

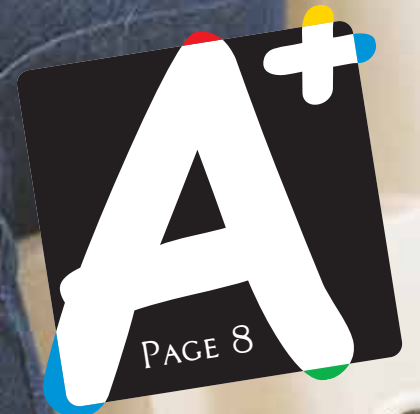
Trained in Prison, Healing in N. Virginia

Bringing
Hope and
Health to
Lorton
NEWS, PAGE 3

HEALING POWER, PAGE 10

Over \$45,000
Raised for
Fragile X
NEWS, PAGE 3

Veteran Sabrina Rigney of Lorton with NOEL.
Healing power of dogs creates ties between prisoners, veterans and children with disabilities.



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ENTERTAINMENT, PAGE 14 ❖ SPORTS, PAGE 16 ❖ CLASSIFIED, PAGE 17

PHOTO BY JOAN BRADY



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

THURSDAY/MAY 21-SATURDAY/MAY 31

Personalized Internet/Microsoft Office Tutoring. City of Fairfax Library, 10360 North Street, Fairfax. Learn how to use the Web or increase your skills. Call for appt. Ages 13+. 703-293-6227

FRIDAY/MAY 23

- Animal Crackers.** 10:30 a.m. Burke Center Library, 5935 Freds Oak Rd, Burke. Develop your child's early literacy skills with stories, songs and activities about animals! Ages 3-5 with adult. Free.
- Genealogy Help Desk.** 2 p.m. City of Fairfax Library, 10360 North Street, Fairfax. Bring your family history stumbers to the experts. Accomplished genealogists and library staff with assist you. Teens & Adults. Free. 703-293-6227
- English Conversation Group.** 10 a.m. Kings Park Library, 9000 Burke Lake Rd, Burke. Practice your English conversation skills. Adults.
- Basic Computer Skills Training.** 1 p.m. Kings Park Library, 9000 Burke Lake Rd, Burke. Learn basic computer skills with one-on-one technology volunteers. Adults, Older adults.
- Keeping Up with the Kids: Social Media.** 2 p.m. Kings Park Library, 9000 Burke Lake Rd, Burke. Learn the basics with our one-on-one technology volunteer about the social networking tools that can help you stay in touch with your kids and grandkids. Adults.

SATURDAY/ MAY 24

- Teen Advisory Board Meeting.** 10:30 a.m. Burke Center Library, 5935 Freds Oak Rd, Burke. TAB is a group of young adult volunteers ages 13-18 who meet 2x/mo. to plan and implement projects that will benefit the library and community.
- Tales to Tails.** 10:30 a.m. City of Fairfax Library, 10360 North Street, Fairfax. Need practice reading? Read aloud to friendly, trained therapy dog. Ages 6-12. Free.
- Neighborhood Plant Clinic.** 10 a.m. City of Fairfax Library, 10360 North Street, Fairfax. Master gardeners provide horticultural tips, information, techniques and advice to home gardeners. Adults.
- Genealogy Help Desk.** 2 p.m. City of Fairfax Library, 10360 North Street, Fairfax. Bring your family history stumbers to the experts. Accomplished genealogists and library staff with assist you. Teens & Adults. Free. 703-293-6227
- Master Gardeners- Plant Clinic.** 10 a.m. Kings Park Library, 9000 Burke Lake Rd, Burke. Master Gardeners will host plant clinics each Saturday morning through the summer to answer your gardening questions. Adults.
- eBook Clinic.** 11 a.m. Kings Park Library, 9000 Burke Lake Rd, Burke. Learn to use the library's eBook collection and compatible eBook readers with our one-on-one technology volunteer. Registration required. Adults. 703-978-5600.
- Spanish Class for Children.** 3 p.m. Kings Park Library, 9000 Burke Lake Rd, Burke. Spanish conversation class for children. Ages 7-13.
- Dog Adoption Event.** 12-3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. 703-817-9444. hart90.org

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Andy Casper, a Lorton resident and lead pastor of South County Church, wanted to start a Hope and Health Festival to care for the health and well-being of the community.



Linda Patterson, executive director of the Lorton Community Action Center, says that the Hope and Health Festival is designed to give families health and nutrition info in an area of the county that lacks access to these services.

Bringing Hope and Health to Lorton

Hope and Health Festival provides health information and screenings for area residents.

BY JANELLE GERMANOS
THE CONNECTION

In the south county area, many residents have trouble receiving health care, says Linda Patterson, executive director of the Lorton Community Action Center.

It was this struggle to access care that was behind the motivation for the Hope and Health Festival, a collaborative effort between the Lorton Community Action Center, South County Church, and the Lorton Library.

"We decided that there was enough need in the area to have this type of event," Patterson said.

Lorton resident Andy Casper, the pastor of South County Church, came up with the idea for the Hope and Health festival to show that his church cares for the community.

"We want to invest in the community and provide hope," Casper said.

This year, the festival was held for the second time on May 17. Individuals and their families received health and nutrition info, health screenings, and food and games.

According to Patterson, residents of the south county area, which includes the Mount Vernon district, are underserved when it comes to health care.

One of the reasons for this, Patterson says, is a lack of transportation.



Representatives from Statements Hair Salon were available to provide some relaxation and pampering to attendees of the 2014 Hope and Health Festival.

"It can be very difficult to maneuver the bus system," Patterson said. "It can take 45 minutes to two hours to get up and down Richmond Highway. Transportation is a huge issue."

Residents in the southern part of Fairfax County also receive a lower income than those in other parts of the county, which leads to a lack of health care. Patterson said this can make it difficult for individuals to keep track of things like high blood pressure and cholesterol. LCAC serves the Fort Belvoir, Lorton and Newington areas, as well as other areas of southeast Fairfax County. According to a 2011 Partnership for a Healthier Fairfax report, the Route 1 corridor, on which the Lorton Community Action Center sits, has a high concentration of people at or below the federal poverty line. This can make access to health care difficult.

Residents of the 22060 Zip Code, according to the same 2011 Partnership for a Healthier Fairfax report, are also more likely than residents in other parts of the

county to use the emergency room for non-emergencies. The rate for 22060, which includes the Fort Belvoir area, is 290-434 visits per 1,000 residents. The only higher category is more than 434 visits per 1,000 residents.

The Hope and Health Festival was created to help address these issues by providing health information and screenings for residents. Several area organizations were on hand to give health and nutritional info that residents may not otherwise receive. Representatives from Fairfax County Public Schools were also present to provide nutritional counseling to help combat the child obesity problem, Patterson said.

Casper says events like the Hope and Health Festival help South County Church, which was founded in 2008, invest in the community.

"From the very beginning, we knew we wanted a community services arm. That is where South County Cares came from," he said. "We want to lift the spirits of people in the community."



Kacey Dowling and Buffy Grande, co-chairs of the Fragile X Families of Northern Virginia, pose before the second annual Fragile X Walk at Burke Lake Park on May 17.

Over \$45,000 Raised for Fragile X

Second Annual Fragile X Walk hopes to raise \$50,000.

Families and friends of those with Fragile X gathered at Burke Lake Park last week to participate in the second annual Fragile X walk.

So far, the Fragile X Families of Northern Virginia have raised a little over \$45,000, almost reaching their goal of \$50,000 to go towards Fragile X research and education.

Buffy Grande, a Fairfax Station resident and co-chair of the Fragile X Families of Northern Virginia, coordinated the walk. Grande's son has Fragile X. Her daughter Georgia isn't a carrier, but Grande said she is a huge advocate for her brother. She's been raising money for research for Fragile X with her "Oh Brother" lemonade stand and has raised over \$700 in the

past three years.

Grande and her husband Jimi started the Fragile X Families of Northern Virginia after attending an international conference on the syndrome. The group has about 12 to 16 families that participate, and provides support and resources to help individuals with Fragile X and their families.

Fragile X is the most common cause of inherited intellectual disability, and occurs in approximately 1 in 3600 males and 1 in 4000 females. It is also the most common known genetic cause of autism.

To donate to the Fragile X walk, visit <https://www.crowdrise.com/FamiliesofNorthernVirginia2014>.

— JANELLE GERMANOS



This year's Fragile X walk raised over \$45,000. The group's goal was \$50,000 and is hoping to still reach that number.



Lorrie Kirst, senior deputy zoning administrator for Fairfax County, speaks about the proposed noise ordinance at a public meeting on May 19.



Steve Gell, former president of the Jewish Community Relations Council of Greater Washington, speaks against the proposed changes to the zoning ordinance.

PHOTOS BY JANELLE GERMANOS/THE CONNECTION

Group Assembly Proposal Could Limit Home Gatherings

Residents voice opposition to proposal at public meetings.

BY JANELLE GERMANOS
THE CONNECTION

After a heated public meeting on a proposed change to the Fairfax County Zoning Ordinance, which would limit gatherings of more than 49 people to three times in a 40-day period in a residential dwelling, Leslie Johnson, the zoning administrator for Fairfax County, told residents she doubts the proposal will go any further, based on the feedback that has been received.

This came after every resident at the meeting spoke out against the change, which many see as unnecessary and an infringement on their rights to peacefully assemble.

Still, the proposal is set to be presented to the Board of Supervisors in June.

Michelle O'Hare, the deputy zoning administrator for Fairfax County, told residents that the proposal is a way to respond to incidents that have occurred in which there are large, frequent gatherings in residential areas.

CURRENTLY, the zoning ordinance does not define which size or frequency is appropriate at a residential dwelling. But many residents are concerned that the proposal limits the right to assemble and will cause legal issues for the county.

