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PHOTO BY VICTORIA ROSS/THE CONNECTION

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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. "If there are people in need, then we have a duty to help them," said Huffman.

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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



PHOTO BY VICTORIA ROSS/THE CONNECTION



PHOTO CONTRIBUTED

FASTTRAN bus driver Lynn Temple volunteered her time Saturday to pack up boxes of donated food for the "Stuff the Bus" campaign. On Jan. 28, the buses were located at Giant grocery stores in Herndon and Lorton.

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

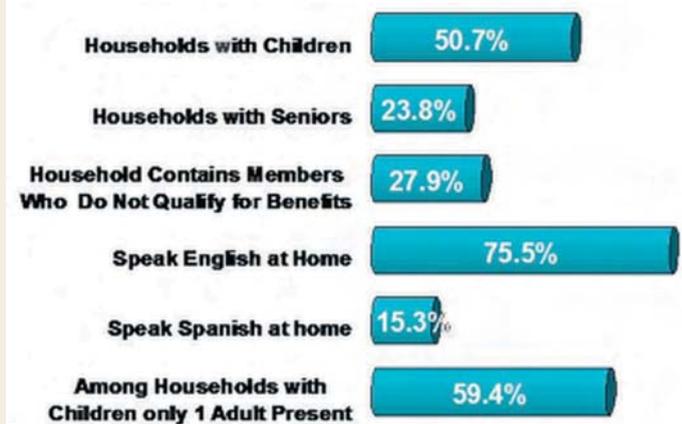
rect distributor of free food in Northern Virginia. "It's dramatic how much food comes into us in November and December, as opposed to the rest of year."

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.

Scandal Highlights Child Sex Abuse

Fairfax County police say reports, concerns rose in wake of scandal.

BY VICTORIA ROSS
THE CONNECTION

The fallout from the Penn State child sex abuse scandal - arrests, firings and the disgrace of a sports icon - has also promoted a heightened awareness of child sexual abuse.

Since the scandal broke in November, national child abuse and neglect hotlines have reported steep spikes in calls from parents, educators and victims asking questions and seeking help.

Fairfax County has also felt the impact. According to statistics kept by Fairfax County Police Department's (FCPD) Child Abuse Unit, reports to the department's seven-member Child Abuse Squad have doubled since December 2010 - from 19 to 39 reported cases.

During 2011, officers investigated 329 cases covering child rape, sodomy, aggravated sexual battery and indecent liberties with a juvenile.

Fairfax County's Office for Women's Domestic and Sexual Violence also reports an increased number of calls asking for advice and counsel since the scandal broke.

"Child sexual abuse is more common than many people think, but there is also a lot of shame and a hesitancy to come forward and talk about it," said Lucy Caldwell, an FCPD officer who spearheaded an online forum to the topic on Wednesday, Jan. 18. She said national attention surrounding the Penn State allegations coupled with the rise in local reports and concerns provided the impetus for the online discussion.

"We felt it was important to reach out to tell people that they are not alone. There are resources available," Caldwell said. "In some cases, victims can take police action against their offenders... We do suspect, however, that many cases go unreported for many, many reasons."

According to the National Children's Advocacy Center, sexual abuse is the nation's most under-reported crime. Various studies show 40 to 60 million Americans have been sexually abused, and national experts estimate that nearly one out of every three girls and one out of every six boys will be sexually assaulted by age 18.

The online discussion was originally scheduled for one hour, but there were so many questions from posters - all of whom chose to remain anonymous - that the discussion continued for more than 90 minutes.

Kathleen Kelmelis, program manager for the county's Office for Women's Domestic and Sexual Violence Services and 2nd Lt. Josh Laitinen, supervisor of the FCPD child abuse squad, answered a wide range of questions from those who identified them-



CONTRIBUTED PHOTO

On Wednesday, Jan. 18, Fairfax County held an online forum to address the topic of child sexual abuse. For 90 minutes, 2nd Lt. Josh Laitinen, supervisor of the FCPD child abuse squad and Kathleen Kelmelis, program manager for the Office for Women's Domestic and Sexual Violence Services answered a wide range of questions from about 20 posters.

