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News



Shark Tank coach Patty Friedman (right) and breast cancer patient Ann-Marie Boland speak to swimmers before the start of the team's fifth annual Breast Cancer Swim Marathon.



(From left) Michael Kelly, sophomore at Lake Braddock Secondary School; Sophie Bennett, junior at Thomas Jefferson High School for Science and Technology; Alaina Bark, eighth grader at Lake Braddock and Charlie Lertlumprasert, junior at Jefferson, helped raise \$23,200 for breast cancer research with the rest of their Shark Tank teammates.

The Army of Love' Fifth year of swim marathon brings in over \$23,00.

By Tim Peterson The Connection

n the last five years, young swimmers on the Shark Tank Racing Squad have seen one family lose a mother from breast cancer and another's grandmother diagnosed.

"It speaks to the kids," said Shark Tank coach Patty Friedman. "They need to learn what inflammatory breast cancer is; you don't find it on a mammogram. To see a child, have someone ripped out of your hands before you can even process it, they really get it."

Friedman, who has raised money and participated in the Avon Walk for Breast Cancer for the last 8 years, regularly quizzes her swimmers on what inflammatory breast cancer is and encourages them to spread the knowledge. "There's few of us who haven't been directly touched by it," she said.

Five years ago after she returned from an Avon walk, at practice her swimmers asked her about it.

Then they asked if they could get involved the following year. What followed was an event where swimmers each raised money to sponsor them completing a three-mile marathon. The money was then pooled with Friedman's own contribution to breast cancer research.

The meters and dollars have kept piling on, year after year. Prior to the start of the 2015 swim marathon, held March 1 at South Run RECenter, Friedman announced the donation total for this year's effort: \$23,200. Over the five years, the team has raised \$78,000 and logged one million meters, adding 270,000 this year.

Riley Allison of Fairfax participated in his second swim marathon with Shark Tank this year, along with 51 other swimmers. The Robert Frost Middle School eighth grader



Ann-Marie Boland of West Springfield (left) is joined by her granddaughter Anna Surbey (center), in eighth grade at Robert Frost Middle School, and her husband Kevin. Boland was the spokesmodel of the event, just a day away from her final radiation session for breast cancer treatment.



Shark Tank head coach Lance Page of Burke keeps time while swimmers power through three miles at South Run RECenter.

"went the extra mile" and swam 4 miles instead of three.

"It's great to let people know how bad the disease really is," said Allison. "I didn't know about it, but then learned a lot for a Civics project. Everyone in America knows someone with it."

Ann-Marie Boland of West Springfield has three granddaughters on the team, Nora, Devin and Anna Surbey. She was diagnosed with breast cancer at age 70 in May 2014 and has undergone 6 chemotherapy sessions and 6 weeks of radiation. Her final radiation session was scheduled for the day after the marathon. Friedman introduced her as the event's spokesmodel.

"They swim for me, but I would be happy if they didn't have to," said Boland. "I'm honored and proud of everyone on this team and the coaches."

Shark Tank's head coach Lance Page of Burke said the marathon event works on numerous levels as he and the coaches develop both swimmers and young adults.

"It's about what it brings out in the kids, the discipline, the fortitude," he said. "It's a journey. And to sponsor cancer research and give back to the community, seeing the kids wanting to give back through their gift of swimming — we're making them whole people and contributing citizens."

South County junior Moira LeMay and Westminster School seventh grader Ella Rose Friedman reflected on the marathon after LeMay completed her three miles.

"As a high school student, this was the biggest way I could help out," said LeMay.

"My mom's been telling me about giving back my whole life," said Friedman. "I know different people haven't been able to live as great a life as I have, so I love to give back."

To find out more about Patty Friedman's efforts in the Avon Walk or donate, visit www.tinyurl.com/tank2015.

News

Burke-based robotics team
The Blockheads receive the
PTC Design Award at the
First Tech Challenge Virginia Championship on
Saturday, Feb. 28 in Richmond. From left, Paul Han,
David Desrochers, coach
Doug Desrochers, Sam Bove,
coach Tom Bove and
Amanda Nguyen.



Photos contributed

Burke Freshman Team Wins Top Honors at Robotics Contest

By Abigail Constantino
The Connection

t's a big deal," said Doug Desrochers, coach of the Burke robotics team The Blockheads. He said. "The competition was fierce" at the First Tech Challenge Virginia Championship held in Richmond on Saturday, Feb. 28. But what gave freshmen Sam Bove, of Thomas Jefferson High School for Science and Technology, Roger Clanton, David Desrochers, Paul Han, and Amanda Nguven, of Lake Braddock High School, an advantage was their use of 3D printing technology. Doug said that the main motors, batteries and controllers must be the same for all teams but other parts of the robot

can be made from any materials. This opened up all kinds of possibilities. Three members of the team already had 3D printers, one was built from scratch by Sam Bove.