"While there have been some complaints about frequent and large gatherings creating issues such as lack of parking, noise, and traffic, I have serious concerns about such a sweeping change to the zoning ordinance," Supervisor Pat Herrity (R-Springfield) said in a statement in his regularly-issued Herrity Report. "I believe the County is risking a lawsuit and/or a Constitution challenge by interfering with peoples' right to assemble.

Also taking issue with the proposal is the Jewish Community Relations Council of Greater Washington, the JCC of Northern Virginia, Temple B'nai Shalom in Fairfax Station, and several other synagogues in the area.

Stephen Gell, former president of the Jewish Community Relations Council of Greater Washington,

spoke against the ordinance at the meeting.

"There is an obligation in many Jewish homes to erect sukkot, which could result in having more than 50 people over," Gell said.

In addition, a letter to the Fairfax County Department of Planning and Zoning from the JCRC cited other concerns religious communities have with the proposal.

"Jewish mourning rituals or 'shiva' calls for seven days of mourning by family members in their home. The congregation, family and friends are called to participate in prayer and support for the bereaved. These gatherings on occasion may include more than 50 individuals participating," the letter stated.

According to administrators at the meeting, there have been 12 complaints of large gatherings within the past year.

Residents argued that the proposal would punish everyone for violations made by a small group of people.

"While there have been a number of complaints about group assemblies they have been relatively few," Herrity stated.

ALSO AT ISSUE, opponents at the meeting argued, is who would enforce the regulations and how much it would cost the county. According to Herrity, there are existing ordinances that can be used to address problems such as noise and parking.

According to Johnson, the Board of Supervisors asked the zoning staff to look at developing a new proposal. She would not, however, tell residents the specific supervisors that asked for such a proposal.

Proposed changes to the noise ordinance were also discussed at the meeting. According to Lorrie Kirst, the senior deputy zoning administrator, the two main goals of the proposed ordinance are to minimize night time noise and to guarantee a quiet environment for residents.

While some residents, including Joyce Harris of McLean, have complained that noise caused by loudspeakers in their neighborhoods is getting to be too loud, the JCRC also cited concerns with the proposed noise ordinance.

"While the goals of both of these ordinances are meritorious, these proposals as written would have a direct negative impact on our religious observances and some of our routine activities," the letter stated.

The public meeting on May 19 was the final of three meetings, but the proposal will be presented to the Board of Supervisors in June.



By Kevin Mattinicy/Northern Virginia Community College

Graduating at NOVA

Northern Virginia Community College graduates wait for Commencement exercises to begin May 18. NOVA students earned more than 6,800 degrees and certificates this year.

Major Construction and Lane Closures on I-95 This Summer

The Virginia Department of Transportation (VDOT) announced that drivers traveling on I-95 in Northern Virginia should prepare for more lane closures and traffic impacts this summer. While construction-related lane closures on I-95 will be restricted through the upcoming Memorial Day weekend, drivers will face continued closures of the existing HOV and regular lanes on I-395/95 during overnight hours and weekends, as well as on weekdays during non-rush hours, as crews advance Express Lanes construction.

Construction of the nearly \$1 billion 95 Express Lanes project is nearly 80 percent complete. The high occupancy toll (HOT) lanes project remains on-schedule to be substantially finished by late 2014 and open to traffic in early 2015.

During the remainder of 2014, nearly 1,500 workers will continue to work day and night to build-out the new Express Lanes in the median of I-95. In addition to putting down final pavement on new lanes and bridges, crews will install and

test new overhead signs, tolling gantries and other traffic management equipment.

The 95 Express Lanes will be reversible lanes with dynamic tolls designed to keep traffic flowing on I-95 between Route 610 in Stafford County to just north of I-495. Vehicles with three or more occupants may travel the lanes for free. All vehicles must have an E-ZPass, and vehicles traveling as HOV-3+ must have an E-ZPass Flex.

The 95 Express Lanes are being delivered through a public-private partnership between VDOT and Transurban-Fluor.

Also underway on I-95 in Northern Virginia is a shoulder improvement project in Prince William County, as well as construction of a new ramp providing access between Fort Belvoir's North area and the 95 Express Lanes. Additionally, an auxiliary lane is under construction on I-395 North between Duke Street and Seminary Road. For more information, visit

www.vamegaprojects.com and 95ExpressLanes.com.

FAITH NOTES

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.

Graduates' Recognition Sunday. Greater Little Zion Baptist Church, 10185 Zion Drive in Fairfax, will host Dr. James A. Williams, Assistant Professor at James Madison University and author of "From Thug to Scholar: An Odyssey to Unmask My True Potential," as the guest speaker for their Graduates' Recognition Sunday. Sunday, June 8, at

the 8 a.m. and 11 a.m. services. The event is free and the service is open to the public.

For additional information, contact the church Admin Staff at 703-764-9111.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

OPINION

You and I Should Lead in Mental Health Response

BY SUPERVISOR JOHN COOK
(R-BRADDOCK)



Fairfax County Public Schools have taken a strong step forward by adding a link on their schools' websites for mental health assistance. Woodson High School recently added mental health experts to its faculty. Fairfax County and its schools are working together to implement a new behavioral health initiative to help our children navigate today's challenges.

Once individuals with mental illness make the decision to seek help and brave the barriers, they need to be able to find high-quality medical resources and support. Fairfax County does not have enough mental health providers, and many do not accept insurance, much less Medicaid. Our neighbors are suffering from anxiety, depression, bipolar or post-traumatic stress disorder and they need support. Your County government recognizes this need, and we are working to find answers.

It is important to recognize that mental health issues are not uncommon in our community, although they may not be openly discussed. One in five Americans has a mental illness and many are reluctant to seek help for fear of stigmatization. Others may recognize that they would benefit from help but not know where to turn for care. As caring individuals it is our duty to help those struggling. Call on your state and local governments to streamline efforts and work collaboratively with community service boards to provide mental health treatment. Don't wait for someone else to do the job.

May is Mental Health Awareness Month. Unfortunately, we as a community and as a Commonwealth have not prioritized and advocated for mental health outreach and service solutions. The heartbreaking suicides by local high school students, the well-publicized suicide of Senator Creigh Deeds's son after help could not be found, and the disproportionate numbers of our veterans struggling with mental health challenges all highlight the critical need to reduce the stigma surrounding mental health and address the difficulty in finding treatment.

When faced with difficult issues, too often we ask "When is someone going to fix this problem?" Instead, let's all begin to ask, "What can I do to help?" We all have a role to play in addressing mental health challenges.

Reducing the stigma associated with mental illness is not something government can legislate. Becoming conscious of mental health must be an active and ongoing process for all of us. Take the time to communicate with your neighbors, and learn about the struggle. Our neighbors with mental health needs are contributing members of our community as well. For too long we have isolated parents and children who are suffering. Instead, we need to extend to them the same compassion and understanding as we do to someone with a physical health condition.

Talk to your neighbors, then talk to me.

Rudy Shields, Agent
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PHOTO GALLERY!

"Me and My Dad"

To honor dad on Father's Day, send us your favorite snapshots of you with your dad and The Connection will publish them in our Father's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail photos, send to:

south@connectionnewspapers.com

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OPINION

Remembering on Memorial Day

Fewer deaths as military operations wind down, but 22 veterans a day die of suicide.

In Arlington over the coming Memorial Day weekend, the organization TAPS, or Tragedy Assistance for Survivors, will hold its 20th annual Military Survivor seminar and Good Grief camp for young survivors, children of all ages. TAPS offers support to anyone who is grieving the death of someone who died in the military, whether from combat, suicide, terrorism, homicide, negligence, accidents or illness.

One veteran of Iraq and Afghanistan recently related that he had lost more of his military family to suicide post-deployment than he did from combat. Reports by the Veterans Administration set the number of suicides among veterans nationwide at about 22 per day.

On Memorial Day, we remember all of those who have died in military service, more than 400,000 in World War II, more than 30,000 in Korea, more than 50,000 in Vietnam.

Since Sept. 11, 2001, more than 6,400 U.S. military service men and women have died in support of the wars in Iraq and Afghanistan.

Nearly 50,000 U.S. military service members have been wounded, although that number is likely to be revised upward. Last year, the military confirmed traumatic brain injury in more than 220,000 of the more than 2.3 million troops who have served in Iraq and Afghanistan. The long-term consequences of many of these injuries are unknown, but they will require a national commitment to excellence in health care and services for both active duty military personnel and veterans. Virginia's U.S. Senators Mark Warner and Tim Kaine continue to advocate for better service from the Veterans Administration.

Since Memorial Day 2013, with military operations winding down in Afghanistan, the Department of Defense announced the deaths of two military service members from Virginia. Army Sgt. Lyle D. Turnbull, 31, of Norfolk, died Oct. 18, 2013 in Kuwait, from a medical emergency. Capt. Brandon L. Cyr, 28, of Woodbridge, was one of four airmen who died April 27, 2013, near Kandahar Airfield, Afghanistan, in the crash of an MC-12 aircraft.

1st Lt. Robert J. Hess, 26, of the Kings Park West neighborhood of Fairfax, was killed by enemy fire on April 23, 2013, Afghanistan. Hess was known as "RJ" and graduated from Robinson Secondary School in 2005, where he played football, lacrosse and was the captain of the swim team. He was a U.S. Army Blackhawk helicopter pilot who deployed to Afghanistan on April 11, 2013. His family remembers his sense of humor and his natural leadership ability.

Lance Cpl. Niall W. Coti-Sears, 23, of Arlington, died June 23, 2012, while conducting combat operations in Helmand province, Afghanistan. Coti-Sears loved music, played the guitar, composed songs and entertained family and friends at holiday gatherings. Niall was very close to his grandfather, William Coti, who

was a Marine. "He was always my protege," William Coti told the Arlington Connection. "He always wanted to be a Marine and he followed my example. It weighs heavily on me that this had to happen."