Where to Get Help: Fairfax County Resources

- ❖ For information on child abuse prevention, intervention and treatment, call the Childhelp Hotline at 1-800-4-A-CHILD.
- ❖ To report abuse, call the Child Protective Services (CPS) hotline at 703-324-7400. If you are under 18, and want to make a police report, you can also call CPS, and report anonymously.
- ❖ For information and support, call the 24-hourline with the Office for Women's Domestic and Sexual Violence Services at 703-360-7273.
- ❖ To make a police report on the FCPD non-emergency line, call 703-691-2131.
- ❖ For information on counseling and mental health services, call Fairfax County's Victim's Assistance Network at 703-360-7273.
- ❖ For information about a wide range of counseling services, call the Office for Women's Domestic and Sexual Violence Services at 703-324-5730. The office recently started a support group for men who were sexually assaulted as children. For more information, call Chris Davies at 703-704-6727.
- ❖ For more information, go to www.fairfaxcounty.gov/dfs/childreneyouth/sexualbehaviorchildren.htm#final

selves as victims, as well as parents and educators seeking information about how to help children and when to report suspected cases of child sexual abuse.

One poster asked: "Why do you think children don't tell their parents or the police when bad things happen to them? How should they handle these situations? What should we be doing as parents to ensure their safety?"

"In 93 percent of cases of child sex abuse, the abuser is someone the child knows. Nearly half the time these abusers are family members," Kelmelis responded, adding that abusers are masters of manipulation.

"They manipulate in many ways, through threats such as, 'If you tell, I will kill your family or your pet.' Or through promises - 'If you do this for me, I will take you out to the arcade,'" Kelmelis said. She also gave tips on guiding a child through the conversation.

"Give the child a safe environment in which to talk to someone with whom trust has been established. When talking with a child, try to guard against displaying emotions that would influence a child. Reassure the child that they have not done anything wrong and they are not to blame for what happened to them," she said.

Another poster wanted to know who, in addition to doctors and teachers were "man-

dated reporters."

Laitinen responded that anyone employed in a public or private school, child care employees, mental health professionals, law enforcement officers, hospital professionals, emergency medical personnel are required to report suspected cases of abuse or neglect to child protective services.

He noted that there are several pieces of legislation before the Virginia General Assembly that would require coaches and others involved in youth organizations to be added to the list. He also advised parents not to rely solely on organizations to prevent child sexual abuse.

"Parents need to be involved, know what adults their children are with. For example, consider becoming a leader or volunteer; take the time to stay at the music lesson or sporting event/practices. No amount of concern is too great for the welfare of your child," he said.

Another person asked what efforts are currently underway between Fairfax County police and other agencies to address the recent rise in cases?

Laitinen said the police department and Fairfax County's Department of Family Services are working together to address this increase.

The level of shame, discomfort and fear surrounding the issue was apparent in many

of the questions. Several questions were from adults who said they were abused as children, asking how they could cope as adults with the residual effects of abuse, such as depression, self-loathing, guilt and shame.

Kelmelis said the Office for Women's Domestic and Sexual Violence Services provides no-cost counseling and support for people whenever the abuse occurred.

"Often people find that the effects of the sexual abuse can impact them at different times during their life. Triggers such as reading a news report or knowing someone who has been sexually assaulted will sometimes cause feelings of anxiety and depression or will cause flashbacks to be triggered," she said.

One question was from someone who identified herself as an illegal immigrant:

"I am illegally here, but I'm being sexually abused. What will happen to me if I report it? Will me or my family be deported?"

Laitinen urged the poster to report the abuse, and said an undocumented immigrant does not lose his or her rights as a victim. "The Fairfax County Police Department does not consider immigration status when any crime is reported to us. There are laws that protect undocumented immigrants in the U.S.," he responded during the discussion.

Another question came from an elementary school counselor, who said that making a claim with CPS that is later determined to be unfounded often damages the relationship between the school and the family. "Sometimes, the child's story doesn't really make sense, or there is not a visible injury... Any advice for handling these types of situations?"

