitchen w/42" maple cabinetry & granite off family room. Spacious family room overlooking fabulous backyard. New neutral carpeting on main & lower levels. Fully finished LL with recreation room. Walk to neighborhood schools and Metro bus. Minutes to VRE and shopping!
Mary Hovland 703-946-1775
Cathy DeLoach 571-276-9421



Oakton **\$479,900**
This is a stunning home that has been completely updated, meticulously maintained & offers absolutely move-in-ready condition. Enjoy the beautiful upgrades throughout & fantastic open floor plan along w/the privacy of a fenced-in-yard & stone patio that's perfect for entertaining - yet so close to the metro, commuting routes, community amenities, schools, parks & shopping.
Ngoc Do & Associates
703-798-2899



Bristow **\$260,000**
Gorgeous, Bright, Open-Layout 3-Level Garage Townhome. Pristine condition, freshly painted, Newer Carpets, Updated Kitchen, Newer W/D, Newer HW Heater. 2-Level Extension, Deck, Gas Fireplace, Hardwood Floors, 9' Ceilings, LL Rec Room, Luxurious Master Suite w/ Deluxe Bath & Separate Soaking Tub, Fenced Yard, Custom Landscaping.
Jen & John Boyce
703-425-JOHN



Alexandria **\$1,987,500**
Resonating with grandeur & sophistication, this 6 BR, 7 full/2 HB custom all-brick residence features stunning seasonal views of the Potomac! Entertainer's dream with pool & rock waterfall, outdoor kitchen, brick terrace/patio with spa, state-of-art savant home theatre—the list is endless! Featuring more than 8,000 sq ft, this incomparable residence is so close to Old Town, National Airport & more.
Kim McClary 929-8425



Northern Neck Waterfront **\$515,300**
A luxury home, to be built on 1.68 acres with approx. 115' water frontage, 3,500 sq. ft. finished area, 4BR, 3.5BA. Photo shown with opt. Sunroom. Visit www.ngocdo.com for more information.
Ngoc Do & Associates
703-798-2899



Springfield **\$525,000**
Original owner has priced to sell!! Best buy in Lakewood Hills. 4 level, split with room to grow. Gracious foyer. LR with vaulted ceiling. Large eat-in kitchen with new fridge, D/W & big pantry. Expansive family room with fireplace and FR doors to screened porch & deck. MBR w/large walk-in closet and sitting room. Unfinished walkout basement. New windows, HVAC, HWH. Home warranty.
Jim Fox 703-503-1800



Lake Anna **\$314,900**
One level living with Lake Anna access. Fantastic 3 bedroom, 2 bath, great for entertaining with huge open family room. Private backyard with large outdoor entertainment area. Wood deck, beautiful stamped concrete patio with free standing fireplace. Boat slip conveys.
Dana Isaac 540-661-2166



Near Lake Anna **\$375,000**
This home features 4 Bedrooms, 3.5 Baths, Family Room, Breakfast Room, Rec. Room, Den, an Enormous Deck. Relax pool side on those hot summer days. Don't forget the 10+ acre wooded lot. Path to the Po River runs along the back of this property.
David Lewis 703-980-3090



Lake Anna **\$275,000**
Water access. Windwood Coves community. Sandy beach, volleyball court, basketball court, assigned boat slip. Four bedroom, two bath home, screened porch, all on peaceful wooded lot.
Dana Isaac 540-661-2166

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