Chief Warrant Officer Five John C. Pratt, 51, of Springfield, died May 28, 2012 in Kabul, Afghanistan, when his helicopter crashed. Staff Sgt. Jessica M. Wing, 42, of Alexandria, Va., died Aug. 27, 2012 in Kuwait City, Kuwait.

In February, 2012, Brig. Gen. Terence J. Hildner, 49, of Fairfax, was the highest ranking military officer to die in the war. Hildner died Feb. 3, 2012 in Kabul province, Afghanistan.

OTHER VIRGINIA DEATHS in Afghanistan in the year before Memorial Day 2013: Sgt. Aaron X. Wittman, 28, of Chester, Va., died Jan. 10, 2013 from small arms fire. Sgt. David J. Chambers, 25, of Hampton, Va., died Jan. 16, 2013 from a roadside bomb. Sgt. Robert J. Billings, 30, of Clarksville, Va., died Oct. 13, 2012 when enemy forces attacked with an improvised explosive device. Staff Sgt. Jonathan P. Schmidt, 28, of Petersburg, Va., died Sept. 1, 2012 from enemy small arms fire. 1st Lt. Stephen C. Prasnicky, 24, of Lexington, Va., died June 27, 2012, from a roadside bomb.

Here we remember the local men and women who have died since Sept. 11, 2001 in the wars that resulted from that day:

Aaron Carson Vaughn, 30, was one of 30 American service members and 22 Navy SEALs killed Aug. 6, 2011 when their Chinook helicopter was shot down in Afghanistan. Vaughn's family has ties to McLean and Burke. He is survived by his wife, Kimberly, and their two children.

Spc. Douglas Jay Green, 23 of Sterling, died Aug. 28, 2011. when insurgents attacked his unit using a roadside bomb in Afghanistan. Green enlisted in 2007, after attending Potomac Falls High School.

Pfc. Benjamin J. Park, 25, of Fairfax Station, died June 18, 2010 at Zhari district, Kandahar, Afghanistan, of injuries sustained when insurgents attacked his unit with an improvised explosive device.

May 12, 2010, Donald J. Lamar II, 23 of Fredericksburg, was killed in Afghanistan. Christopher D. Worrell, 35 of Virginia Beach, was killed in Iraq on April 22, 2010. Steven J. Bishop, 29 of Christianburg, was killed March 13, 2010 in Iraq. Kielin T. Dunn, 19 of Chesapeake, was killed Feb. 18, 2010 in Afghanistan. Brandon T. Islip, 23 of Richmond, was killed Nov. 29, 2009, in Afghanistan.

Stephan L. Mace, 21 of Lovettsville, died Oct. 3, 2009 in Afghanistan.

Bill Cahir, 40 of Alexandria, died Aug. 13, 2009 of a gunshot wound while conducting combat operations in the Helmand Province of Afghanistan. After 9/11, Cahir decided to leave his career as a journalist and join the Marine Corps. His application to become a Marine was denied because of his age, but he lobbied members of Congress to get a special exemption.

Lance Cpl. Daniel Ryan Bennett, 23 of Clifton died Jan. 11, 2009, in Helmand province, Afghanistan.

2nd Lt. Sean P. O'Connor of Burke died Oct. 19, 2008 while stationed at Hunter Army Air Field, Savannah, Ga. O'Connor was an athlete in soccer, baseball and football who attended Fairfax County Public Schools and was a 1999 graduate of Bishop Denis J. O'Connell High School in Arlington.

Pfc. David Sharrett II, 27 of Oakton, died Jan. 16, 2008 in Iraq. On Oct. 24, 2008, his father, David H. Sharrett, was on hand as the Oakton Post Office on White Granite Drive was renamed to honor his son. But the senior Sharrett has battled to learn the truth about his son's death, that he was killed by his lieutenant in the confusion of a firefight. In April, 2012, Sharrett Sr. obtained documents confirming some of the details of his son's death and a subsequent cover-up.

Army 1st Lt. Thomas J. Brown, a George Mason University graduate and Burke resident, died on Sept. 23, 2008, while serving in Iraq. His unit came under small arms fire, and Brown, 26, died from his wounds.

Sgt. Scott Kirkpatrick, 26, died on Aug. 11, 2007, in Arab Jabour, Iraq. Kirkpatrick, who graduated from Park View High School in Sterling, and also considered Herndon and Reston as his hometowns, was a champion slam poet. His father, Ed Kirkpatrick, calls him the "warrior poet," and he and his wife help injured vets at Walter Reed through the Yellow Ribbon fund (www.yellowribbonfund.org).

Ami Neiberger-Miller of Sterling lost her brother, U.S. Army Spc. Christopher Neiberger, in August 2007 when he was killed by a roadside bomb in Iraq. He was 22.

Staff Sgt. Jesse G. Clowers Jr., 27, of Herndon, died when an improvised bomb exploded near his vehicle in Afghanistan on Aug. 12, 2007. Jonathan D. Winterbottom, 21, of Falls Church, died in Iraq on May 23, 2007, when an IED exploded near his vehicle.

Nicholas Rapavi, 22, of Springfield, died Nov. 24, 2006, during combat in Anbar province in Iraq. Army Cpl. Andy D. Anderson, 24, was killed by enemy fire in Ar Ramadi, Iraq on Tuesday, June 6, 2006.

Spc. Robert Drawl Jr., 21, a 2003 graduate of T.C. Williams High School, was killed by a bomb in Kunar, Afghanistan, on Aug. 19, 2006.

U.S. Army Specialist Felipe J. Garcia Villareal, 26 of Burke, was injured in Iraq and flown to Washington Hospital Center, where he died Feb. 12, 2006. He was a graduate of Herndon High School.

Capt. Shane R. M. Mahaffee, 36, a 1987 graduate of Mount Vernon High School, died May 15, 2006. He was a lawyer, married, with two children. His parents live in Alexandria.

U.S. Marine Lance Cpl. Nicholas Kirven, 21, was killed in Afghanistan in 2005 during a firefight in a cave with insurgents. He enlisted while still in high school after 9/11.

Fairfax Station resident Pfc. Dillon Jutras, 20, was killed in combat operations in Al Anbar Province of Iraq on Oct. 29, 2005.

Maj. William F. Hecker III, a 1987 graduate of McLean High School, was killed in action in Iraq, Jan. 5, 2005. Staff Sgt. Ayman Taha, 31, of Vienna, was killed Dec. 30, 2005, when an enemy munitions cache he was prepping for demolition exploded. Army Capt. Chris Petty of Vienna was killed Jan. 5, 2006.

Staff Sgt. George T. Alexander Jr., the 2,000th soldier to be killed in Iraq, was literally born into the Army here in Northern Virginia, at DeWitt Army Hospital at Fort Belvoir. Alexander died at Brooke Army Medical Center in San Antonio, Texas, Oct. 22, 2005, of injuries sustained in Iraq five days earlier.

Fairfax Station resident Pfc. Dillon Jutras, 20, was killed in combat operations in Al Anbar Province of Iraq on Oct. 29, 2005.

Lt. Col. Thomas A. Wren, 44, of Lorton, died in Tallil, Iraq on Nov. 5, 2005. Marine Capt. Michael Martino, 32 of the City of Fairfax, died Nov. 2, 2005, when his helicopter was brought down in Iraq.

1st Lt. Laura M. Walker of Oakton was killed on Aug. 18, 2005, in Kandahar, Afghanistan. CW4 Matthew S. Lourey of Lorton died from injuries sustained on May 26, 2005 in Buhruz, Iraq. Operations Officer Helge Boes of Fairfax was killed on Feb. 5, 2003, while participating in counterterrorism efforts in eastern Afghanistan.

Among other local lives lost: Lance Cpl. Tavon Lee Hubbard, 24, of Reston; 1st Lt. Alexander Wetherbee, 27, of McLean; 1st Lt. Jeff Kaylor, 25, of Clifton; Coast Guard Petty Officer Nathan B. Bruckenthal, 24, of Herndon; Army Chief Warrant Officer Sharon T. Swartworth, 43, of Mount Vernon; Command Sgt. Maj. James D. Blankenbecler, 40, of Mount Vernon; Capt. James F. Adamowski, 29, of Springfield; Sgt. DeForest L. Talbert, 22, of Alexandria; Marine Cpl. Binh N. Le, 20, of Alexandria; Staff Sgt. Russell Verdugo, 34, of Alexandria. Army Capt. Mark N. Stubenhofer, 30, from Springfield; Marine Gunnery Sgt. Javier Obleas-Prado Pena, 36, from Falls Church; Marine Sgt. Krisna Nachampassak, 27, from Burke; Army Staff Sgt. Nathaniel J. Nyren, 31, from Reston; Marine Lance Cpl. Tenzin Dengkhim, 19, from Falls Church, Navy Chief Joel Egan Baldwin, 37, from Arlington; Maj. Joseph McCloud, of Alexandria, and Major Gloria D. Davis, 47 of Lorton.

SEE REMEMBERING, PAGE 14

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Never Too Young for Poetry

Local educators say exposing children and even babies to rhyme and rhythm can help develop reading and language skills.



PHOTO COURTESY OF NORWOOD SCHOOL

Students at Norwood School participate in Poetry Day, an annual event at the school. Poetry is a way to help children become develop essential skills while having fun.

BY MARILYN CAMPBELL
THE CONNECTION

Though Keith Ward's son is still a baby, the young child is already being exposed to not just silly stories, but poetry, and a variety of poetic forms at that.

"My son is only 6 months old, but soon I will be challenging him to find, for example, just the right word for the shade of green he is trying to describe — or imagine," said Ward, who is head of the English department at the Madeira School in McLean. "Maybe it's a word and a color we have yet to discover. He's working on it, though."

