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TEAM SHARK SHARK TANK



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CLIFTON \$569,000
 This is a quality built 4BR, brick home on a level lot that has been well maintained and shows well. Nice floor plan. Some hardwood floors on the upper level. Newer appliances. Large recreation room and impressive fireplace on lower level. Lots of storage. Over 1,400 sq. ft. on each level. Call today!



ALEXANDRIA/LANDMARK \$144,900
 Roomy 1BR w/fresh paint, updated kitchen, large picture windows w/views of park, 2 prkg. Permits avail. New convector/HVAC. & more! Easy commute to DC, Pentagon, Airports/Restaurants & Old Town! Pool, gym, 24 hr front desk. Low condo fee includes utilities!



SPRINGFIELD \$415,000
 THIS HOME IS A JEWEL!! Like walking into Pottery Barn. Flagstone entry walkway & flagstone patio. Sunfilled home. Beautiful pillars in foyer upon entry. Crown mold in LR, DR and all BR's. Hardwds on main & upper lev. Updated kit w/corrian & gas cooking. Updated full bath. Garage. Fantastic utility room w/all kinds of storage. Flat, treed & fenced rear yard.



TRIANGLE \$379,990
 Beautiful center hall colonial in sought after Cramer's Ridge. Five minutes to Quantico main gate and 10 min. to VRE! Don't waste your time with short sales! Standard sale, and owners have found their HOC. Lovingly maintained home shows pride of ownership. Popular floor plan features large kitchen, center island and morning room. 307sqft deck with stairs to ground lvl brick patio.



BROAD RUN \$750,000
 Beautiful, huge 4BR, 3FB, 2HB contemporary on 2.5 acres, perfect for entertaining - indoors & out. Maple floors on top 2 levels. Covered trex deck as well as slate patio in outdoor living areas - including stone fireplace. Hi end kitchen with 6-burner stove. Entire top level is a master suite with luxury bath & sitting room. Lower level holds 3 BRs, 2 full baths, sauna & media/game room.



ALEXANDRIA \$254,900
 Great Price! Great location! Fairfax Connector bus to Metro. Walk to Kingstowne's shops, restaurants, and entertainment. Well maintained 2 BR/2BA ground level unit. Walkout to patio is perfect for you bar-b-que aficionados. Standard sale. Quick settlement possible.



LORTON \$174,900
 Gorgeous 2BR, 1BA, Light-filled ground level condo. No stairs - handicap accessible. New paint, carpet, and kitchen appliances! Great location close to shopping and transportation!



ALEXANDRIA \$489,950
 Beautiful 3BR, 3.5BA, 2-sided brick TH located on a cul-de-sac & backing to trees features a new roof and windows, elegant moldings thru out, newly remodeled KIT w/ breakfast area w/bay window, 2-story foyer w/curved staircase, hardwoods in foyer & DR, LR w/French door to deck, MBR w/ w/in closet & full BA, sizeable 2nd & 3rd Bdrms, rec rm w/FP & SGD to fenced backyard & patio, close to Metro & Ft Belvoir.



ALEXANDRIA \$439,950
 Fantastic 3 level, 2-car garage TH offers kitchen w/ hardwood floors, 42 inch cabinets w/ crown molding & door to deck, family rm off kitchen w/ 2-sided fireplace, living rm & dining rm w/ crown molding, 2 spacious master suites one w/ Jacuzzi soaking tub & walk-in closet, upper level laundry area, lower level rec rm, separate storage room, super close to 395.



ALEXANDRIA \$459,950
 Unique contemporary SFH w/ tons of improvements to include a new roof, windows & skylights, garage door, flooring, MBA shower, plus a newer Trane heat pump & AC unit w/ humidifier, hot water heater, no poly pipes, and updated kitchen. Walk to the clubhouse, pool, gym, sports courts & jog/walk paths. Close to the Kingstowne Town Center, Metro, and all major commuter routes.



CENTREVILLE \$209,950
 Terrific 2-level end-unit TH features LR/DR combo w/FP, recessed lighting & ceiling fan, KIT w/ss appliances & pass thru to dining area, MBR w/ walk-in closet & lighted ceiling fan, 2nd bdrm w/ lighted ceiling fan & chair rail, laundry area on upper lvl w/full size w/d, BA w/ceramic tile. Close to 66/28/29, Fairfax Co Govt Ctr, Fair Oaks Mall, walking distance to public bus.



LORTON \$649,950
 Beautiful brick-front 4BR, 3.5BA colonial w/2-car garage backing to trees features new Trane HVAC, insulated garage door, newer ss fridge & microwave, newer front-loading W/D, plus an updated KIT, FR w/FP, breakfast rm w/ access to deck, library on main lvl, deluxe master BA, sizeable bdrms, den on lower lv, terrific rec rm w/ w/o to patio. Close to VRE, Ft Belvoir, Lorton Town Center & Lorton Marketplace.



LORTON \$679,950
 Immaculate stone-front 5BR, 3.5BA, SFH w/2-car garage, newer energy efficient HVAC w/ humidifier, gleaming hardwoods & elegant moldings on main & upper lvls, sunlit LR, FR w/FP, updated KIT w/granite countertops, ss appliances, an island & custom pantry, MBR w/sep vanity & full BA, huge rec room w/FP & wet bar, professionally landscaped yard w/new AZEK deck. Close to Ft Belvoir, commuter routes & Kingstowne!.



ALEXANDRIA \$384,950
 Fantastic 3 lvl TH features new carpet & HVAC, a recently remodeled KIT w/ granite countertops, 42in cabinets, new appliances, a deep double sink, pantry & ceramic tile, spacious LR w/dbl window, MBR w/sep vanity area & full BA, good sized 2nd & 3rd bdrms, rec rm w/FP & door to access the fenced backyard, sep laundry & storage rm. Close to Metro, the Beltway & Ft Belvoir.



LORTON \$639,950
 Grand colonial near Fort Belvoir features fresh paint, hardwood floors, new carpet, elegant moldings, recessed lighting & extra windows, open kit w Jenn-Air wall oven & D/W, island w cooktop & SGD to deck w stairs to rear yard, FR off kit w FP, ML library, generous MBR w tray ceiling, 2 walk-in closets, MBA w Jacuzzi soaking tub, sep shower, huge LL bonus rm, rec rm & walk-out.



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PHOTO CONTRIBUTED

Shark Tank swimmers gather around coach Patty Friedman, co-founder of the team, as she announces the fundraising total for the Sunday, March 3, marathon to raise funds and awareness for breast cancer.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Coach Patty Friedman, co-founder and coach of the Shark Tank Racing Squad, receives a hug from one of her swimmers after the Sunday, March 3, marathon to raise funds for breast cancer awareness. The event was held at the South Run Rec Center in Springfield.

Sharks Take a Bite Out of Cancer

Swimmers raise \$17,000 for breast cancer awareness during annual marathon.

BY VICTORIA ROSS
THE CONNECTION NEWSPAPERS

One woman is diagnosed with breast cancer every three minutes, and one woman will die of breast cancer every 13 minutes in the U.S.

On Sunday, March 3, 38 members of the Shark Tank Racing Squad swam for three hours to put a dent in that brutal statistic.

Each member swam three miles, and together the team raised more than \$17,000 for breast cancer awareness and research during the third annual marathon held at the South Run Rec Center in Springfield.

"It was beyond amazing," said Shark Tank co-founder and coach Patty Friedman. "I have seen so much good in these little people. They are so inspired to do this, and they know their efforts make a difference."

"This is a fantastic group of parents, coaches and swimmers. It brought tears to Patty's eyes as when the band played the event's theme song and kids came over to give Patti hugs," said Supervisor Pat Herrity (R-Springfield), who has been a longtime supporter of the team and attended the marathon.

Herrity said the event has a special meaning to him. His mother is a 40-plus-year breast cancer survivor.

In addition to dozens of parents, supporters and community leaders, the Fairfax County Fire and Rescue team from Pohick Station 35 honored the team during the marathon.

"I told them before they swam that they would break bread with heroes, but that this time the heroes were honoring their heroic efforts," Friedman said. "I also told them that somewhere nearby, a woman in a nearby hospital cradling her newborn girl would consider my team her heroes, be-

cause their efforts will help give her cherished baby a better chance at a life free of breast cancer."

"Patty and her kids are pretty amazing," Herrity said. "They raised more than \$15,000 for breast cancer awareness, and more importantly, she is educating a whole bunch of kids on breast cancer and how important it is to contribute to your community."

FRIEDMAN, known as an indefatigable coach and mentor, has made helping others a top priority for the team.

In addition to the team's work raising money for breast cancer research, the swimmers assist needy families in Fairfax County by volunteering for Our Daily Bread, a Fairfax nonprofit.

Last November, Friedman challenged her team to contact needy families directly to see how they could support them. In January, the swimmers purchased groceries and then delivered them to 30 families with a total donation of \$7,700.

Participating in a recent swim marathon to raise money in support of the Washington D.C. Avon Walk for Breast Cancer, they joined 28 additional swimmers to swim 220,000 meters and raise \$12,000. This marks the fifth year that they have worked to raise money for breast cancer research and have been the fourth largest fundraisers for the Avon Walk for two consecutive years.

Last March, the Fairfax County Board of Supervisors recognized Friedman and the team for its work in the community.

"I am very proud to have such an engaged group of young adults in the community. They challenge not only themselves but make sure to give back to those in need in our community," Supervisor John Cook (R-Braddock) said during the presentation.

"Many of them have done more than



PHOTO BY VICTORIA ROSS/THE CONNECTION

In three years, the Shark Tank Racing Squad has raised more than \$32,000 for breast cancer research and awareness.

many adults will do in a lifetime," Friedman said.

Friedman organized the team in the fall of 2009, and in 2010 the Shark Tank Racing Squad became a member of USA Swimming's Potomac Valley. By that time, more than half of the team's swimmers had qualified for and competed in championship meets.

Friedman, an avid supporter of breast cancer awareness, said she shares her passion with her swimmers because it "empowers them to make a difference in this world."