Laitinen acknowledged the "difficult situation," but said that a "mandated reporter" could face serious consequences for failing to report suspected abuse. "The child's welfare is paramount," he responded.

Both Laitinen and Kelmelis repeatedly urged victims to call the CPS hotline or 911 when posters said they or their children were currently being sexually abused.

"We urge you to report this to police at 703-691-2131 first. (If there is an immediate matter of safety, contact 911!) The police will work hand-in-hand with Child Protective Services in conducting an investigation. If you would like to contact CPS as an anonymous caller, call their hotline at 703-324-7400 anytime day or night. Whomever you decide to call first, your situation will be addressed and you will get the help you need. Please call," Laitinen said.

Caldwell said the team was very pleased with the response, and more outreach efforts are planned.

"It's a sensitive subject, but one that parents, educators and all those who come into contact with children need to know more about," Caldwell said.

To review the transcript from the online discussion, go to www.fairfaxcounty.gov/askfairfax/Archive/ArchiveDiscussion.aspx?roomid=28.

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.

TUESDAY/FEB. 7

Greater Springfield Chamber of Commerce Brown Bag Seminar. 12 p.m. Community Business Partnership, 7001 Loisdale Road, 2nd Floor, Springfield. Bring your lunch to CBP the first Tuesday of the month and learn best practices for the small and mid-size workplace. Free for Greater Springfield Chamber members and \$10 for non-members. www.springfieldchamber.org.

South County Federation Meeting. 7:30 p.m. South County Secondary School, 8501 Silverbrook Road, Fairfax. Southcountyfederation.com.

Diversity in Education. 7 p.m. Irving Middle School, 8100 Old Keene Mill

Road, Springfield. Elieen Kugler, author and advocate for the benefits of diversity in schools and neighborhoods, on the benefits of a diverse academic environment. 703-597-6440 or www.wsespta.org.

Centreville. Fall 2012 kindergarten and preschool classes. 703-968-8455 or www.childrensacademy.com.

WEDNESDAY/FEB. 15

Springfield Christian Women's Connection Luncheon. 11:30 p.m. Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. "It Is All About The Accessories" with Charming Charlie, a fashion accessory boutique. With speaker Charlotte Stewart on how she searched for God in all the wrong places in "Having Coffee With Royalty". Door prizes and complementary child care. \$17. Reserve at 703-590-6562 or SpringWmConn@yahoo.com.

THURSDAY/FEB. 9

Clifton Lions Club Meeting. 7 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Meetings are the second and fourth Thursdays of every month. 703-209-7421 or www.clvclubexpress.com.

Registration Open House. 9:30-11:30 a.m. Clifton Children's Academy, 14315 Compton Road,



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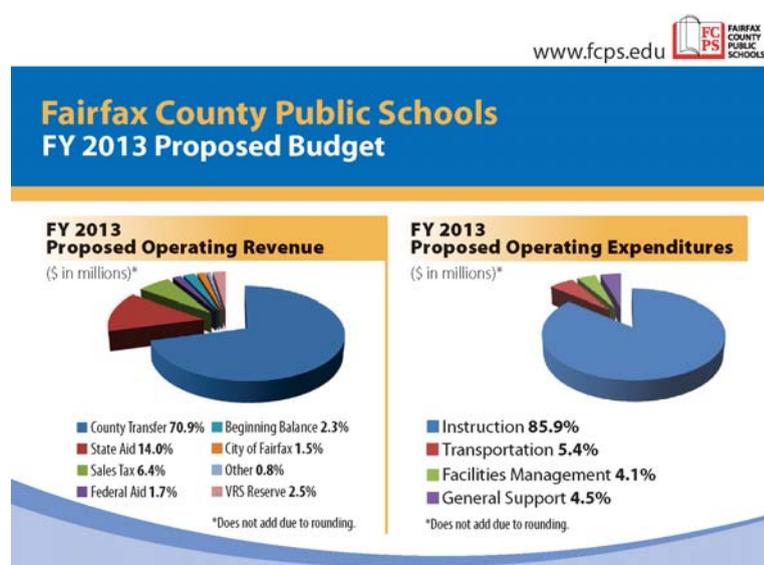
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OPINION