Local researchers and educators say that young children enjoy poetry. In fact, hearing rhythms, sounds and language patterns play important roles in a child's literacy development.

"Rhythm and rhyme are some key factors in early literacy, and even something as simple as reading and memorizing nursery rhymes with your children can have a huge impact on their later development as readers," said Holly Karapetkova, an associate

professor of literature at Marymount University in Arlington. "One research study found that the 3-year-olds who knew eight nursery rhymes were the best readers in third grade. Hearing rhyme and rhythm in language can help children develop phonological awareness and predict word patterns and sounds."

"Without realizing it, students hear poetry and think deeply about sounds and structures in sentences. As a result, they become better readers, thinkers, and writers," said Blake Howard, an English teacher at The Potomac School in McLean.

Howard's students recently studied structural elements, "Such as stanza formations, meter and rhyme, and sound devices like consonance and assonance in poems by Shelley, Keats, Dickinson and Frost," he said. "They practiced scansion of evident rhythms in metrical poems. They learned how and why those devices enhance tone and thematic purpose in the selected poems. Next, they wrote original poems. Some students

crafted sonnets with meter and rhyme. They admitted — some reluctantly — that the exercise of reading and writing poetry has made them appreciate the value of precise word choice and balanced syntax."

Ward also encourages the exploration of a variety of poetic forms. "Many students enjoy haiku, too, which are fun and approachable," he said. "They often reward the young poet with a profoundly beautiful result, which builds confidence and appreciation."

THE TYPE OF RHYME doesn't matter, however. Young students at Grace Episcopal School, in Alexandria, explore a different nursery rhyme each month as part of their Music and Performing Arts class.

"We repeat the verses out loud week after week to internalize the cadence, define any challenging words, pair motions with phrases, and culminate the whole affair by acting out each month's poem — complete with props and cos-

SEE NEVER, PAGE 9

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Never Too Young for Poetry

FROM PAGE 8

tunes,” said Penelope Fleming, the school’s librarian. This [emphasizes] the notion that language has rhythm and also expands students’ vocabulary.”

“A good poem really comes alive when it is read aloud,” said Barbara Vaughan, a sixth grade teacher at Norwood School, in Potomac, Md. “There is such variety in form, length, and subject. Poetry can help readers pause and look at the world in a different way.”

In fact, poetry can be instrumental in a child’s development. “Rhyme is a great way to encourage word play in younger children,” said Vaughan. “With older students, it can be the basis of a more sophisticated structure for a poem. Many poems are wonderful sources of figurative language, creating rich images in the reader’s mind. They can be powerful examples that encourage children to use language in creative and unexpected ways.

Poetry that is written for children is often rich in rhymes. “Rhyming is a wonderful way to develop phonemic awareness,” said Tyffany Mandov, Lower School reading specialist at Norwood School. “Phonemic awareness, or the ability to recognize and manipulate distinct sounds, is the earliest step in learning to decode words.”

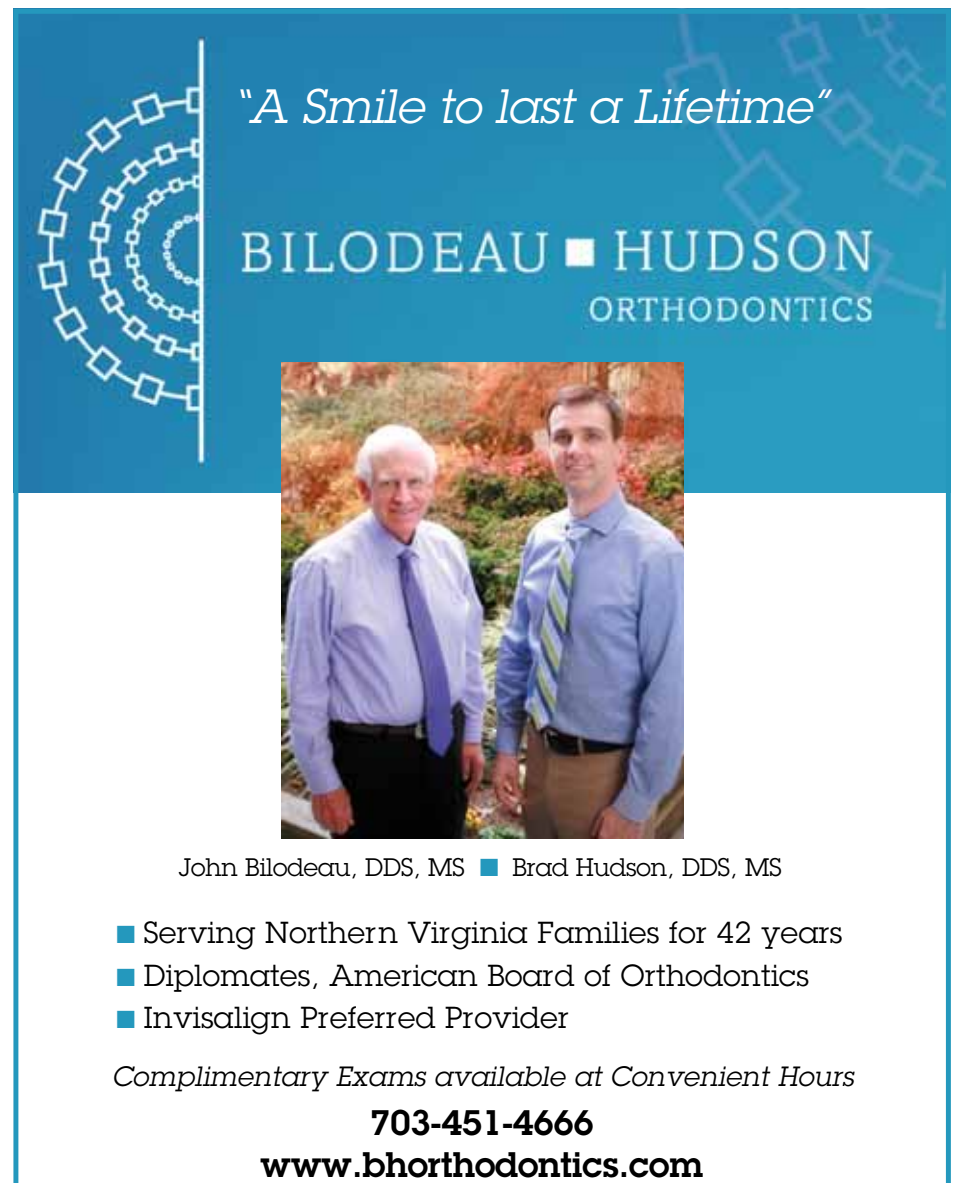
“The brain loves rhyme and rhythm and

children will naturally want to read and reread poems with their parents and caregivers,” said Karapetkova. “The more young children learn to enjoy reading and language, the more likely they are to continue that love throughout their lives.”

READING POETRY TOGETHER, especially funny poems, and asking a child to guess the rhyming word is a way of reinforcing phonemic awareness and introducing letter patterns, said Mandov. “Playing rhyming games is another fun way for preschool and kindergarten children to reinforce these skills. While driving in the car, try a rhyme chain. Ask your child for a word that rhymes with cat. Perhaps your child will say ‘bat.’ Then you give a word that rhymes with bat and continue rhyming back and forth. See how many rhymes you can make.”

“A good way to encourage children to create their own poetry is to devise alternate lyrics to the tunes of familiar songs, an easy activity that can be incorporated into bath time, car trips or even a way to pass the time while waiting in line,” said Fleming.

Karapetkova played similar games with her children. “These games are a favorite way to pass our time waiting in line or sitting in the car,” said the Arlington mother of two.



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Nicholas Harrelson, formerly of Centreville and McLean, suffered a traumatic brain injury from an IED in Iraq.



Veteran John Flanagan, with MAGNOLIA, who will be his psychiatric assistance dog.



Sabrina Rigney of Lorton, ex-Air Force with NOEL, who will help her with her PTSD.



Trish, at podium, tells her emotional story for the first time; sharing the past is part of the healing process in the paws4prisons program.



paws4people

Paws4potential

Disconnected Youth: young people between 16 and 24 who are neither in school nor employed

"Disconnected Youth" is a population identified by the June 2012 Youth Leadership Institute's report to the White House. The group is comprised of young people between the ages of 16 and 24 who are not in school or employed.

More likely to end up living on the streets, becoming parents before they are ready and/or in our jails and prisons, these young people cost society \$4.7 trillion, according to the Economic Value of Disconnected Youth researchers.

We simply cannot afford to continue to ignore this growing portion of our population. Paws4people.org, an organization with a successful track record for creating successful rehabilitation and redemption programs for federal and state criminals, believes they can change the statistics. And I believe them.

The new program, paws4potential will combine housing, employment and a supportive environment that includes the healing power of dogs.

Paws4people.org is currently seeking funding for this exciting program.

To learn more about paws4people and the new program, paws4potential, visit paws4people.org and click on the program: paws4potential, or contact me directly at joan@joanbradyphotography.com or 202-256-1311.

— Joan Brady



paws4people

Trained in Prison, Healing in N. Virginia

Healing power of dogs creates ties between prisoners, veterans, children with disabilities.

BY JOAN BRADY

Rebecca, a pretty blonde in her mid-40s, is holding Ziva, the puppy she is currently training. We might have been two strangers at a local dog park, caught up in a conversation that could have gone on for hours.

But we weren't at a dog park. We were sitting inside Lakin, an all-women correctional facility in West Virginia. And Rebecca, an assistance dog trainer for paws4people.org's in-prison training program, paws4prisons, is serving a sentence of life without parole for a murder committed 21 years ago.

And that comfortable scene on April 4, 2014 was a far cry from how I felt on my first prison shoot, over four years ago.