Friedman said she was inspired by her friend Kim, whose mother died suddenly from inflammatory breast cancer several years ago.

"Each year, I tell as many people as I can what to watch for, why it is different than other breast cancers because this rare form of breast cancer takes 60 to 75 percent of the women who have it," Friedman said.

The team will continue to raise money in preparation for the National Avon Walk for Breast Cancer on the National Mall May 4.

Shark Tank Racing Squad

Fundraisers and swimmers in Swim Marathon to Fight Breast Cancer:

- Aiyah Bakir, 12, Fairfax Station
- Jenna Bakir, 14, Fairfax Station
- Brett Bold, 12, Fairfax
- Audrey Bowden, 11, Burke
- Isaac Bowden, 12, Burke
- Elena Dubet, 8, Fairfax
- Matthew Dzieriski, 10, Lorton
- Lauren Dzieriski, 13, Lorton
- Ella Rose Friedman, 10, Fairfax Station
- Daniel Graham, 10, Lorton
- Sarah Heiss, 15, Fairfax Station
- Hailey Johnson, 13, Springfield
- Kendall Johnson, 11, Springfield
- Maddie Kelly, 8, Burke
- Michael Kelly, 14, Burke
- Samir Lagouit, 11, Lorton
- Moira LeMay, 15, Lorton
- Charlie Lertlumprasert, 15, Burke
- Katie Little, 12, Fairfax
- Becca Ly, 12, Lorton
- Connor Mac Kinnon, 16, Springfield
- Jordan Manion, 14, Springfield
- Caroline Mori, 12, Fairfax
- Joseph Paris, 18, Springfield
- Alaina Park, 12, Springfield
- Jocelyn Pham, 9, Burke
- Crystal Pham, 13, Burke
- Kaitlin Pollman, 12, Burke
- Charlie Pommer, 10, Lorton
- Conor Pommer, 12, Lorton
- Isabella Pommer, 12, Lorton
- Will Pyle, 11, Fairfax Station
- Maya Rakotoarisoa, 11, Lorton
- Greer Riedl, 14, Lorton
- Alejandro Rodriguez, 12, Alexandria
- Dayana Sainz, 12, Springfield
- Leandro Sainz, 9, Springfield
- AJ Salvatori, 16, Springfield
- Michael Salvatori, 11, Springfield
- Audrey Schroeder, 15, Haymarket
- Claire Schroeder, 13, Haymarket
- Danielle Shahin, 10, Lorton
- Nick Shahin, 10, Lorton
- Matthew Summers, 11, Fairfax
- Anna Surbey, 11, Fairfax
- Bevin Surbey, 9, Fairfax
- Nora Surbey, 14, Fairfax
- Holly To, 15, Springfield
- Nicole To, 10, Springfield
- William To, 12, Springfield
- Anu Trivedi, 13, Burke
- Ethan Villavicencio, 14, Fairfax
- Coach and swimmer Binh Vu, 23, Springfield

THE COUNTY LINE

Bicyclists Pedal Onward, Despite Legislative Losses

FABB promotes extended hours on W&OD Trail.

BY VICTORIA ROSS
THE CONNECTION

As the weather gets warmer and the days get longer, Northern Virginia bicyclists are back on the roads and trails, despite the Virginia General Assembly's antipathy for bike safety bills this session.

"Between us, BikeVirginia, RideRichmond, WABA, RABA, TBA, and other groups across the commonwealth, we put a lot of energy into getting cycling-friendly legislation through during the 2013 General Assembly session," said Michael Gilbert, co-founder of RideRichmond on the VBF website. "Unfortunately, none of it came to fruition."

State Senator Chap Petersen (D-34), who introduced several unsuccessful bike safety bills this session, said he was baffled by the defeat of his "dooring" bill, which would have required motorists to open their doors safely when there is oncoming traffic. The maximum civil penalty for recklessly swinging car doors open was \$100. The bill generated the most attention—and optimism from bike advocates—when it sailed through the Virginia Senate and a House transportation subcommittee.

But the House Transportation Committee swung the door shut on "dooring" when it voted 7-7 on the question of reporting it to the full House, since a tie vote equals a loss in the General Assembly. On his blog—OxRoadSouth—Petersen said his bill was "logical, fair and simple."

"It simply stated that a driver, who is opening a car door near moving traffic, must be accountable for any accidents caused by that open door," Petersen said.

"Why is this relevant? Am I restricting personal freedom? Common sense? No, it's about safety. As bike lanes become more prevalent in our urban areas, 'dooring' has become a major threat to cyclists. ... Since drivers are in the best position to avoid 'dooring' accidents, that is only fair," Petersen said, adding that more than 20 states, including Maryland and D.C., already have this law.

But area bicyclists refused to be sidelined by these legislative defeats. Fairfax Advocates for Better Bicycling put out its newsletter this weekend, sharing the following in-



PHOTO COURTESY OF FABB

A group of local cyclists take advantage of the good weather during a ride to Tysons Corner. To find "bike-friendly" paths in Fairfax County, go to www.fairfaxcounty.gov/fcdot/bike/bikemap.

More Information

Want more information on how to bike locally? Check out these websites:

For a copy of Fairfax County's bicycle maps and trails:

www.fairfaxcounty.gov/fcdot/bike/bikemap.htm

www.fairfaxcounty.gov/trails/maps.htm

www.fabb-bikes.org/resources.html

❖To help plan your bicycle trip online:

www.ridethecity.com/dc

www.wmata.com/ridertools/tripplanner

❖To get involved in bicycle advocacy:

www.fabb-bikes.org

www.waba.org

(FABB is affiliated with the Washington Area Bicyclist Association, an advocacy group for the D.C. metro area.)

formation:

W&OD Trail Extended Hours

The W&OD Trail is now open from 5 a.m. to 9 p.m. between Shirlington and Herndon. The Northern Virginia Regional Park Authority recently installed signs along the trail showing the new hours and requirements for use after dark.

"This is good news for bike commuters and other people who need to use the trail at night," said Bruce Wright, chairman of FABB. "Most commuters currently ride on the trail after dark because they have few safe alternative routes. ... These new hours are experimental and could be expanded (or restricted) in the future. If you have comments, send feedback to NVRPA."

According to the Extended Hours of Use Requirements, cyclists are required to "wear reflective clothing that can be easily seen from the front and rear" and to have a front and rear light. Trail users on foot are also required to have front and rear reflective clothing and they "must carry a light or wear a flashing light."

Wright said FABB will be out on the trail over the next several weeks offering free lights to trail users. See the FABB blog for more details.

Bicycle Master Plan

The county Bicycle Master Plan was completed in July 2012. "We're hoping the plan goes before the Planning Commission and Board of Supervisors this spring," Wright said.

Parkway Trail Now Open

Due to construction of the Fairfax County Parkway overpass at Fair Lakes Parkway, the adjacent paved trail was dug up and closed for many months. Finally a replacement trail is taking shape. While parts of the new trail are not paved yet, the trail is now open between Route 50 and Fair Lakes Parkway. FABB tried to get the county and VDOT to provide a signed detour for trail users through a nearby neighborhood while the trail was closed, but despite numerous attempts, they were not successful. "The Parkway Trail is a major commuter and recreational trail that never should have been closed without a suitable detour," Wright said.

2013 Bike to Work Day

Registration is now open for



PHOTO BY VICTORIA ROSS/THE CONNECTION

Fairfax Advocates for Better Bicycling Chairman Bruce Wright and long-time cyclist Kerie Hitt get ready to bike to their home in Reston after receiving an award from the Fairfax County Board of Supervisors last year.

Bike to Work Day on Friday, May 17. Several events will be held in Fairfax County: Burke VRE Station, Fairfax Corner, Herndon, the new Merrifield-Mosaic District, Merrifield-W&OD Trail, Collingwood Park (new), Reston, and Springfield Metro at Walker Lane, Tysons Corner Center, and Vienna.

"We plan to have FABB reps at each of these events to provide route information, answer questions, and to ask people to sign up for our e-newsletter," Wright said.

Upcoming Events

Many communities hold health and environmental fairs such as Earth Day, Arbor Day, and so forth during the spring, and we encourage everyone to ride your bikes and promote bicycling when you attend these events.

❖Wednesday, March 20—FABB Monthly Meeting

❖Tuesday-Thursday, April 9-11—Fairfax County Budget Hearings

❖Wednesday, April 17—FABB Monthly Meeting

❖Thursday, April 18—Vienna Green Expo

❖Tuesday, April 23—USGS and Freddie Mac Earth Day events

❖Saturday, April 27—Paul's Ride for Life, Clean Fairfax Earth Day event, and Be Fit McLean

❖Wednesday, May 15—FABB

Monthly Meeting

❖Sunday, May 5—Vienna Bike Safety Awareness Day

❖Friday, May 17—Bike to Work Day

❖Saturday, June 1—Tour de Fat

"Since 2006, Fairfax County has become more bike friendly with the adoption of the county-wide bicycle initiative, but cyclists still need better-connected bike routes, secure bicycle parking and education programs to help them travel comfortably and safely," Wright said, adding that passage of the Bicycle Master Plan is the group's primary goal.

"It contains a roadmap for making Fairfax a bicycle-friendly community. Implementing the plan will take a commitment from our community leaders to building a safe, connected bicycle network that will benefit all local residents."

"FABB is clearly focused on improving our quality of life and health by providing better opportunities for biking," said Supervisor Catherine Hudgins (D-Hunter Mill). "(The group) has already completed a key goal of informing the community and providing directions on how to improve biking opportunities with its wonderful guide."

Hudgins, who has backed many cycling initiatives, said she thinks cycling generally helps create more livable, healthy and sustainable communities by "connecting us as people."

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.

SATURDAY/MARCH 16

Rock 'n' Roll Half Marathon.

Donate to the Josh Anderson Foundation for preventing teenage suicide by giving to their largest fundraising event and/or running in the marathon. www.active.com/donate/joshafoundation2013.

CASA Volunteer Info Session. 11 a.m.-noon, at John Marshall Library, 6209 Rose Drive, Alexandria. Fairfax Court Appointed Special Advocates (CASA) hosts an info session for volunteers to learn more about advocating for abused or neglected children. 703-273-3526 ext. 22 or ekosarin@casafairfax.org.