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

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-

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

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

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

Visit http://legis.virginia.gov/1_cit_guide/contacting_my.html to look up who your legislators are, and how to contact them. You can also track particular legislation that interests you, or browse some of the thousands of bills that have been introduced by topic

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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:

Letters to the Editor
The Connection
1606 King St.
Alexandria VA 22314
Call: 703-917-6444.

By e-mail: south@connectionnewspapers.com

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.

The **Immanuel Bible Church MOPS** group meets on Mondays at 7 p.m. at Immanuel Bible Church, 6911 Braddock Road, Springfield. MOPS is for pregnant or parenting mothers of children from infancy to kindergarten. 703-922-4295 or www.MOPS.org.

The following is a list of events at **Mount Calvary Baptist Church**, 4325 Chain Bridge Road, Fairfax:

- ❖ Bible study and Prayer Service every Tuesday starting at 7 p.m.
- ❖ Sunday School at 9:30 a.m., except for the fourth Sunday of the month, when Sunday School is at 9 a.m.
- ❖ Sunday morning service at 11 a.m.
- ❖ Commonwealth Care Center ministry every first and third Thursday night. Call 703-273-1455.

Beth El Hebrew Congregation has services on Fridays, 6:30 p.m. and on Saturdays, 10:30 a.m. The temple is located at 3830 Seminary Road, Alexandria. Religious school is on Wednesday evenings and Sunday mornings. Adult learning opportunities take place throughout the year. Tot Shabbat is on the first and third Saturdays. Kolot Shabbat, a musical service, is the first Friday of the month at 7:30 p.m. 703-370-9400 or www.bethelhebrew.org.

First Baptist Church of Springfield, 7300 Gary St., Springfield, has Sunday services at 10:30 a.m., Sunday school at 9:15 a.m., Hispanic worship service at 9 a.m., and an Ethiopian service at 12:15 p.m. The pastor is Jim Weaver. 703-451-1500 or www.fbcspringfield.org.

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CALENDAR

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

SATURDAY/FEB. 6

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. 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 Krishna Guthrie, and longtime collaborator Terry a la

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.



Jonathan Blalock and Heather Burk in Virginia Opera production of Orpheus

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.

SUNDAY/FEB. 12

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.

Chocolate Lovers' Tea. 1-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Learn about chocolate: its history, origins and how it's transformed from bean to bar. Sample a selection and indulge in chocolatey treats at the tea table. \$27. Reserve at 703-941-7987.

Collaborating with Native Wild Plants. 1:30 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Code 290 182 2001. \$10. Chris and Lisa Bright, the founders of the Earth Sangha, share their experience propagating native plants directly from the wild. Register at www.greenspring.org or 703-642-5173.

FRIDAY/FEB. 17

Every Avenue. 5 p.m. Jaxx Nightclub, 6355 Rolling Road, Springfield. \$15-

\$17. www.jaxxroxx.com.

SATURDAY/FEB. 18

Pressed-Leaf Butterfly Workshop. 9:30 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Code 290 182 3301. \$25. Nancy Olney, staff horticulturalist shows you how to create works of art using recently pressed leaves. Take your "butterfly" home in a matted frame. Register at www.greenspring.org or 703-642-5173.

Consider Conifers. 10:30 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Code 290 182 4101. \$12. Identify and describe some of Green Spring's evergreen trees. Be inspired to consider conifers to brighten and define your winter landscape. Then step into the warmth of the Historic House for refreshments. Register at www.greenspring.org or 703-642-5173.

AREA ROUNDUPS

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 novasnnowplowing.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/HMRatZLgyo.

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).

It's intended to gather additional public input to further define the transportation problems in the corridor and refine the purpose and need for the study. Those unable to attend may go to www.helpfix66.com for further details and project updates.

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.