When I first started going inside prisons for paws4people.org, my job was three-fold: to capture, through photography, the connection between the dogs and their inmate trainers, to provide images that reflected the accomplishments of months of training and to document the moment that veterans, children and young adults were matched with their assistance dogs.

On my first visit, I was scared. No open-toed shoes. No open-heeled shoes. No jewelry. No underwear bra. No khaki clothing. Cell phone and drivers license were left

behind and I shuddered a little as the first set of metal doors clanked behind me. Shivering with cold, I walked through the next set of gates into the West Virginia winter, casting furtive glances at the barbed wire fences that surround the prison.

Almost five years later, khaki uniforms,

barred windows, loudspeaker announcements and door buzzers all melt away as Rebecca and I chat comfortably about her past, her present and her future behind bars.

For Rebecca, it's personal. The paws4prisons program staff and volunteers "give you the tools from a caring position

to show you how to work through ... the mistakes you make in life. In order to be a better person." Rebecca adds that, for her, it's been "life-changing."

One of the tools is mutual sharing. Stories of isolation, drugs and alcohol, abuse, fear and loneliness are the rivers that have carried each speaker to this day.

Hyper-vigilant veterans wrestling symptoms of PTSD anxiously wait to share their stories with inmate trainers, prison officials and paws4people staff and volunteers. Only after that do they get a turn to meet the dogs one at a time in a ritual called a "bump" where paws4people staff determine if there is a match. Before and after each person shares, soft, cuddly puppies are passed around to help calm nerves.

For the trainers, it's more complicated. In addition to sharing their stories publicly, their skills as trainers will be on display. They are as anxious as parents that their dogs do well during demonstrations and the matching process. They will be proud if their dog is matched, but they know that a match today will bring them one step closer to losing their canine companion.

The room set-up is reminiscent of an old-fashioned wedding, with an inmate-trainer side and a free-civilians side. Thirty dogs, mostly golden retrievers, rest quietly on both sides of the aisle.

SNIFFLING CAN BE HEARD quietly echoing off the cement walls as Melissa, an inmate trainer, stands at the podium to share her story. She tells of a happy childhood ending when an uncle took her to a secluded woods and raped her so violently that she had to have a full hysterectomy, at

age eight. No charges were filed.

Years later, grief stricken by the loss of her grandfather, Melissa started taking drugs to numb the pain of her loneliness and she began breaking into houses to pay for the drugs. She had several stints in rehab, but none took. Looking back, "[I] just wasn't ready. [paws4prisons] has been the best rehab... Sometimes I wonder if [the paws4prisons staff] know how big an effect this has on us."

That's a refrain I've often heard from veterans, trainers, parents of children and volunteers. For many of the inmate trainers, the caring from the paws4people team is remarkable.

"To have people that don't even really know you ... care, even though you are in prison and you have made all of those mistakes. [It's] an amazing feeling," explains Tiffany.

Dogs can make a difference that people can't. Air Force veteran Sabrina Rigney of Lorton, looks forward to having a companion who will be persistent about getting her

out of bed in the morning. "I can't get mad at her for pulling the covers off me, because I've really got to get up and feed her and take her out."

When paws4prisons inmate trainers are released from prison, they have marketable skills. They are highly effective dog trainers. In fact, four former inmate trainers are now paid employees with the organization and two more volunteer.

On this day, David Burry, managing director of the paws4people for-profit training arm, Paws Training Centers, is on hand to encourage and inspire trainers. "As a result of my greed and pride, I lost everything," he tells the group. "I pled guilty to bank fraud, wire fraud and money laundering and I was sentenced to 151 months in prison. I now owe the government \$41 million dollars in restitution and the IRS \$12 million. I know that all sounds pretty grim, but in fact I've never been happier."

Since serving his sentence, Burry, formerly an inmate trainer, has teamed up with his daughter, Ashley O'Hara, to train privately

owned dogs as assistance dogs for qualified owners as well as to provide basic obedience and behavior modification for pet dogs in West Chester, PA. "It's amazing to know that I'm making difference and helping others."

Last year, Paws Training Centers were opened at locations across the country. These for-profit training centers provide employment for ex-inmate trainers and others and help to fund the work of the non-profit. One paws trainer is in Leesburg.

Trish, from the inmate side of the aisle, steps up to the podium and reveals a lifetime punctuated by abuse, rape and trauma perpetrated by family and foster care. It's impossible not to want to reach out and give Trish a hug as she tells her story. But there is no touching at Lakin. A fellow trainer stands with her, but cannot comfort her. She appears relieved to return to her seat where she is surrounded by her four-legged support system.

Carol Hancock is the Veteran Client Advocate for paws4people's "paws4vets" pro-



Tiffany, an inmate at Lakin Correctional serving a 15-year-to-life sentence, is training TANNEN.



Rebecca, an inmate at Lakin Correctional serving a sentence of life without parole, is training ZIVA.



FINLEY, third dog from left, is the mother of eight puppies who arrived at Lakin Correctional at the age of four months to begin training.

'You Are Not Your Mistakes'

BY JOAN BRADY

"S he was one of the most disagreeable people I had ever met," says paws4people Chairman and COO, Terry Henry, remembering his reaction to meeting Rebecca at Lakin Correctional Center, more than three years ago.

Seeing her now with her earnest smile and a well-behaved puppy happily nestled in her lap, it's hard to imagine the Rebecca he describes.

The old Rebecca had a nickname she chooses not to explain, because it reflects a part of the past that she doesn't want to talk about. And it was the old Rebecca who committed murder during a roadside altercation. That same bad attitude she had in her early 20s got her kicked out of the "paws4prisons" assistant dog training program in her 40s, three years ago.

Rebecca's childhood is devoid of memories of birthday parties, school concerts and family trips. The second of four children, what Rebecca recalls is abuse, as far back as she can remember, the only one of her siblings, she says, to suffer at the hand of her mother.

It's hard not to feel the pain with her as she recalls how she felt when she was fired from the paws4prisons program. "[I was] embarrassed, ashamed and hurt." And then she adds, "It was life changing though and now



Harper, a labradoodle trained at Lakin Correctional, with Julia, 14. "Wherever Julia needs extra supervision, companionship, responsibility or a bridge to human connection, Harper is there," says Julia's mother.

I'm thankful for it."

After 19 years in prison, she had a goal. She was determined to get back into the assistance dog training program. Rebecca is serving a life sentence, without the possibility of parole. She wanted her time to mean something. After a year of continu-

ous re-application, Rebecca was conditionally reinstated.

She describes how it felt to come back, now two years ago. "I was still embarrassed. ... I felt like I was still being judged." But then she realized, not only was she not being judged, but "they were trying to help

HEALING POWER



paws4people

me to understand myself. ... They wanted to show me how to change."

This support was new for Rebecca, "It was the first time I felt like someone cared about me. It's not easy to feel deserving, when no one had ever cared before."

Learning to accept caring support was just one of her challenges. Cece Miller, Director of the paws4prisons program, really pushed her to grow; trainers have to pass a rigorous academic curriculum that includes tests and essays. They must become proficient public speakers. And they must be able to take direction and correction and work with others.

Two years after that reinstatement, Rebecca has earned her role as a leader in the program says Cece Miller, Director, paws4prisons. "I am very proud of her and I have loved watching her grow."

Rebecca relishes the opportunity to help others. "They have a story. They have prob-

SEE REBECCA, PAGE 13

Sharing Burden of PTSD

BY JOAN BRADY

Paws4people assistance dogs sprinkle the country, matched with children and veterans whose lives have been forever changed. More than ten of those dogs have benefited from Tiffany's loving training at Lakin Correctional Center in West Virginia.

While paws4people breeds dogs with specific qualities to help ensure more successful assistance dogs, the organization also rescues dogs domestically and even some from Afghanistan.

Tiffany says her biggest challenges have come working with dogs who have been traumatized. It's difficult, when they can't talk to you about what happened, "to reprogram a scared dog to letting him know that the world is ok and people are ok."

The work that Tiffany does is as healing for her as it is for the dogs she trains and the clients who are matched with her dogs.

She describes a challenging childhood in which her parents split up when she was five. When her mother remarried and started a second family, Tiffany moved in with her beloved grandmother and was raised jointly by her grandmother and her father.

Her voice cracks a little when she talks about feelings of isolation and not fitting in at school. By 13, she was acting out and turning to drugs and alcohol that she felt allowed her to fit in somewhere.

At 14, her grandmother and father agreed that a change of scenery might help. What followed was a wrenching move to South

Carolina to live with her dad. But Tiffany didn't find it any easier to fit in in South Carolina, especially, she remembers with a wry smile, with her blue hair. From that point, she was passed back and forth between grandmother's home and father's home whenever she got into trouble.

"I felt like nobody really cared what happened to me... I just acted crazy and acted out and rebelled... I made bad choices and mistakes and ended up here."

Tiffany's life stopped when her fiancé died of a drug overdose. Suffering from PTSD herself, it's important to Tiffany that she is able to help the paws4people veteran clients with their PTSD by training dogs that will allow them to resume normal activities like going into a grocery store and getting gas.

Sabrina Rigney, ex-Air Force, was thankful to meet Tiffany and to learn more about NOEL, who will become her assistance dog.

"It was really great to meet someone who has had a chance to get to know and love NOEL. And she didn't mind me pestering her with questions about what NOEL likes, what she doesn't like." The nuggets shared by Tiffany will help Sabrina get through the long months of training both she and NOEL will go through before NOEL can join her permanently at home.

Tiffany gives her all to the dogs she trains, the clients who get matched with them, and her two half-brothers. She especially worries about the brothers, aged 17 and 19, with whom she speaks daily.

"I try to stay so close to them to keep them from turning out like [me] ... I ask them



Veteran Sabrina Rigney, right, was matched with NOEL, trained by Tiffany, serving 15 years to life at Lakin Correctional in West Virginia.

about their day. Every day. I try to relate to them ... because I just wish that I would have had somebody doing that for me."