SATURDAY/MARCH 23

Muslim Women in STEM. 1-3 p.m., at the Lorton Community Library, 9520 Richmond Highway, Lorton. A presentation on Muslim women in science, technology, engineering and mathematics sponsored by the Nubian Benevolence Association in observance of Women's History Month; light lunch included. RSVP. nubianbenasc@yahoo.com.

WEDNESDAY/MARCH 27

Navigating Difficult Relationships: Loving Boundaries.

10-11:30 a.m., at Kirkwood Presbyterian Church, 8336 Carleigh Pkwy., Springfield. Counselor Joanne Owens helps define what a difficult relationship is, what healthy boundaries look like and how to speak emotions without attacking—even to one's own mother; includes coffee, tea, homemade breakfast fare and childcare. \$7. RSVP. MomsOnTheRun4@gmail.com.

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OPINION

Hybrid Hijinks Discouraging innovation in high-tech Virginia.

Consider this as a possible scenario (although perhaps we should have saved this for April 1): Fewer people are smoking, and many of those who do are smoking less. Virginia's cigarette tax, the lowest of any state at 30 cents a pack, is a declining revenue source. Higher cigarette taxes are proven to reduce smoking. Under current logic in the commonwealth, there would be two courses of action to raise revenue: a) cut the cigarette tax, and b) charge non-smokers a fee to make up the difference and to compensate for the fact that they don't pay cigarette taxes.

This is basically the convoluted approach that leads to the \$100 annual hybrid fee as part of Virginia's proposed transportation plan, to help make up for the reduced tax on gas.

The annual \$100 surcharge for owners of hybrids vehicles should be stripped out of the transportation bill. Something that could add \$1,000 to the price of owning a car over a normal period of time discourages innovation and punishes people who are trying to reduce pol-

lution and dependence on oil.

It also seems likely that the greatest concentration of ownership of hybrid vehicles would be in Northern Virginia, so it's one more way to extract more money from our region.

To replace these funds, plus a little, why not charge an additional \$100 annual registration fee for any vehicle with a purchase price of \$40,000 or more? Or charge the additional \$100 for any personal vehicle with a miles-per-gallon rating of less than 25 miles per gallon highway, especially since the more gas your car burns in Virginia, the more of a break you are receiving on the gas tax reduction. Or charge a sliding fee based on the number of miles driven and the weight of the vehicle (hint: the fee would go up with the miles and weight).

Or raise, rather than reduce, the gas tax and index it to inflation.

Sober on Saint Patrick's Day?

Saint Patrick's Day has always been a holi-

day associated with alcoholic beverages.

You, and/or the young adults in your household, will naturally have a plan to celebrate without drinking and driving. Plan to have a designated driver. Plan to take public transportation home. Plan to party at home or at a friend's house where you can spend the night.

If all of those plans fall through, however, and you end up without a ride home when you've been drinking on Saint Patrick's Day, the Washington Regional Alcohol Program has a safety net for you, SoberRide — Saint Patty's edition.

WRAP's 2013 Saint Patrick's Day SoberRide program will be offered on Sunday, March 17, from 4 p.m. to 4 a.m. on Monday, March 18. To receive a free cab ride home (up to a \$30.00 fare), call 800-200-8294. You must be 21 or older to use the SoberRide service. Last Saint Patrick's Day, more than 600 potentially impaired drivers made use of this service. SoberRide has provided more than 57,000 free rides home to people who otherwise might have driven drunk.

See www.soberride.com.

LETTERS TO THE EDITOR

Preserving Electoral Board Integrity

To the Editor:

Keith Damon wrote a letter to the editor (The Connection, March 8, 2013) in which he professes to be "upset" over a decision to remove Hans von Spakovsky from the Fairfax County Electoral Board. Mr. Damon misinforms Connection readers about a number of facts and omits others that are relevant.

First, contrary to Mr. Damon's implication that the Fairfax County Republican chairman gets to choose the Electoral Board member; that decision actually resides with the 14 judges chosen by the General Assembly to comprise the Fairfax Circuit Court. The majority of the judges, based on the statement the

court released, chose to replace von Spakovsky by appointing attorney Brian Schoeneman, another Republican and former General Assembly candidate. Both individuals were on a list of names recommended by the Fairfax Republican chairman.

Second, it is true that the Fairfax County Democratic Committee objected to von Spakovsky's reappointment. In fact, I objected to von Spakovsky's initial appointment to the board in 2010 when I was chair of Fairfax County Democrats, yet he still served a term on the board. Mr. Damon offers no evidence to support his assertion that Democratic objections to von Spakovsky unduly influenced the judges.

A quick Internet search can con-

firm that von Spakovsky is known chiefly for his nationwide efforts to suppress voter rights, especially among minority voters, in the name of fighting mythical challenges to the integrity of election administration. He works for a right wing organization funded by the notorious Koch Brothers. Further, while serving on the Fairfax Electoral Board he was responsible for removing multi-lingual voter registration materials from the Office of Elections, blocked the office from distributing the nonpartisan League of Women Voters pamphlet "Facts for Voters," and ducked meetings of the Electoral Board in the days before the 2012 presidential election that denied the board a quorum

and kept it from resolving open issues.

Finally, Mr. Damon neglects to inform readers of his own partisan motives. He belongs to the 11th Congressional District Republican Committee and frequently represents Fairfax County Republicans at Electoral Board meetings.

The integrity of our elections administration is too important to be trusted in the hands of someone who may have ulterior motives or seek partisan advantage. For that reason I am pleased that Hans von Spakovsky will no longer be on the Fairfax County Electoral Board.

Rex Simmons
Fairfax Station

A Call to Reduce Gun Violence

To the Editor:

Following the tragedy at Sandy Hook Elementary School, a group of Northern Virginia residents, Concerned Citizens Against Gun Violence (CCAGV), has been taking action to reduce gun violence in our nation. In February, CCAGV launched a grassroots effort to gather signatures to show our representatives in Congress that their constituents want action on reasonable measures to reduce gun violence. The group also rated McLean area state senators and delegates on their gun safety voting record and hosted a forum with statewide and local public safety groups to educate the public on measures to reduce gun vio-

lence.

A recent poll conducted by Mayors Against Illegal Guns found that 88 percent of voters in the 10th Congressional District support background checks and CCAGV's results are consistent: 90 percent of the people we canvassed have signed the petition to our federal elected representatives urging them to support universal background checks for all gun purchases, limit magazine clip size to 10 rounds, and ban military-style weapon sales. More than 1300 of Frank Wolf's (VA-10th) constituents have so far signed this petition. (The houses we visit are not selected for voting history or party affiliation; our volunteers walk

neighborhoods every weekend and knock on every door.)

These results should not surprise anyone. Poll after poll shows that a majority of Americans want common-sense gun reform that reduces the number of illegal guns on our streets and keeps guns out of the hands of those who are a danger to themselves and others. People understand that, rather than a means of protection, a gun often is an instrument of escalation, accident, and suicide. Most people we talk to have not realized that some 40 percent of gun sales are made without any background check, enabling militarized assault weapons such as the AR-15 rifle used at Sandy Hook to be

purchased by virtually anyone. In the Virginia Tech massacre, Virginians witnessed the horrible consequences of weak gun laws that allow a person legally prohibited from purchasing a gun easily to obtain one.

Every week, we send an email to individuals in the community with information and actions they can take to support local and national initiatives to end gun violence. Anyone who would like to receive these updates or support the activities of the CCAGV is invited to email ccagv01@aol.com.

Margot de Ferranti
McLean

Springfield CONNECTION

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OPEN HOUSES SATURDAY/SUNDAY, MARCH 16 & 17

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

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7023 Veering Ln. \$559,950...Sun 1-4...Kathleen Quintarelli...Weichert...703-862-8808
6203 Gemini Ct. \$379,950...Sun 1-4...Kathleen Quintarelli...Weichert...703-862-8808
5410 Lighthouse Ln. Mid \$300s...Sun 1-4...Bev Tull...RE/MAX...703-963-0163

Centreville

6487 Trillium House Ln. \$964,900...Sun 10-4...Jean Marotta...Birch Haven...703-402-9471

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42344 Astors Beachwood. \$830,000...Sun 1-4...Vera Buonafede...Weichert...703-501-5015

Clifton

12646 Water St. \$1,125,000...Sun 1-4...Carol Hermandorfer...Long & Foster...703-503-1812
13912 Rock Brook Ct. \$589,900...Sun 1-4...Lisa Clayborne...Long & Foster...703-502-8145

Fair Lakes

4435 Fair Stone Dr #202. \$189,500...Sun 1-4...Mike McDonald...Samson Props...703-400-2598

Fairfax Station

11107 Hampton Rd. \$1,295,000...Sat 10-1...Dana LaFever...Weichert...703-609-3479
8401 Cardinal Rose Ct. \$1,099,000...Sun 1-4...Ceari Buehler...Active...703-864-1268
8117 Glenhurst Dr. \$795,000...Sun 2-4...Pat Fales...RE/MAX...703-503-4365
10005 Rough Run Ct. \$774,950...Sun 1-4...Kathleen Quintarelli...Weichert...703-862-8808
9606 Burnt Oak Dr. \$595,900...Sun 1-4...Bob Lovett...RE/MAX...703-690-0037

Kingstowne/Alexandria

6407 Caleb Ct. \$719,950...Sun 1-4...Tom & Cindy & Assoc...Long & Foster...703-822-0207
6016 Clames Dr. \$699,900...Sun 1-4...Michael Malferrari...Classic...703-637-1400
6104 Mulberry Ct. \$569,500...Sun 1-4...Brian Mahoney...EXIT...703-766-4600
5719 Evergreen Knoll Ct. \$379,950...Sun 1-4...Tom & Cindy & Assoc...Long & Foster...703-822-0207