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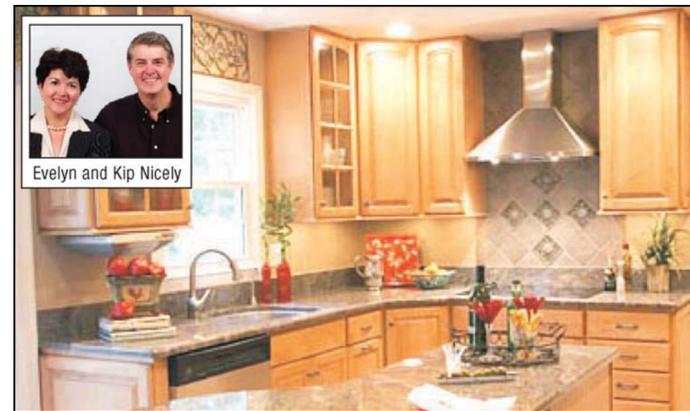
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WELLBEING



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.”

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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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- 7 Yr. / 100K Mi Roadside Assistance Plan
- 160 Point Quality Assurance Inspection
- CARFAX Vehicle History Report

- 2.9% APR Financing Available (3).
- 3 mo. / 3K mi Comprehensive Warranty
- 7 Yr. / 100K Mi Limited Powertrain Warranty

(1)BASED ON BLACK BOOK FAIR TRADE VALUE MINUS CONDITION, MILEAGE AND RECONDITIONING. TOWARD THE PURCHASE OF A NEW TOYOTA VEHICLE. (2)WITH PURCHASE OF A NEW VEHICLE. COVERS NORMAL FACTORY SCHEDULED SERVICE. PLAN IS FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW TOYOTA VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET, OR A DELIVERY OR TAXI VEHICLE. SEE PARTICIPATING TOYOTA DEALER FOR DETAILS. (3)WITH APPROVED CREDIT ON SELECT MODELS THRU TFS. SEE DEALER FOR COMPLETE FINANCING DETAILS. CANNOT BE COMBINED WITH ANY OTHER ADVERTISED OFFER. OFFERS SUBJECT TO CHANGE WITHOUT PRIOR NOTIFICATION DUE TO MANUFACTURER CHANGE IN INCENTIVES. SEE DEALER FOR COMPLETE CAMPAIGN DETAILS. 0% APR FOR A LIMITED TERM ON APPROVED TIER1 + CREDIT THRU TFS. DEALER RETAINS ALL FACTORY REBATES AND INCENTIVES. (4)PRICE EXCLUDES \$379 DEALER DOC FEES. EXPIRES 2/29/2012.

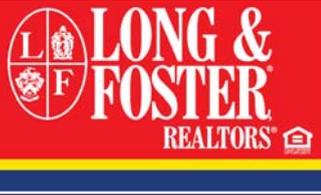
3750 JEFFERSON DAVIS HWY
 ALEXANDRIA, VA 22305

“QUOTE”
 See what people
 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



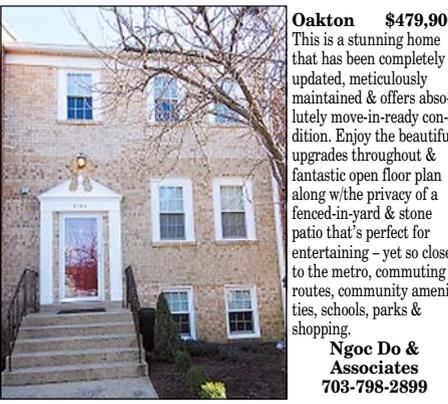
Fairfax \$419,700
This terrific TH won't be available long! With a classic, colonial brick front, this spacious home offers 3 fin lvls, 3 BRs & 3.5 BAs. Features include bright open kitchen, hardwood floors, 2 Fppls, Trex deck w/ stairs to LL patio, and walkout basement. Completely move in ready with 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 Lvs, 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 Saund
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

Access the Realtors' Multiple Listing Service: www.searchvirginia.listingbook.com