She thinks that if there had been a program with dogs for her when she was younger, one where she could get the caring support and job training she is now get-

ting, "things would have been completely different."

And completely different would mean that Tiffany's fiancé was still alive and she, not serving a sentence of 15 years to life in prison, for providing the drugs that killed him.

Dogs' Unconditional Love

FROM PAGE 11

Lakin hoping to be matched with a psychiatric assistance dog. As a medic, she did one tour in Kuwait and then another in Baghdad. She described tending to a 19-year-old soldier as he begged her not to let him die. "You pretty much know that when they say that, they're gone. I'll never forget that," she tells her audience.

After her third tour, back in Northern Virginia, Sabrina was scheduled to be a living kidney donor for a close friend, when her orders to redeploy for the fourth time came in. She declined redeployment in order to move forward with the kidney donation and was later denied the opportunity to re-enlist, after eight years of service.

Her pain is palpable as she describes what it felt like to lose her military family.

Sabrina suffers from PTSD. While she is employed as a paramedic, she often finds it difficult to be around people. Some days she can't bring herself to leave her home. There are 22 suicides of veterans every day, she tells her audience. And three times, she was almost one of them.

When she began working with a therapist who included a therapy dog in their sessions, tiny pieces began to heal. Today she hopes that she will be matched with an assistance dog who will help her to get her life back.

Those listening to Sabrina on both sides of the aisle nod in sympathy and wipe away tears.

Two other veterans with PTSD tell their stories. All have military friends who have committed suicide. One says he lost more of his fellow soldiers to suicide after deployment than during combat.

By the end of the day, each veteran has been joyfully matched with a dog and train-

HEALING POWER



paws4people

If you would like to learn more about paws4people and its programs visit paws4people.org or contact Joan Brady at joan@joanbradyphotography.com or call 202-256-1311.

ers stand by proudly while pictures are taken. Later, there is time to socialize.

"It was really great to meet someone that has had a chance to get to know and love NOEL," says Sabrina of Tiffany, one of the trainers of the golden retriever Sabrina has been matched with today.

Many of the trainers have had little encouragement in their lives. And it's isolating to be in jail where inmates share stories of being abandoned by friends and family. But today, they bask in the applause for the difference they are making.

This is a three-legged stool of inmate trainers, dogs and clients – with the paws4people organization creating the right environment for each group to thrive as they travel their personal journeys of redemption and healing accompanied by the caring support of others and the unconditional love of dogs.

As trainers file out and the civilians behind them, there is a connection between those who sat on either side of the aisle that will remain forever unbroken.

ably still be closed up. And now... she is so outgoing, happy and confident. [she has] self respect and self esteem... [it] touches your heart."

And Rebecca herself has touched the heart of Terry Henry.

"I have never witnessed a more dramatic change in a person than the change I have witnessed in Rebecca. ... The world is now a much better place and Rebecca has only begun to have an effect."

With the caring motivation of paws4people, Rebecca has learned a critical lesson: "You are not your mistakes."



PHOTOS BY JOAN BRADY

Rebecca

FROM PAGE 12

lems. [I can] help to teach them to be better people."

For her, it's not as much about the dogs she trains, although that's very important. What touches her the most is "watching the other girls' faces... watching them grow and heal [because of the dogs they have trained.]"

Julia, 14, is on hand to show the trainers how well she is doing with Harper, a Labradoodle who was trained at Lakin. Julia has a genetic disorder which causes abnormal blood vessel malformations to grow in her brain. She has been through four surgeries to date, to stop brain hemorrhages.

"Harper fills the holes in Julia's life," Julia's mother says. "Wherever Julia needs extra supervision, companionship, responsibility or a bridge to human connection, Harper is there."

Julia would not speak to the audience, but happily took center stage to show off her assistance dog, Harper.

Rebecca, who met Julia before she was matched with Harper, describes how she felt when Julia began demonstrating. "At that moment, you are thinking, well just think if she didn't have that dog, she would prob-

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ENTERTAINMENT

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/MAY 22-TUESDAY/MAY 27

Bodzín Art Gallery: On Deaf Ears.

Jewish Community Center of NoVA, 8900 Little River Turnpike, Fairfax. Commemorate Yom Ha'Shoah, Holocaust Remembrance Day, with images of three local photographers. 703-323-0880. jccnvaarts.org

THURSDAY/ MAY 22

Garden Stroll & Tea Program. 1-3 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Garden tour and traditional English tea at 1784 historic house. \$29. RSVP 703-941-7987.

Designing with Native Plants. 7-8 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Learn which VA native plants work best for home garden landscape design. \$18. RSVP 703-642-5173.

Legos in the Library. 4:30-5:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. What can you build in an hour? Join us for thematic activities building with a collection of thousands of LEGOS! Presented by Brixalot, Inc. Age 6-12. <http://brixalot.com/>

FRIDAY/MAY 23 - MONDAY/MAY 26

Memorial Day Weekend at

Paradise Springs. 11 a.m. - 7 p.m. Paradise Springs Winery, 13219 Yates Ford Road, Clifton. Adults-only event featuring live music all weekend with The J&A Duo Friday, Adam Bruno Saturday and Club Malbec Jazz Band Sunday. Saturday there will be a movie on the lawn, "Field of Dreams." More details and specific times available online. <http://www.paradiseparkwinery.com/>. 703-830-9463.

16th Annual Ride of the Patriots Celebration Weekend. Various times. Patriot Harley-Davidson parking lot, 9739 Lee Highway, Fairfax. On Sunday nearly 5,000 motorcyclists ride to honor those in uniform. Other events include a BBQ and a Patriot Harley-Davidson Open House. Details available online. http://www.dwllcsolutions.com/rop_new/default.asp.

FRIDAY/MAY 23-SUNDAY/JUNE 1

The Fantasticks. Fridays & Saturdays at 8 p.m., Sundays at 1 p.m. Workhouse Arts Center, Lorton. The Fantasticks is a funny and romantic musical about a boy, a girl, two fathers and a wall. Tickets : \$15.

SATURDAY/MAY 24-SUNDAY/MAY 25

Swimming Pool Open House. 12-4 p.m. Fairfax Swimming Pool, 4200 Roberts Rd., Fairfax. Moon bounce and pizza for sale on Saturday. Free. fairfaxpool.com

SATURDAY/MAY 24-SATURDAY, JUNE 14

Children's Theatre: Princess and the Pea. 1 p.m. Workhouse Arts

Center, 9601 Ox Rd, Lorton. This original musical adaptation of the Hans Christian Andersen fairy tale is presented by Pandemonium Theatrical Productions. Admissions: \$9-\$12. www.workhousearts.org. 703-584-2900.

SATURDAY/MAY 24

Coffee Cupping: Tasting Party.

10:30 a.m.-12 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Discover and taste coffee from different regions worldwide. \$30. RSVP fairfaxcounty.gov/parks/greenspring. 703-941-7987.

Floral Design: Grocery Bunch

Makeovers. 9:30-11:30 a.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Transform grocery floral bunch with vase shapes, flower supports, floral foam, steam height, and more. \$38 +\$25 supply fee. RSVP fairfaxcounty.gov/parks/greenspring. 703-642-5173.

Explosion Blowout - Outdoor

Community Market. 9 a.m. - 1 p.m. Irving Middle School, 8100 Old Keene Mill Road, Springfield. This family-friendly event showcases more than 50 local vendors and provides activities such as face painting and touch-a-truck. 703-440-8373.

Historic Fairfax City Walking

Tours. 11 a.m. Ratcliffe-Allison House, 10386 Main Street, Fairfax. A tour guide leads a 90 min. walk through the historic section of Fairfax. Admission: \$3-\$5. 703-385-7414.

SUNDAY, MAY 25 & SATURDAY, JUNE 28

The Sixth Generation-Spring

1960s Sock Hop Series. Sunday at 5 p.m., Saturday at 8:30 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. Award-winning rock-n-rollers The Sixth Generation will perform live in the McGuireWoods gallery, playing hits from the 1960s as well as original songs about the era. Admissions: \$10-\$15. www.workhousearts.org. 703-584-2900.

SUNDAY/MAY 25

Art Exhibit. 1-8 p.m. Wine tasting 5-8 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Members of the Art Guild of Clifton display and sell their works, which focus on local historic and natural themes. \$2-\$4. fairfax-station.org. 703-425-9225. Art Guild info at artguildofclifton.org

Art Guild of Clifton Art Exhibit and Sale.

1 p.m. - 8 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. A wine tasting will take place while artists sell and exhibit pieces with the theme of "Virginia Crossroads" using mediums including painting, photography, fiber arts and jewelry. Admission: \$35, free for members of the Art Guild. 703-830-8466.

The Sixth Generation, 1960s Sock

Hope Performed Live. 5 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Award-winning 1960s style rock 'n' roll band performs live with an open dance floor. Admission: \$10-\$15. <http://www.workhousearts.org/events/performing-arts/sixth-generation-spring-1960s-sock-hop-series-0>. 703-584-2900.

MONDAY/MAY 26

Art Exhibit. 12-4 p.m. Wine tasting 5-8 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Members of the Art Guild of Clifton display and sell their works, which focus on local historic and natural themes. \$2-\$4. fairfax-station.org. 703-425-9225. Art Guild info at artguildofclifton.org

Ox Hill Battlefield Memorial Day

Ceremony. 2 p.m. Ox Hill Battlefield Park, 4134 West Ox Rd., Fairfax. Memorial Day activities include wreath laying and speeches.