Lorton

8496 Silverview Ct. \$759,900...Sun 1-4...Kathy Peters...Long & Foster...703-915-2165
6793 Tiddle Way. \$699,950...Sun 1-4...Tom & Cindy & Assoc...Long & Foster...703-822-0207
8815 Hampton Station Ct. \$699,900...Sun 1-4...Sheri Allen...Weichert...703-897-4777
8303 Fitt Ct. \$679,950...Sun 1-4...Tom & Cindy & Assoc...Long & Foster...703-822-0207
9032 Harrover Pl. \$678,950...Sun 1-4...Barb White Adkins...RE/MAX...703-642-3380
8521 Barrow Furnace Ln. \$649,900...Sun 1-4...Tim Belanger...Long & Foster...703-475-5242
8353 Middle Ridding Dr. \$600,000...Sun 1-4...Gary Eales...Long & Foster...703-609-4331
8940-A Milford Haven Ct. \$324,950...Sun 1-4...Tom & Cindy & Assoc...Long & Foster...703-822-0207

Manassas

7996 Knightshayes Dr. \$550,000...Sun 1-4...Karen Paris...Keller Williams...571-220-7503

Springfield

6582 Forsythia St. \$615,000...Sun 1-4...Dallison Veach...RE/MAX...703-477-7920
7396 Loughboro Ln. \$599,950...Sun 1-4...Tom & Cindy & Assoc...Long & Foster...703-822-0207
7415 Jervis St. \$524,900...Sun 1-4...Christine Shevock...RE/MAX...703-475-3986

Vienna

218 Locust St. SE #145. \$250,000...Sun 1-4...Charlie Rose...Long & Foster...703-919-9361

To add your Realtor-represented Open House to these weekly listings, please call Erin Peck at 703-778-9449 or E-mail the info to epeck@connectionnewspapers.com
All listings due by Tuesday at 3 P.M.

WEEK IN SPRINGFIELD

Rolling Valley Holds Fun Run

On March 9, Rolling Valley Elementary School held its first ever fun run and health fair with the theme "A Healthier You, a Healthier Community." The impetus behind the event was to provide a completely free community event focused on wellness. The school also used the event to incorporate the FCPS curriculum objectives for service learning. Each grade level at Rolling Valley completed a service learning project related to the theme. First graders did a display on dental health, fourth graders provided information about personal hygiene, kindergartners offered information about healthy snacks, and third graders provided a "fruit kabob" station with recipes for making fruit kabobs.

After a community 5K fun run sponsored by Metro Run and Walk, parents and students were invited into the cafeteria to see the displays. The sheriff's office made student IDs, a Zumba instructor was present, and the Fairfax County Fire Department, and other community representatives were on hand too. Students completing the fun run were entered into a raffle and two students won bikes to continue their pursuit of

wellness outside of the school.

—Maureen Boland/Principal

Beware of Phone Scam

Dozens of senior citizens have been victimized by telephone scammers in recent weeks, and Fairfax County police are urging residents not to give out or verify financial information over the phone.

In the latest scam, victims are receiving calls from someone pretending to be from a utility company, delivery service or sweepstakes. Residents are told their service will be discontinued unless they pay by phone immediately. Frightened at the thought of no heat, power or phone, for example, victimized seniors provide their account numbers and payment information over the phone.

Additionally, many of the calls are made under the pretense that the information is required to send out important documents such as new health insurance or Social Security cards. Typically, these calls arrive during the weekdays. Callers are

OBITUARY

Springfield Post 176 Holds Memorial Service for Chaplain Emeritus John S. Bednarek

BY EDWARD AMOROS
SPRINGFIELD AMERICAN LEGION POST 176



Chaplain Emeritus John S. Bednarek

On Sunday, Feb. 17, 2013, Springfield Post 176 conducted an American Legion Memorial Service for WWII veteran Chaplain Emeritus John Stanley Bednarek Jr., 84, who died on Feb. 12, 2013.

He was born Nov. 3, 1928 to John Bednarek and Francis Catherine Bednarek in Wilkes Barre, Pa., and was the oldest of three children. He attended Nanticoke Jr. High School until June 1944 and joined the U.S. Army in 1946. He met his wife Antoinette Marie Gioia in his hometown and they married in Bronx, N.Y., on June 6, 1952, were married for 49 years and had five children. He retired from service after serving his country for over 20 years and also retired from the U.S. Postal Service.

Bednarek joined The American Legion after he retired from the military and was a member of Springfield Post 176 for 47 years. In 1984, Comrade Bednarek was asked to be the post chaplain and served in that position for 12 years. In 1995, Chaplain Bednarek was awarded to the position of chaplain emeritus by Commander Terry Johnson for his hard work and dedication to the American Legion chaplain position and support of his post and comrades. In 2001, Chaplain Emeritus Bednarek received the

American Legion Post 176 Special Service Award for the Good of the Legion. He was also a member of La Societe des Quarante Hommes et Huit Chevaux.

The memorial service was marked by attendance from all of the American Legion families and was led by Post Commander David Wallace.

"This moment is sacred with the almost visible presence of the one who has gone before. We come to honor the memory of John Bednarek who offered life and service for God and country; who has now enrolled in that great spirit army whose footfalls cause no sound," said Commander Wallace. He was honored by poems such as "Veterans Retreat" by Robert J. Murrin,

and a fitting eulogy along with fond remarks from several legionnaires.

"Farewell to a WWII and retired Army veteran who spent a lifetime of service devoted to helping veterans," said Post Chaplain Charles Buettner.

An American Flag was flown over Springfield Post 176 and was presented to his daughter, Cathy Blumberg. "This ceremony was exactly what my dad would have wanted," she said, "his family was the American Legion and he lived for his legion family."

Chaplain Emeritus Bednarek is survived by his two daughters Joanne Rhees and Cathy Blumberg, and his one son John. He also has two grandchildren and one great grandchild.

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both male and female; they may speak quickly or with an accent so that it may be difficult to understand what's said. Often, callers know basic information about the victim, including name, age and address. Some potential victims have challenged the callers, who've then become frustrated and hung up.

Police remind residents, particularly older adults and their caregivers, never to provide personal or financial information over the phone. Verify the legitimacy of companies requesting funds using phone valid, official phone numbers. People believing they may have been victimized should make a report at <https://www.fairfaxcounty.gov/police/crs/>.

Animal Shelter Seeks Senior Citizen Volunteers

The Fairfax County Animal Shelter is looking for people with spare time who'd like to help improve the quality of life for homeless animals. Currently, the shelter has around 100 volunteers, but it's trying to double that number by attracting senior citizens to lend a hand.

Walking dogs, greeting shelter visitors and helping with community outreach, animal socialization and the fostering programs are some of the many tasks available to volunteers. (The shelter is at 4500 West Ox Road in Fairfax).

"Fairfax County seniors have so much to offer in the way of business, communication and animal care skills and experience," said Community Outreach Program Manager Kristen Auerbach. "They're a wealth of information and support for shelter staff and animals."

Shelter staff members also offer tours for senior groups, plus outreach programs in senior communities and centers. "We've found that animals have such a strong impact on the quality of life," explained Auerbach. "Bringing them into senior centers and offering tours of the shelter are great

ways to share the incredible animals we have."

A new adoption program, Pets for Seniors, will be launched later in the month and will offer incentives to senior citizens adopting shelter pets. "Older animals make such wonderful companions," said shelter Director Tawny Hammond. "They're usually housebroken and past the stage of destroying personal property by chewing or clawing. They're looking for a warm and loving home to spend the golden years of their lives."

A special senior orientation and information session for potential volunteers and foster parents will be held Sunday, March 31, at 2 p.m., followed by a shelter tour for seniors at 3 p.m. For more information regarding shelter tours, volunteering, programs and adoptions or to RSVP for the March 31 events, contact Auerbach at kristen.auerbach@fairfaxcounty.gov or call 703-324-0208.

Fashion Show at Waterford

The 33rd annual fundraising fashion show/luncheon/silent auction for the Fairfax Salvation Army Women's Auxiliary is slated for Friday, April 12, at the Waterford in Fair Oaks (across from Fair Oaks Mall). The social hour and silent auction begin at 10:30 a.m., followed at 11:30 a.m. by a performance from guest entertainer Carlos Alberto Ibay, an accomplished concert pianist and talented tenor.

Lunch catered by the Waterford will be served at noon, and the fashion show featuring clothing from Bloomingdale's of Tysons Corner will be presented at 12:50 p.m. Tickets are \$40 (\$10 is tax-deductible); reservations must be made by March 27.

The event helps support all the Salvation Army's charitable programs. To purchase tickets, become a sponsor or donate gift certificates and merchandise for the silent auction, contact event coordinator Angela Ganey at angelaganey@verizon.net or 703-250-5809.

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'Concerts From Kirkwood' Reaches Audience of Seniors

Concerts from Kirkwood (CFK), a family oriented concert series and community service of Kirkwood Presbyterian Church in Springfield, has kicked off a new Senior Outreach Program. The Outreach Program is designed to invite people of all ages to their high caliber, free concerts—but with a special emphasis on seniors this month.

Although CFK has very well attended concerts with audiences of all ages, Libby Scott, CFK artistic director, suggested that the audience spread the word about their free concerts and ask their friends, family and neighbors to join them. She urged them to invite seniors to attend their concerts—especially seniors that might not get around well, are alone, live far from their families—or who would just enjoy our concerts.

CFK has contacted a number of senior centers and communities but would appreciate assistance from the general public too. Those who know a senior or someone that would enjoy or need help attending the concerts, should invite them to the concerts and post-concert artist receptions.

"Concerts from Kirkwood," now in its 10th year, is part of Kirkwood Presbyterian

Church's community service program. Over the years, CFK has presented many artists, including the Washington Symphonic Brass, the Shanghai Quartet, Beau

Soir Ensemble, pianist Thomas Pandolfi, Marcolivia Duo and NSO Brass Quintet- amongst others.

CFK has expanded the type of music it intends to present from just classical music to a variety of different genres. CFK plans to present jazz, folk, big band and acoustic rock music in addition to classical music.

CFK's next concert will be held on Saturday, March 16th, at 3 p.m. at Kirkwood Presbyterian Church, 833 Carrleigh Parkway, Springfield. The concert will feature Classical FX, a vocal quartet ensemble composed of musicians Denise Gulley, soprano, Terri Erchul Malone, mezzo soprano, Tim Augustin, tenor and Matthew J. Minor, bass-baritone, who are very well-known and frequently perform with the

Washington National Opera, Wolf Trap Opera and Washington Concert Opera. Several of the members have enjoyed highly acclaimed solo careers, toured worldwide, won numerous competitions and performed major roles in highly acclaimed opera houses. For more information, email concerts@kirkwoodpres.com.

Visitors examine the mixed media artworks created by survivors of sexual and domestic violence.

PHOTOS BY
TIM PETERSON/
THE CONNECTION



'The Art of Surviving' Comes to Lorton

BY TIM PETERSON
THE CONNECTION

For some visitors exploring the Vulcan gallery last weekend during the Second Saturday Art Walk at the Workhouse Art Center in Lorton, happening upon deeply emotional and traumatic pieces created by rape and domestic abuse victims was a bit alarming.

For others who came for the exhibition in particular, it was informative and perspective-building. Regardless, the traveling showcase of mixed media, entitled "The Art of Surviving," dramatically raised awareness of the existence of and recovery from many forms of sexual violence.

Saturday night in the somewhat industrial gallery confines was a reception for the exhibition, which runs until April 7. The evening included refreshments and remarks from Negar Ehsani and Heather Sarmiento, specialists with the Fairfax County Office for Women & Domestic and Sexual Violence Services. The Workhouse collaborated with their organization to bring the project—sponsored by the Virginia Sexual & Domestic Violence Action Alliance—to Northern Virginia.

The powerful and sometimes unsettling artworks range from sculpture and painting to prose and poetry, with contributors aged 19 through 75. Each piece is displayed with a detailed placard containing information on the artist or poet and a comprehensive, often deeply revealing explanation from the creator.

No two stories were the same—some works immediately followed a traumatic episode, some weren't created until decades after the fact—but in each case, the artistic process served as a coping mechanism.

There is clearly visible and legible anger, helplessness and fragmentation; the vivid colors and words convey visceral emotion and are obviously the manifestation of a long and highly painful process. But the constant reminder is that these people are indeed survivors and have channeled their experience through a creative outlet.

The colors are bold, the words biting, and while dramatic, they're decidedly vibrant, full of life. Just like their creators.

"The Art of Surviving" runs until Sunday, April 7, at the Workhouse Arts Center Vulcan Gallery, 9601 Ox Road, Lorton, www.workhousearts.org.

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

THURSDAY/MARCH 14

Twain Family Night. 6-8 p.m., at Twain Middle School, 4700 Franconia Road, Alexandria. Rising students can explore the school as current students share activities and the staff and community join for food games, face painting, cake walks, putt putt, poetry slams, a food drive and more. csoto@fcps.edu.

FRIDAY/MARCH 15

Totally Laughable: Risque Not Raunchy. 8:30-10:30 p.m., at Kilroy's Sports Bar and Restaurant, 5250 Port Royal Road, Springfield. A 21-and-up show produced by comedian Wes Martens featuring local talent Brandon Fisher among seven performers. 571-502-7651.

SATURDAY/MARCH 16

Concerts From Kirkwood: Classical FX. 3 p.m., at Kirkwood Presbyterian Church, 833 Carrleigh Parkway, Springfield. A vocal quartet ensemble that has performed with the Washington National Opera, Wolf Trap Opera and Washington Concert Opera sings everything from Broadway tunes to folk spirituals and classical opera music. concerts@kirkwoodpres.com.

Fairfax Symphony Orchestra: Masterworks V. 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman performs J. Strauss' Emperor Waltz and Tick Tack, Pizzicato, Trisch-Tratsch Polkas and Overture to Die Fledermaus; R. Strauss' Suite from Der Rosenkavalier, Till Eulenspiegel's Merry Pranks and Salome's Dance. \$25-\$55. 703-563-1990 or www.fairfaxsymphony.org.

SUNDAY/MARCH 17

Display and N Gauge Trains. 1-4 p.m., at the Fairfax Station Road Museum, 11200 Fairfax Station Road, Fairfax Station. A display with trains runs all afternoon; museum open with shows. \$3 for adults; \$1 for children. 703-425-9225 or www.fairfax-station.org.

TUESDAY/MARCH 19

Small Business Breakthrough Book Club Launch. 7:30 a.m., at the Community Business Partnership, 7001 Loisdale Road, Springfield. Explore different aspects of the "Small Business Breakthrough" book at the monthly Breakthrough Book Club, the third Tuesday of every month. Kevin@LMKpartners.com or 703-539-2631.

West Springfield Pyramid Art Show.

6-7:30 p.m., at West Springfield High School, 6100 Rolling Road, Springfield. A showcase of art from the entire pyramid school system of West Springfield High School, kindergarten through 12th grade. www.fcps.edu/westspringfieldhs.

WEDNESDAY/MARCH 20

The Last Days of Pompeii. 1:45 p.m., 7 p.m., at Crestwood Elementary School, 6010 Hanover Ave., Springfield. Crestwood After School Theater presents a drama and music by Debra Kay Robinson Lindsay set in Roman times. RSVP. 703-923-5404.

West Springfield Pyramid Art Show.

7 a.m.-1 p.m., at West Springfield High School, 6100 Rolling Road, Springfield. A showcase of art from the entire pyramid school system of West



Natalie MacMaster, acclaimed fiddler of Cape Breton.

St. Patrick's Spirit Surrounds Celtic Concert

Spirited Cape Breton fiddler Natalie MacMaster plays a tribute to Celtic culture in honor of St. Patrick's day. The acclaimed folk artist step dances and plays on Sunday, March 17, at 7 p.m. at GMU Center for the Arts, 4400 University Drive, Fairfax. Tickets for youth grades 12 and under are half-price when accompanied by an adult. \$24, \$40, \$48. 888-945-2468 or cfa.gmu.edu.

Springfield High School, kindergarten through 12th grade. www.fcps.edu/westspringfieldhs.

SATURDAY/MARCH 23

Barrel Room 2012 Futures

Tastings. Noon-5 p.m., at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Enter the barrel room and taste future Paradise Springs wines from the 2012 vintage; learn how oak influences wines, how vineyard site selection affects flavors and the like; groups leave every 20 minutes and sample six to eight wines paired with light fare. \$25. 703-830-9463.

SUNDAY/MARCH 24

Barrel Room 2012 Futures

Tastings. Noon-5 p.m., at Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Enter the barrel room and taste future Paradise Springs wines from the 2012 vintage; learn how oak influences wines, how vineyard site selection affects flavors and the like; groups leave every 20 minutes and sample six to eight wines paired with light fare. \$25. 703-830-9463.

SATURDAY/APRIL 6

Asian Art and Culture Day. 11 a.m.-4 p.m. at the Workhouse, 9601 Ox Road, Lorton. On National Cherry Blossom Festival and Asian Art and Culture Day the Workhouse hosts workshops, demonstrations, performances, talks and exhibitions featuring Asian art and culture. Join for a Japanese tea tasting, origami workshops and film, brush painting demonstrations, artist talks, cherry tree planting and more. www.WorkhouseArts.org.

THURSDAY/APRIL 18

2013 Fairfax County Volunteer Service Awards. 8 a.m.-10 p.m., at Waterford, 6715 Commerce St., Springfield. The Fairfax County Volunteer Service Awards serve as a community-wide celebration of volunteerism and the awards honor individuals, groups and organizations that have given outstanding volunteer service. Nominations/online application are due: Feb. 4 by 4 p.m. 703-246-3825 or www.volunteerfairfax.org.

VIEWPOINTS

Audience Reactions: Feelings on the Wall

— TIM PETERSON



Allison Riese, marketing manager, Centreville

"We were doing the Saturday night art walk here. We're still digesting the different ways people choose to deal with [sexual abuse] — there are a lot of dark and dramatic colors. People are lucky here. In Fairfax County there's a lot of money, so there are a lot of organizations women can reach out to."



Stephanie Scovel-Toney, scientist, Frederick

"I feel guilty about enjoying eating cookies here, looking at art these people made about traumatic experiences. I see a lot of anger, angry colors. But it seems like they're all approaching calm. [Echoing Allison] Wherever you see more money, there are more services."



Janet Fries, lawyer, Washington, D.C.

"It was coincidental that we came into this exhibit. There's a variety of technical ability and materials. Some of it is quite moving and remarkable. Some of it is quite violent. It's great that they can get [their feelings] out, on to the wall."



Sandi Goldman, artist, Annandale

"The stories are powerful. It's all very emotional. Connecting is so important, and that's what the art does for the people. I don't personally know any victims of sexual abuse, but I believe it exists. It's something that's hard to talk about. Reading about it, TV shows — they open people's minds to what's really happening. If something bad happens, people know they have someone to turn to."



Saskia Clay-Rooks, George Mason University Student Affairs

"I work in higher education. With my interest in social justice, I saw this exhibition in the newspaper as a call to action. I want to become more aware. In the art I see fear, anger, compassion. There is hope, particularly in the write-ups. It's a healing process for these people; they've found God, love, support. Sexual abuse is pervasive. You hear one in four. I do believe that statistic."

SPORTS

SPORTS ROUNDUPS

Northern Region Baseball Coaches Poll

Defending state champion Lake Braddock is ranked No. 1 in the season's first Northern Region baseball coaches poll.

The Bruins, who also won the Patriot District title and finished Northern Region runner-up, finished last season with a 26-3 record. Lake Braddock is led by senior outfielder Alex Gransback.

Madison is ranked No. 2. The Warhawks went 15-6 last season but failed to qualify for the region tournament, losing to Langley in the first round of the Liberty District tournament.