THURSDAY/ MAY 29

Fancy Nancy Tea Party. 4-5:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Wear a fancy outfit, listen to a story, make a craft and enjoy herbal tea and pastries. Presented by Ms. Emily Murphy of Emily's Teas. Age 4-6. <http://www.emilysteas.com/index.html>

FRIDAY/ MAY 30

Gardening on a Shoestring. 1:30-2:30 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Economical, beautiful landscapes and gardens for beginning gardeners. \$10. RSVP fairfaxcounty.gov/parks/greenspring. 703-642-5173.

SATURDAY/ MAY 31

Virginia Sesquicentennial of the American Civil War. 9:30 a.m.-4 p.m., George Mason University, 4400 University Drive MS 3A2 Fairfax. The conference will juxtapose the Civil War with other internal conflicts during the same period; refreshments included. \$25. <http://www.VirginiaCivilWar.org>

Silent Auction & Fashion Show.

10:30 a.m.-2:30 p.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Silent auction and accessories until noon; lunch and fashion show after noon. Bring gently-used work attire to donate to Dress for Success. All proceeds benefit the missions of Messiah UMC. \$25. 703-569-9862. giggles.foryou@verizon.net for tickets.

Workshop: Crafted Flowering

Allium. 9:30-11:30 a.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Craft a painted, flowering allium for your garden using simple supplies. \$45. RSVP fairfaxcounty.gov/parks/greenspring. 703-642-5173.



PHOTO BY ROBBIE HAMMER/THE CONNECTION

A Year-end Performance at Fairfax Academy

Fairfax Academy of the Arts dance students Monica Brown of Chantilly High School, Allie Smith of Lake Braddock and AnnaMarie Tiss of Westfield High School dance to Susan Tedeschi's arrangement of *Ain't Nobody's Business*.

FAITH NOTES

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.

Graduates' Recognition Sunday. Greater Little Zion Baptist Church, 10185 Zion Drive in Fairfax, will host Dr. James A. Williams, Assistant Professor at James Madison University and author of "From Thug to Scholar: An Odyssey to Unmask My True Potential," as the guest speaker for their Graduates' Recognition Sunday. Sunday, June 8, at the 8 a.m. and 11 a.m. services. The event and is free and the service is open to the public. For additional information, contact the church Admin Staff at 703-764-9111.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and

Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

REMEMBERING

Honoring Those Who Have Died in Military Service

FROM PAGE 6

OTHER VIRGINIA service members lost:

Capt. Jesse A. Ozbat, 28 of Prince George, Va., died on May 20, 2012 in Afghanistan from a roadside bomb. Constructionman Trevor J. Stanley, 22, of Virginia Beach, Va., died April 7, 2012 while deployed to Camp Lemonnier, Djibouti. Pfc. Michael W. Pyron, 30, of Hopewell, Va., died Jan. 10, 2012 in Afghani-

stan. Maj. Samuel M. Griffith, 36, of Virginia Beach, Va., died Dec. 14, 2011 in Afghanistan. Staff Sgt. James Ronald Leep Jr., 44 of Richmond, died Oct. 17, 2011 at Forward Operating Base Kalsu in Iraq. Spc. Levi Efrain Nuncio, 24 of Harrisonburg, died June 22, 2011 in Afghanistan. Capt. Michael Wray Newton, 30 of Newport News, died June 11, 2011 in Afghanistan. Capt. Charles A. Ransom, 31, of Midlothian was one of eight airmen who died April 27, 2011, at the Kabul International Airport, Af-

ghanistan, from gunfire. Sgt. Sean T. Callahan, 23, of Warrenton died April 23, 2011 in combat in Afghanistan.

Sgt. 1st Class Anthony Venetz Jr., 30, of Prince William died Jan. 28, 2011 in Afghanistan, after being seriously wounded months before.

Spc. Sean R. Cutsforth, 22, of Radford, died Dec. 15, 2010 in Afghanistan. Spc. William K. Middleton, 26, of Norfolk died Nov. 22, 2010 in Afghanistan. Staff Sgt. Christopher F. Cabacoy, 30,

of Virginia Beach died July 5, 2010, in Afghanistan.

If you know of someone who should be included in this list, or if you would like to share how you are honoring the memory of a family member or friend lost, or about the progress of someone injured, please let us know.

— MARY KIMM.

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3. no longer owned or known



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SPORTS

South County Bats Come Alive in Conference 7 Tournament

Stallions produce season-high 13 runs against Woodson.

BY JON ROETMAN
THE CONNECTION

The South County baseball team produced its best offensive performance when it mattered most.

With its season on the line, the Stallions produced double-digit runs for the first time during the 2014 campaign and defeated Woodson 13-4 in the Conference 7 tournament quarterfinals on May 19 at South County High School. The Stallions pounded out 15 hits en route to securing a regional berth and advancing to the conference semifinals, where South County faced West Potomac on Wednesday, after The Connection's deadline.

"Everyone was seeing the ball well," South County senior designated hitter Dan Graham said. "That's something we haven't done all year is put up big numbers. It definitely felt good coming out with a big win. It builds confidence."

The Stallions took control in the third inning, when they scored five runs with two outs and built a 6-1 lead. Left fielder Kyle Foley and center fielder Jon Gentry each had an RBI single in the inning, and third baseman Taylor Platas had a two-run single.

Graham went 2-for-2 at the plate with a double and an RBI. Right fielder David Gemma finished 2-for-3, Foley went 2-for-4 with an RBI, and Platas was 1-for-2 with three RBIs.

"I think they stepped up and did a great job," South County head coach Robbie Smith said about the Stallions. "[They] did everything that I've asked."

While South County had a big night at the plate, junior right-hander Michael Cook gave the Stallions a solid start on the mound. Cook earned the win, allowing three hits and one unearned run over five innings. He walked one and struck out three.

"I thought he did great," Smith said. "We talked before the game about being confident and doing your job and not trying to overpower anybody and that's what he did. He stayed within himself and he's a great pitcher when he does it."

Sophomore right-hander Wyatt Hough suffered the loss for Woodson, allowing six runs — five earned — and six hits over 2 2/3 innings.

Senior third baseman Michael Szabo had a strong night at the plate for the Cavaliers, finishing 3-for-4 with a double and two RBIs.

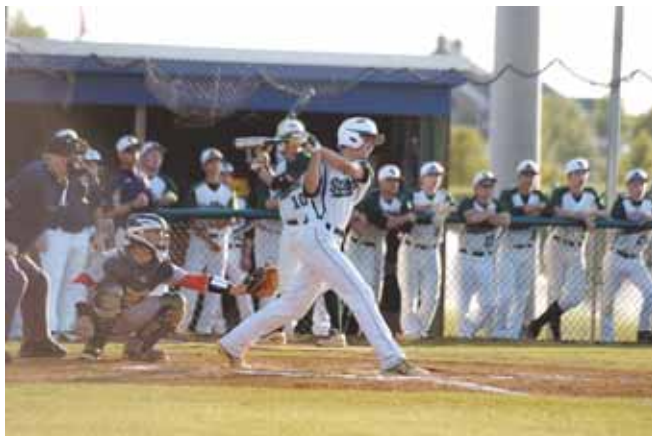
Conference 7 has been a league of parity this season. South County, which won the 2013 Patriot District title, entered the tournament as the No. 3 seed despite a 6-6 record against conference foes. The Stallions' overall record improved to 11-10 with Monday's victory.

West Springfield entered the tournament as the No. 1 seed and earned a first-round bye. West Potomac is the No. 2 seed and defeated No. 7 T.C. Williams, 3-1. No. 5 Annandale defeated No. 4 Lake Braddock, the

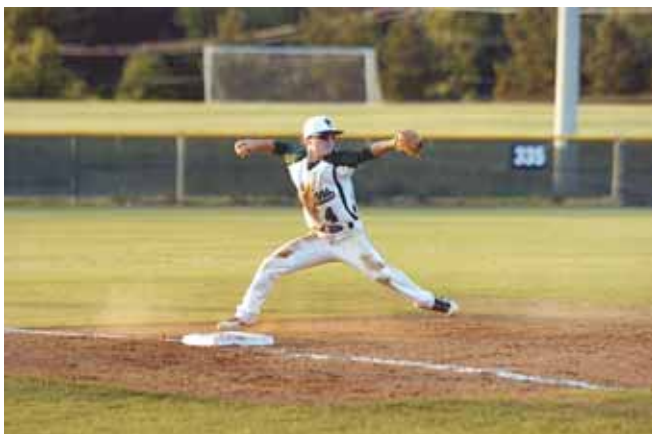
PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



South County third baseman Taylor Platas drove in three of the Stallions' season-high 13 runs against Woodson in the Conference 7 tournament quarterfinals on May 19.



Senior shortstop Michael Smith and the South County baseball team earned a regional berth by beating Woodson on May 19.



South County pitcher Michael Cook allowed one unearned run and three hits over five innings against Woodson on May 19.

2013 Northern Region champion, 3-2.

"It's anybody's tournament," Smith said. "It's been that way all year. There's not one dominant team. Everybody's played close games throughout the year, so it's anybody's ball game."

The winner of Wednesday's South County-West Potomac matchup would face the winner of West Springfield and Annandale in the conference championship game on Friday, May 23.



PHOTO BY LOUISE KRAFFT/THE CONNECTION

Lucas Lombardozzi (23) and the South County boys' soccer team defeated West Potomac 1-0 on May 20 in the Conference 7 semifinals.

Stallions Advance to Conference Final

South County will face T.C. Williams after back-to-back upsets.

BY JON ROETMAN
THE CONNECTION

South County boys' soccer coach Erich Gunderman stood on the visitors' sideline at West Potomac High School on Tuesday night and put into perspective the Stallions' unlikely postseason journey.

"We lost to Hayfield 6-1," Gunderman said, "and now we're here."

When the Stallions suffered that lopsided loss to the Hawks on April 21, their record dipped to 1-6-1. South County concluded the regular season with a 2-9-2 record, including 1-4-1 against conference opponents, and entered the Conference 7 tournament as the No. 7 seed.