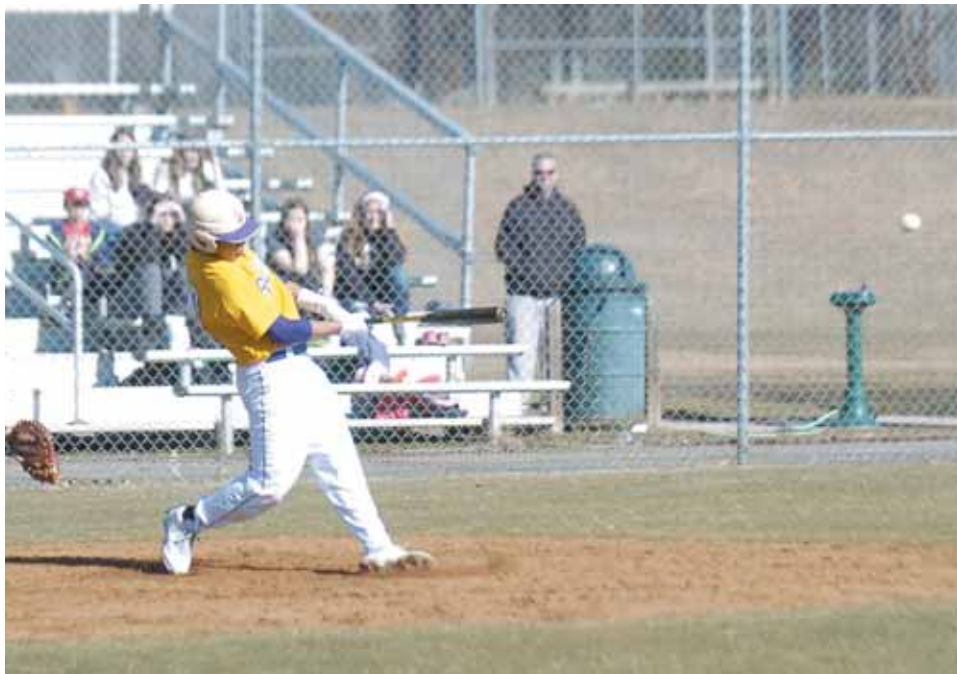
Defending Liberty District champion Stone Bridge is ranked No. 3, followed by defending Northern Region champion West Springfield (4), defending Concorde District champion Robinson (5), Oakton (6), Chantilly (7), South County (8), Westfield (9) and defending National District champion Yorktown (10).

The Concorde District has the most teams ranked in the top 10 with four. The Patriot District has three, followed by two for the Liberty District and one for the National District.



PHOTOS BY CRAIG STERUTZEL/THE CONNECTION

Lake Braddock sophomore Kevin Haswell pitches against Oakton during a scrimmage at Lake Braddock on Feb. 9.



Senior infielder Alex Lewis is one of several Lake Braddock baseball players overcoming an offseason injury.

Bruins Baseball Begins Title Defense

Several key Lake Braddock players suffered off-season injuries.

BY JON ROETMAN
THE CONNECTION

Members of the defending state champion Lake Braddock baseball team gathered in left field following Saturday's home scrimmage against Oakton. The Bruins would split into two groups and start running sprints.

Head coach Jody Rutherford didn't instruct his players to run for conditioning purposes. Think of the exercise as more of a wake-up call.

Lake Braddock is dealing with several injuries to key players. Elbow injuries to senior pitcher Thomas Rogers and senior infielder Mitch Spille; shoulder injuries to Spille and senior catcher Garrett Driscoll; and a broken leg suffered by senior infielder Alex Lewis are just some of the Bruins' ailments. Several athletes are being eased back into their roles to avoid further injury—something Rutherford said led to a lack of focus during Saturday's scrimmage.

"It's tough for them because they're not used to being [out of] the game," Rutherford said. "That's kind of the reason we're doing this running—because they're not in the game. They're always used to being in the game, so they don't know really how to handle it and they didn't handle it well today. I think they all feel like they're heading in the right direction, like they're all positive they'll come back. It's just tough [when] you live and die baseball and then you don't have it."

LAKE BRADDOCK enters the 2013 sea-

"I expect to win another state championship. I cannot say that the guys that really need to have that same mindset for us necessarily do."

—Lake Braddock baseball coach Jody Rutherford

son traveling a bumpy road as the Bruins look to defend last season's state championship—the first in program history. Along with losing 2012 Northern Region Pitcher of the Year Michael Church to graduation, Rogers, a Division I-caliber left-hander, underwent Tommy John surgery on his pitching elbow in August. If Rogers is able to return to the Bruins this season, he is unlikely to pitch, Rutherford said.

A back injury to sophomore pitcher Matt Supko, a neck injury suffered by Nick Balenger, which has the senior in a wheelchair, and other circumstances leave Lake Braddock entering the season with a pitching staff which did not throw a single varsity inning for the Bruins last season.

Senior Nick McIntyre, who transferred from Bishop O'Connell, sophomore Kevin Haswell and Driscoll are among those who will see time on the mound this season. Driscoll, a standout catcher for the Bruins, will pitch while recovering from a torn labrum in his left (non-throwing) shoulder.

"I think it's just accepting it," senior outfielder Alex Gransback said. "Just knowing it's a new year ... [and saying] all right, we have a few guys injured, but it's time to step up and rise above it."

Gransback was a member of the VirginiaPreps.com AAA all-state team and a Washington Post first-team All-Met selec-

tion last season. The Bruins will likely need his bat even more this season.

"He's playing really well," Rutherford said, "and he's back and fully healthy."

Lewis and junior shortstop Jack Owens are also key returning members of last season's state championship team, which also won the Patriot District title.

DESPITE FACING ADVERSITY early in the season, Rutherford said his expectations remain high for the Bruins—though the coach is unsure of how serious his players are about working toward another state crown.

"To be perfectly honest, my expectations haven't changed," Rutherford said. "I expect to win another state championship. I cannot say that the guys that really need to have that same mindset for us necessarily do. Whether it's because they're so focused on the injuries and recovering, or a lot of it has to do with complacency. We've had talks about it and it's not acceptable to me. If they're coming in with anything less than winning-another-state-championship attitude, they probably won't be playing for me."

Lake Braddock figures to have a target on its back this season. The Bruins are ranked No. 1 in the first Northern Region baseball coaches poll, and ranked No. 12 nationally in the latest MaxPreps.com top 25 rankings. Lake Braddock opened its season on Wednesday against St. John's, after The Connection's deadline (game was moved from Tuesday due to inclement weather). The Bruins will host Westfield at 6 p.m. on Thursday, March 14.

"I think it's kind of fun," Driscoll said of getting each opponent's best shot. "They're going to come out fired up trying to beat us, giving everything they've got. It will be more interesting for us, but I'm pretty sure everyone's up for a good game [and] for a fight. It will just be, overall, more fun."

Time will tell if Saturday's sprints were enough of a wake-up call for the Bruins.

W.T. Woodson Field Hockey Camp

W.T. Woodson High School will host a field hockey camp for rising fifth through ninth graders July 22-26 from 4:30-8:30 p.m. on the school's baseball field. Camp cost is \$160 and the deadline to sign up is July 10.

For more information, contact Woodson head coach Meg Jarrell at margaretkjarrell@gmail.com or by calling 571-276-8555.

Robinson Boys' Tennis Scrimmages TJ

The Robinson boys' tennis team scrimmaged Thomas Jefferson to open the 2013 season.

Jefferson is one of the region's powers and has had an influx of talented freshmen to an already powerful lineup. However, the Rams played with great effort and intensity. Aaron Christian returns at the No. 1 position and played an excellent match to win 10-8. At No. 3, senior Jacob Schreiman out-steadied his opponent to top him, 10-6.

Senior Brian Bui moves up to the No. 2 spot from No. 3 in 2012. Another senior, Dylan Martin, started off slowly before falling 10-6 at No. 5. Sophomores Sam Wagner and Charlie Ferrell got their first varsity singles experience.

Doubles was another story as Robinson rebounded with wins at No. 1 and No. 3 and was leading at No. 2 when darkness fell. Austin Mathews joined Christian at No. 1 and both were very active at the net, dominating TJ in an excellently played match. Sophomores Wagner and Ferrell also played very well to win in a tiebreaker. Ferrell used his groundstrokes to set up Wagner's poaches. Newcomer Peter La joined Schreiman and were leading 7-4 as darkness fell.

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According to the Lease by and between (2089) Carmelo Martinez and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the Manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: foosball table, totes, furniture, baseball bats, ect. Items will be sold or otherwise disposed of on March 21, 2013 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between (4106) Millie Ufie and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the Manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: vacuum, table, chairs, ect. Items will be sold or otherwise disposed of on March 21, 2013 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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Spring 2013 HomeLifeStyle



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World's Fanciest Rummage Sale Coming April 7

Rumor has it that the "world's fanciest" rummage sale will feature some of the crystal light fixtures and other items recently replaced in the remodeling of the Ritz-Carlton Tysons.

Make your spring cleaning count this year. Donations are needed for the World's Fanciest Rummage Sale, benefiting the Boys & Girls Clubs of Greater Washington, Fairfax Region. Small items and clothing drop-offs can be brought to the front of the Ritz-Carlton Hotel,

Tysons Corner and left with the Bell Staff. Please indicate that the items are for the Boys and Girls Clubs Rummage Sale. Donation receipts will be available at drop-off.

Have a really big item to donate? Contact Helen Kruger 703-748-4068 to make pick-up arrangements.

The sale will feature upscale, new or like-new items, including designer clothing and shoes, furniture, and home goods at ridiculously low prices. °°

In addition to bargains, the price of admission includes a live DJ, delicious food and opportunities to purchase raffle tickets for prizes ranging from hotel stays, luxury dining experiences to spa packages, dinner with a celebrity, gift certificates, and more.

DETAILS

Sunday, April 7th, 12-4pm
 The Ritz-Carlton Tysons Corner, 1700 Tysons Blvd, McLean, VA 22102

Admission: \$5, includes food
www.fairfaxbgcgw.org/index.php/rummage-sale

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HomeLifeStyle

Region's Best Home Designs

Local contractors get top honors for remodeling projects.

BY MARILYN CAMPBELL
THE CONNECTION

From designing a kitchen with a concave glass tile backsplash to creating a backyard with a fireplace and pool, some local home remodelers were honored recently with the National Association of the Remodeling Industry's (NARI) 2013 Regional Contractor of the Year awards for design acumen. Winning projects ran the gamut from historic preservation projects to environmentally conscious conceptions.



PHOTO COURTESY OF NARI

A MCLEAN KITCHEN by BOWA took top honors in the "Residential Kitchen Over \$120,000" category. The homeowners were looking to create a free-flowing, light-filled space.

"Their kitchen was not as open as they would have liked," said Josh Baker, founder and co-chairman of BOWA. "They wanted to make it more integrated and useful for the family."

To accommodate a larger kitchen, the design team, which included BOWA's George Hodges-Fulton, built an addition and added a sitting room, screened porch and additional windows to allow an abundance of natural light to stream into the space. The new kitchen also included a butler's pantry and a family dining area.

What is the key to turning one's home into an award-winning, showcase house? Baker, who founded BOWA with his college friend Larry Weinberg, says an open dialogue is essential to a successful remodeling project. "The key is finding a person or company that you communicate very, very well with and whose process is in line with how you like to do business," he said. "This is a customer service business. It is not just a construction business. The entire process is important, not just the end result."

FAIRFAX-BASED FIRM RJK Construction, Inc. received top honors in the category of "Residential Addition \$100,000 to \$250,000" for a home in the Mantua area of Fairfax County. Company president Robert Kalmin says the homeowners' goal was to blend their interior and exterior spaces. "They wanted to make their exterior landscaping a visual point because they entertain a lot," he said. "The windows act as murals to the exterior landscaping bring the outdoors in and the indoors out."

The owners requested an open floor plan that allowed guests to move freely between the kitchen and the backyard. "They were very specific about how they wanted people to meander from the outside to the inside,"

This McLean kitchen by BOWA took top honors in the "Residential Kitchen Over \$120,000" category. The homeowners wanted to create a free-flowing, light-filled space.

Kalmin said. "We had to relocate the powder room so that people are able to use the restroom without having to go anywhere else."

An abundance of windows allows natural light to flow throughout the home. "The kitchen has red oak flooring and other colors and finishes that compliment the natural scenery outside," said Kalmin.

HARRY BRASWELL of Harry Braswell, Inc. in Alexandria, was named Contractor of the Year in the "Entire House \$500,001 to \$1,000,000" category for the renovation of a home that had not been updated since the 1950s. "The house was outdated, too small for the family's needs," he said.

The renovation included a kitchen outfitted with cabinet-front appliances and porcelain sinks including an apron farm sink and an island sink in a pale aqua. "That color is carried throughout the house," said project manager Gretchen Brown.

A concave glass tile backsplash surrounds the durable, brown-toned quartzite counter. "Quartzite doesn't stain easily," said Brown. "It is strong like granite, but is more expensive."

The Braswell team also got a nod for energy efficiency for this project, which was named "NARI Green Project." Brown noted that the team installed energy efficiency lighting and energy star appliances.

"The homeowners had specific criteria about wanting to meet [Leadership in Energy and Environmental Design] certification because they are dedicated to protecting the environment," said Braswell.

CABIN JOHN, MD., BASED firm Anthony Wilder Design/Build, Inc. received kudos in the "Residential Exterior, \$100,000 and Over" category for a backyard space that includes a pool and fireplace. "The home-

owner wanted four separate living spaces in the backyard," said company spokeswoman Danielle Frye. "He wanted a dining room, a living room with a heat source, a place to sunbathe near his pool and a place to play cricket on his lawn."

Frye said the Wilder team, which included architect George R. Bott and lead designer Anthony Wilder, developed a backyard plan that replaced overgrown grass with flagstone and a badly worn fence with foliage to create a sense of privacy. "There is a sundeck and spaces for a sofa and dining table, but the fireplace is the focal point," said Frye. "We used really tall bamboo to shield the view from the hotel across the street."

A BETHESDA HOME ADDITION garnered a top prize in the "Residential Addition Over \$250,000" category for A.R.T Design Build Inc. with team member Grossmueller's Design Consultants, Inc.

"The client wanted to expand their one story house to have a separate area for [bedrooms] and create a more functional first floor with more communal spaces, the kitchen, family room [and] dining room," said Cindy G. McClure of Grossmueller's Design Consultants, Inc.

The design team added a new second floor to the home, which accommodates a laundry room, a master suite, two additional bedrooms and a bathroom. A stair tower and cathedral foyer create an open floor plan and connect the first and second levels.

"Elements of the old house, like the wide chimney on the front and the contemporary 1960 style were played upon and accentuated," said McClure. "The result is a functional home that meets the needs of today's family, remained within budget and was completed on time."

80th Historic Garden Week, April 20-27

Historic Garden Week 2013 will feature approximately 200 private homes and gardens open on 32 separate tours throughout the state of Virginia over eight consecutive days. It is the largest ongoing volunteer effort in Virginia and represents the coordinated efforts of 3,400 club members. One hundred percent of tour proceeds are used to enhance Virginia's landscape. Visit www.vagardenweek.org.

SATURDAY APRIL 20, 2013

Old Town Alexandria
Sponsored by the Hunting Creek Garden Club and the Garden Club of Alexandria, 10 a.m. to 4 p.m.
All eight private properties on the historic Old Town Alexandria tour are within an easy walk of each other, allowing visitors to enjoy strolling the quaint streets lined with charming townhouses and intimate walled gardens.

Tickets are \$40 and available at the Ramsey House Visitors Center at the corner of King Street and North Fairfax Street on the day of the tour. For advance tickets contact Mrs. Donald Rocen Virginia.rocen@comcast.net 703-684-3876. For more information, please contact Tour Chairmen Mason Bavin at mbavin@mcenearney.com, Twig Murray attwig@twigweb.com or Catherine Bolton at 4boltons@comcast.net

TUESDAY APRIL 23, 2013

Fairfax: Oakton/Vienna
Sponsored by The Garden Club of Fairfax
10 a.m. to 4 p.m.
The Fairfax County communities of Oakton and Vienna have emerged from small rural towns into thriving family-oriented neighborhoods with homes and gardens reflecting a wide range of architectural and personal style. Ticket price includes admission to the Cosby Home, the Unger Home and Garden, the Buster Home and Garden, the Kampa Home and Garden, the Rosenthal Home and Garden and Meadowlark Botanical Gardens.

Advance tickets are \$20 through April 9. Contact Marty Whipple at mwhip155@aol.com. For more information about the tour, contact Bonnie Rekemeyer at chezdarbon@aol.com.
FOR FULL SCHEDULE THROUGH APRIL 27.
VISIT www.vagardenweek.org.



This home in the Vienna/Oakton area is featured on Virginia's Historic Garden Week.

HomeLifeStyle

Demand for Incremental Improvements

Over time, some owners makeover the entire house — one phase at a time.

BY JOHN BYRD

If you compare the current home remodeling market to 2007, it's clear that homeowners are less likely to execute a top-to-bottom makeover in a single stroke than they were five years ago.

True, home resales are rising again, but the belief that every dollar spent on a northern Virginia home is a dollar invested has been suspended — if only temporarily — as homeowners reassess.

Still, for most local homeowners, a house is an asset of enormous personal appeal: an expression of identity and aspiration; an essential security that one can periodically adapt to life's changing necessities.

And, while the scale of the average project may be smaller, it's evident that many homeowners middle age or older have come to see the home as a long-term — even lifelong — work in progress, one that they take up passionately, and at regular intervals.

Veteran remodeler David Foster calls these homeowners "incremental" improvers, and has come to see them as the primary focus of a home improvement enterprise he

started 30 years ago.

As president of Foster Remodeling Solutions in Lorton, Foster regularly coaches his team on the importance of understanding what the homeowner needs, what he's expecting and how to articulate best options with absolute clarity.

"Our core belief is that there are many homeowners who will make a notable home improvement every two to five years, so we place a high priority on earning that person's trust. In this sense, there is nothing more important than outperforming expectation," Foster said.

WHILE THERE MAY BE many reasons why a homeowner will remodel in stages, Foster said that the typical incremental improver has a pay-as-you-go orientation.

Springfield residents Gary and Nancy Baldino, for instance, had several projects on the drawing board, but finally took action in 2000 when they recognized that a front elevation sunroom added by the previous owner was beginning to fail.

"Replacing the porch was our initial goal, but a designer at Foster Remodeling showed us a plan to add a front-facing kitchen extension



The plans for a kitchen remodel were complicated by the fact that the home's rear elevation backs into a woodland set-aside and a notably precipitous drop.

that really suited our needs and budget," Nancy Baldino said. Six windows on the new facade provide more direct light than the previous structure and the family gained a breakfast room and sunny sitting area all within the footprint of the old sun porch.

Four years later the Baldinos came back for improvements to an upstairs bath. Then ideas began to percolate. "It became easier to see the possibilities of improving incrementally," Baldino said.

"You recognize that you love the neighborhood. So, you start to think in terms of a place for friends to gather regularly, and," she said, "we also decided that we were comfortable with our remodeler's process and craftsmanship."

In 2008 it was time to tackle an indoor-outdoor component in the form of a rear-facing screen porch with a floor-to-ceiling stone hearth.

Open, yet fitted-out for all seasons, the porch is closed on three sides and features a 15-foot cathedral ceiling with an overhead rotating fan. The project included an extensive flagstone patio, a privacy fence, a retaining wall and landscaping.

"We wanted space that brings us into the outdoors, and the fireplace keeps the porch surprisingly comfortable in cooler weather," Baldino said. "It's a great place to watch the game."

Last year, the Baldinos brought Foster back a fourth time, this time to remodel the kitchen.

"We've been in this house for 24 years, and all of our changes have been good investments that add a lot to our satisfaction," Baldino

said. "We've found budgetable ways to make improvements that always give us a good return."

ON A SIMILAR NOTE, south Alexandria resident Sandy Nusbaum attributes her periodic home upgrade inclinations to a gradual recognition that the four bedroom colonial she has occupied for 28 years with husband Mike is the last single family residence the couple will ever own.