Thanks to some resiliency, however, the Stallions went from last place to "here," which is on their way to the conference championship game.

Junior forward Eusebius Dorr scored a first-half goal and No. 7 South County hung on to defeat No. 6 West Potomac 1-0 on May 20 in the conference semifinals. The Stallions will travel to face No. 1 T.C. Williams at 4:30 p.m. on Thursday, May 22 for the conference title.

"Absolutely, the kids have come together [and are] starting to do the things that we knew they were capable of and they're working hard," Gunderman said. "It's a great bunch of kids that enjoy being around each other. They're fun

to coach [and] they're very resilient."

South County kept its season alive by upsetting No. 2 West Springfield 2-1 in overtime in the quarterfinals on May 16. Junior defender Connor Cavoto scored on a penalty kick in overtime to lift the Stallions over the Spartans and secure a regional berth for South County.

"They're a good team. Take nothing away from West Springfield," Gunderman said. "They had some players that were out. Hey, it's an opportunity and we took advantage of it."

The Stallions (4-9-2) weren't done, however, as they found a way to beat West Potomac and continue on to the conference final, where they will face T.C. Williams. The Titans advanced to the championship game with a 1-1 (4-3) penalty-kick shootout victory against No. 5 Annandale in the other semifinal match on Tuesday. T.C. Williams (12-2) defeated South County 2-0 during the teams' regular-season meeting on April 4.

"It's going to be fun," Gunderman said. "Playing over at their place in the hot sun, it will be a challenge for us. TC, hey, they're the No. 1 seed for a reason. They have a lot of talented athletes over there, [they are] well coached by Marty [Nickley] and we have our work cut out.

"We're the underdogs coming in, but maybe it'll be our time."

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NOTICE TOWN OF CLIFTON PUBLIC HEARING June 3, 2014
Notice is hereby given that the Clifton Town Council will hold a Public Hearing on Tuesday, June 3, 2014 at 7:30 P.M. at the Clifton Town Meeting Hall, 12641 Chapel Road, Clifton, Va. 20124 to consider a proposed FY2015 Town Budget. The FY2015 proposed Town Budget will be posted the Town's website (www.cliftonva.us). All interested parties are invited to attend to express their views with respect to the proposed FY2015 Town Budget. Town residents are strongly urged to attend. The Regular Town Council meeting will follow.

4 RE for Sale

The Fairfax County Water Authority ("Fairfax Water") will be accepting bids from prospective purchasers for the Sale of Property (0.92 acres) "Gunston Manor Well Site-Lot 53" located at 6055 Honeysuckle Trail (IFB 14-06). Interested parties may obtain a copy of IFB 14-06 by contacting the Procurement Department Fax: 703-289-6262, or E-mail: procpu@fairfax water.org. Bids will be accepted in the office of Fairfax Water's Procurement Department until 2:00 p.m., July 9, 2014.

4 RE for Sale

The Fairfax County Water Authority ("Fairfax Water") will be accepting bids from prospective purchasers for the Sale of Property (0.86 acres) "Hallowing Point Well 2 Site-Lot 19" located at 6037 Chapman Road (IFB 14-05). Interested parties may obtain a copy of IFB 14-05 by contacting the Procurement Department Fax: 703-289-6262, or E-mail: procpu@fairfax water.org. Bids will be accepted in the office of Fairfax Water's Procurement Department until 2:00 p.m., July 9, 2014.

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Notice -All Star Movers, LLC is holding a Public Auction of goods of non-paying customers to satisfy liens on the following:
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PUBLIC HEARING FOR TOWN OF CLIFTON ZONING ORDINANCE, PROPOSED PARKING SECTION REVISIONS

PUBLIC HEARING TOWN OF CLIFTON JUNE 3, 2014
Notice is hereby given that the Clifton Town Council will hold a Public Hearing on Tuesday, June 3, 2014 at 7:30 P.M. at the Community Hall, 12641 Chapel Road, Clifton, VA 20124 to consider the amendment and revision of the Town of Clifton's Zoning Ordinance resulting from the revision of Section 9-13 of the Zoning Ordinance which contains provisions pertaining to Parking in the Town. The proposed revision to Section 9-13 of the Zoning Ordinance is available for review and downloading on the Town's website at www.cliftonva.us and a hard copy of the proposed Zoning Ordinance changes may be examined at the Clifton Post Office, 12644 Chapel Road, Clifton VA, 20124. All interested parties are invited to attend and express their views with respect to the proposed amended and revised Section 9-13 Parking of the Town of Clifton Zoning Ordinance.

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Public Notice
NOTICE OF AVAILABILITY OF THE ENVIRONMENTAL ASSESSMENT AND DRAFT GENERAL CONFORMITY DETERMINATION FOR THE PROPOSED COVE POINT LIQUEFACTION PROJECT

The staff of the Federal Energy Regulatory Commission (FERC or Commission) published a Notice of Availability of the environmental assessment (EA) and Draft General Conformity Determination (DGCD) for the Cove Point Liquefaction Project (Project) proposed by Dominion Cove Point LNG, LP (DCP). DCP requests authorization to construct and operate facilities to process and export domestically sourced liquefied natural gas (LNG) at the existing Cove Point LNG Terminal in Calvert County, Maryland. The Project would enable DCP to export approximately 5.75 million metric tons per annum of LNG via LNG marine carriers that would dock at the existing offshore pier.

The EA assesses the potential environmental effects of the construction and operation of the Project in accordance with the requirements of the National Environmental Policy Act. The DGCD was prepared pursuant to the U.S. Environmental Protection Agency's General Conformity Regulations (40 CFR Part 93, Subpart B), and addresses air emission impacts associated with the Project.

The EA and DGCD are available for review and comment. The FERC staff mailed copies of the EA with the DGCD to federal, state, and local government representatives and agencies; elected officials; environmental and public interest groups; Native American tribes; potentially affected landowners and other interested individuals and groups; libraries in the Project area; and parties to this proceeding. In addition, the EA with the DGCD has been placed in the public files of the FERC and is available for public viewing on the FERC's website at www.ferc.gov using the eLibrary link. A limited number of copies of the EA and DGCD are also available for distribution and public inspection at:

Federal Energy Regulatory Commission
Public Reference Room
888 First Street NE, Room 2A
Washington, DC 20426
(202) 502-8371

Any person wishing to comment on the EA or DGCD may do so. To ensure that your comments are properly recorded and considered prior to a Final General Conformity Determination and Commission decision on the proposal, it is important that the FERC receives your comments in Washington, DC on or before June 16, 2014. For your convenience, there are four methods you can use to submit your comments to the Commission. In all instances please reference the Project docket number (CP13-113-000) with your submission. The Commission encourages electronic filing of comments and has expert staff available to assist you at (202) 502-8258 or efil@ferc.gov.

1. To submit brief, text-only comments, you can file your comments electronically by using the eComment feature on the Commission's website at www.ferc.gov, under the link to Documents and Filings.

2. To submit comments in a variety of formats by attaching them as a file, you can file your comments electronically by using the eFiling feature on the Commission's website at www.ferc.gov under the link to Documents and Filings. New eFiling users must first create an account by clicking on "eRegister." You must select the type of filing you are making. A comment on a particular project is considered a "Comment on a Filing;" or

3. You may file a paper copy of your comments at the following address:
Kimberly D. Bose, Secretary
Federal Energy Regulatory Commission
888 First Street NE, Room 1A
Washington, DC 20426

4. In lieu of sending written or electronic comments, the Commission invites you to attend a public comment meeting in the Project area. We encourage interested groups and individuals to attend and present oral comments on the EA and DGCD. The meeting is scheduled as follows:

Date and Time Location
Saturday, May 31, 2014
1:00 - 6:00 p.m.
Patuxent High School
12485 Southern Connector Boulevard
Lusby, MD 20657

Additional information about the Project is available from the Commission's Office of External Affairs, at (866) 208-FERC, or on the FERC website (www.ferc.gov) using the eLibrary link.

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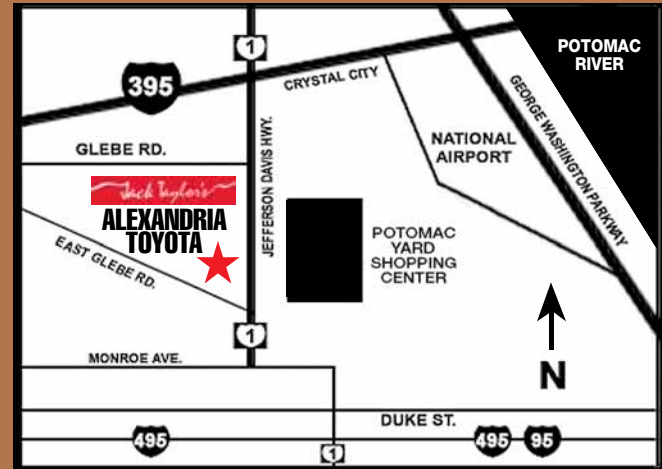
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Beautiful 4 bedroom, 3.5 bath home with a 2-car garage sited on half acre lot in Colchester Hunt. The updated kitchen with granite and cherry cabinets,

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Gainesville Heritage Hunt 55+ \$614,900
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Gainesville Heritage Hunt 55+ \$324,900
Gorgeous 2 lvl patio home, close to clubhouse & entry gate. 3BR, 2.5BA, kit w 42" cabs, liv, din, fam rm w gas fpl, sunrm, loft, built ins, storage, 1 car gar.

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Beautiful 4 BR, 2.5 BA Colonial w/HW in LR, DR, Kit & Brkfst. Kit updated w/granite and SS range & micro. Family Rm w/FP & SGD to patio. XLG MBR could be divided into 5th BR.

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