"We raised three children here, and when the last of them moved away, we looked at other houses in the area and even a retirement village in North Carolina," Nusbaum said. "That's when I renewed my appreciation for the many advantages of this house. I recognized that everything we wanted was already here; we just needed a few pointed improvements to take us into the foreseeable future."

Initially that meant introducing an open, "kitchen-centric" plan in the back half of the house, and creating an outdoor component — in the form of a 16-by-16-foot back screen porch — that allows for easy warm-weather circulation.

A few years later the Nusbaums began planning a follow-on phase: an extension of the rear family room, an open-air grilling deck and a layout that permits children, grandchildren and many guests to circulate freely through a now wide-ranging entertainment suite.

Just last year, the largely unused lower level was converted into a multi-purpose suite that serves as both an exercise room and guest accommodation. Nusbaum uses

the room for her daily treadmill workouts: "It's pleasant having so many useful things exactly where you want them."

OF COURSE, sometimes serial remodeling occurs when when you're just beginning to raise your family. Vienna resident Kelly Grems has executed four remodeling projects with Foster starting with a kitchen addition in 2003.

"We bought the house in 1995 when I was pregnant," Grems said. "My husband (Ed) and I had been living in a much smaller house in Maryland, but envisioned a traditional home that would offer our growing family lots of useful activity areas."

A kitchen with a sizable breakfast room was the first item on the wish list, complicated by the fact that the home's rear elevation backs into a woodland set-aside and a precipitous drop.

"David showed us a plan for an elevated breakfast room extension built on pilings that wouldn't require a ground level foundation. Turns out, this solution created a welcome canopy for the ground level patio. And it was also a more sensible, economical choice for us at the time," Grems said.

Grems said her first step was handing Foster a file of articles on kitchen interiors she had clipped from Southern Living; the Foster Remodeling design staff then took over, helping the couple visualize design ideas with the aid of a CAD computer program.

"The selection and pricing process was transparent, and really anticipated what we needed,"

Grems said. "When you're as busy as we are, you appreciate this quality of support."

Apart from budget considerations, Grems said taking a pause between projects allowed the couple to pay more attention to how the family is actually using the house, and to develop ideas that work for everyone.

The recently completed family room upgrade didn't become an immediate action plan, for instance, because the family design process was fomenting slowly — again starting with magazine articles and other sources.

"We're particular; we let the look come to us piece by piece," she said. The half-brick floor-to-ceiling backwall was replaced by perfectly symmetrical built-ins, crown molding and an elevated hearth with a marble surround and an Edwardian-style mantle.

"It's an entirely different mood from the sun room," Grems said, "and perfectly satisfies another dimension of our lifestyle."

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The existing half-brick floor-to-ceiling backwall was replaced by perfectly symmetrical built-ins, crown molding and an elevated hearth with a marble surround and Edwardian-style mantle.





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1 11399 Amber Hills Court, Fairfax — \$1,476,665



3 11391 Amber Hills Court, Fairfax — \$1,160,928



5 3871 Lewiston Place, Fairfax — \$1,025,000



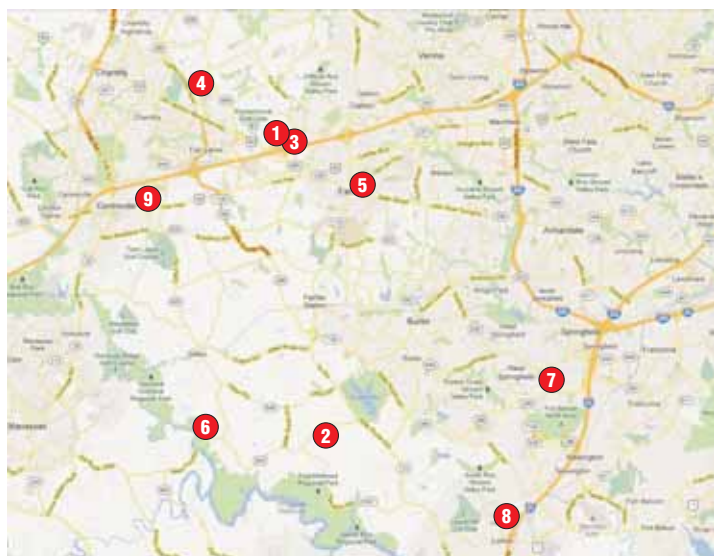
9 13509 Lamium Lane, Centreville — \$781,000



6 12606 Clifton Hunt Lane, Clifton — \$920,000



7 7438 Spring Summit Road, Springfield — \$800,000



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1 11399 AMBER HILLS CT	5	4	2	FAIRFAX		\$1,476,665	Detached	0.84	22033	ESTATES AT FAIR OAKS	01/31/13
2 10817 WINDERMERE LN	4	3	1	FAIRFAX STATION		\$1,275,000	Detached	11.01	22039	THE ENGLISH HILLS ESTATE	01/31/13
3 11391 AMBER HILLS CT	4	4	1	FAIRFAX		\$1,160,928	Detached	0.83	22033	ESTATES AT FAIR OAKS	01/31/13
4 3510 ROSE CREST LN	5	4	1	FAIRFAX		\$1,087,500	Detached	0.83	22033	OAK HILL ESTATES	01/30/13
5 3871 LEWISTON PL	3	5	0	FAIRFAX		\$1,025,000	Townhouse	0.09	22030	FARRCROFT	01/23/13
6 12606 CLIFTON HUNT LN	5	4	1	CLIFTON		\$920,000	Detached	5.31	20124	CLIFTON HUNT	01/31/13
7 7438 SPRING SUMMIT RD	4	4	1	SPRINGFIELD		\$800,000	Detached	0.44	22150	WESTHAMPTON	01/31/13
8 8086 PAPER BIRCH DR	5	4	1	LORTON		\$790,000	Detached	0.21	22079	LAUREL HILL LANDBAY	01/16/13
9 13509 LAMIUM LN	4	4	1	CENTREVILLE		\$781,000	Detached	0.25	20120	FAIRCREST SOUTH	01/04/13

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Decorating for Easter

Easy ideas to welcome spring into your ahome.

BY MARILYN CAMPBELL
THE CONNECTION

From floral arrangements that burst with pastel blooms to candles that fill one's home with scents reminiscent of warm weather, local style experts offer suggestions for accents that welcome spring.

Turn simple twigs and greenery into a harbinger of Easter. "Welcome guests into your home with a spring wreath on the front door decorated with greenery, flowers or eggs," said Ann O'Shields of The Nest Egg in Fairfax. "Scents of spring are a sure way to alleviate the end of winter."

Laura Smith of The Dandelion Patch in Vienna, Reston and Georgetown recommends filling air with crisp, fresh aromas. "There are candles with really nice spring scents, like jasmine or gardenia and lemongrass. Citrus scents are also very big in spring and summer."



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Local design experts suggest using serveware imprinted with produce like lettuces that herald the new season.

Smith suggests setting one's table with serveware imprinted with spring produce like lettuces that herald the new season. "You can use cutting boards with artichoke prints or platters with asparagus prints. They are entertaining and fun accessories," Smith said.

Festive baskets filled with paper grass, wooden eggs, bunnies and flowers make ideal home accents.

"Using seasonal blooms are a great way to welcome spring," said O'Shields.

A floral arrangement displayed in baskets covered with spring flower petals make a chic centerpiece for one's dining table. "When it comes to floral arrangements, people are often driven by what their home décor is," said Potomac, Md., based floral designer Evelyn Kinville. "The most popular flowers for Easter are hydrangeas in white or soft green, daffodils, tulips in yellow, hyacinths in pink or blue, Esperance roses, which are large pink and cream two-toned in color, and White or pink hybrid lilies."

O'Shields said, "Pick one flower style and repeat it in various places throughout the room for the most impact."

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Recycle, Reuse, Remodel

BY JOSHUA BAKER
BOWA

Remodeling often affords an opportunity to re-purpose existing materials by donating to those less fortunate. Ask your remodeler if there is a plan or policy for saving materials for re-use rather than sending it to a land fill. Every project is different. And some materials are more easily removed and saved than others. Here are a couple of organizations that accepted used materials.



percent off the retail price, with all proceeds benefiting Habitat for Humanity, an organization that provides safe and affordable housing to low-income families. ReStore accepts appliances, furniture, cabinets, roofing and flooring materials, exercise equipment, countertops, electronics, lighting and plumbing fixtures, among many others. All materials and items must be in good and working condition. Items may be dropped off at ReStore locations during their business hours or for larger donations you may schedule a pickup. For store hours and locations and for the complete list of acceptable items you can check out the following websites:

- ❖ Northern Virginia: Stores in Alexandria and Chantilly - www.restorenova.org
- ❖ Montgomery County: Store location in Gaithersburg - www.habitat-mc.org
- ❖ Loudoun County: Store in Purcellville - www.loudounhabitat.org/restore
- ❖ Fauquier County: Store in Warrenton - www.fauquierhabitat.org

BOWA HOME CLEANUP DAYS

As a thank you to the neighbors in the communities in which we work, from time to time BOWA hosts Home Cleanup Days. Home Cleanup Day is a great opportunity to donate and recycle gently used household items, toys and clothing, and dispose of any debris or other unwanted clutter. A BOWA employee will help folks unload their items and a Goodwill representative will be on hand to accept donations and provide receipts.

To find a BOWA Home Cleanup Day in your area, please visit our <http://info.bowa.com/communityblog/>.

Josh Baker is founder of BOWA, learn more at www.bowa.com.

A WIDER CIRCLE

This organization provides basic-need items to families transitioning out of shelters and those living without life's necessities. A Wider Circle furnishes the homes of more than 1,000 children and adults each month. If you wish to donate furniture and other home essentials that are in good condition (no rips or stains), you can drop off items at their Center for Community Service in Silver Spring, Md. You can also schedule a pickup in most areas throughout greater Washington, D.C. Refer to their website for a full list of accepted items and their "wish list" of the most needed items at www.awidercircle.org. Some impressive 2011 stats:

- ❖ 13,000: Number of homes furnished
- ❖ 1,500,000: Pounds of furniture and home goods recycled
- ❖ 10,000: Number of volunteers who assisted

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