The Blockheads won the the PTC Design Award for outstanding robot design. They are sponsored by Aviation Systems Engineering Company, Inc. in Maryland and Valador, Inc. in Herndon.

Doug Desrochers, an engineer, said that he hopes people get involved in robotics and try it out. One of the things people learn is coding. It might not always work but "we work through it," he said. "It's a great experience" and there is a low barrier to start a team, he said. Go to http://www.virginiafirst.org/ to learn more.



David Desrochers with The Blockheads winning robot.

Volunteer Events and Opportunities

Fairfax County's free **Family Caregiver Telephone Support Group** meets by phone on **Tuesday, April 14, 7-8 p.m.** This month's topic is "Working with Care Professionals — How to Get the Help You Need". Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm. Call 703-324-5484, TTY 711.

The Herndon Adult Day Health Care Center needs lunch assistants and a Piano Player. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Kingstowne Center for Active Adults** in **Alexandria** needs an instructor to teach **Mosaic Art** or **Jewelry Making**. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Sully Senior Center** in **Centreville** needs a **certified personal trainer**, preferably with experience working with older adults. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Korean Meals on Wheels needs Koreanspeaking volunteers to deliver meals in Centreville, Reston, Fairfax, Annandale and Falls Church. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Fairfax County needs volunteers to **drive older adults** to appointments and programs. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/

olderadults and click on Volunteer Solutions.

The **Bailey's Senior Center** in **Falls Church** needs an **office assistant** to answer phones, greet and check in participants and complete some data entry. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The **Gum Springs Senior Center** in **Alexandria** needs a **Spanish teacher** for a beginner's class. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Lewinsville Senior Center in McLean needs an office assistant and instructors for the following classes: Book Club, Hot Topics/Current Events, American Sign Language, Knitting/Crocheting, Certified Arthritis Exercise, Ballroom or Square Dance, Basic Guitar, Meditation, Art, English as a Second Language, and Basic Spanish. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Wakefield Senior Center in Annandale needs a front desk assistance, an experienced Canasta Player, and certified instructors for classes in Pilates, Chair Exercise, and Ballroom Dance. Volunteer instructor positions could lead to part-time employment. For these and other volunteer opportunities, call703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Mount Vernon Adult Day Health Care Center in Alexandria needs a social compan-

ion, a volunteer to play the piano and lead a sing-along, a Spanish-speaking social companion and a front desk volunteer. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Hollin Hall Senior Center in Alexandria needs a DJ, Ballroom Dance Instructor and an Italian Instructor. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Vietnamese Meals on Wheels needs drivers in Falls Church to deliver meals. (Speaking Vietnamese not required.) For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

Meals on Wheels needs substitute drivers for routes throughout the county. For these and other volunteer opportunities, call **703-324-5406**, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions.

The Annandale Adult Day Health Care Center in Annandale needs Spanish-speaking social companions and a lunch assistant. For these and other volunteer opportunities, call 703-324-5406, TTY 711 or visit www.fairfaxcounty.gov/olderadults and click on Volunteer Solutions

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov.



John Cook

Cook Announces Re-Election Bid for Braddock Supervisor

Supervisor John Cook (R-Braddock) was first elected to represent the Braddock district in a 2009 special election. He won his first full term in 2011 and on March 3 formally announced he would seek another term to sit on the Board of Supervisors.

His various additional positions include chair of the Virginia Railway Express Operations Board, representing the supervisors on the Domestic Violence Prevention Policy Coordinating Council and chair of the joint Infrastructure Finance Committee with the Fairfax County School Board. Cook also serves on the Northern Virginia Transportation Commission and Northern Virginia Regional Commission.

"I have worked diligently to ensure Braddock residents receive the effective and efficient government they deserve," Cook said in a statement, "to create an environment that encourages businesses to grow and develop, and to make our communities safer by working to put an end to neighborhood speeding and raising awareness on issues such as violence against women and the need for improved access to mental health treatment."

So far, Cook's challengers are retired U.S. Air Force veteran and accountant Carey Campbell running as an Independent, and former school board member Janet Oleszek running as a Democrat, who plans to announce her campaign Sunday March 22 at the Burke Commons community center.

—Tim Peterson

Week in Burke

League of Women Voters Presents Firearms Info Forum

What is Fairfax County doing to cut down on firearms-related suicide and domestic violence? The Fairfax-area League of Women Voters will host an informational public forum to discuss the topic at Pohick Regional Library in Burke on March 22.

Moderator Dr Kristin A. Goss, Associate Professor of Public Policy and Political Science at Duke University, will lead a panel covering the collaborative efforts being taken by county organizations. Goss is a published author on firearms, including the books "Disarmed: The Missing Movement for Gun Control in America" and "The Gun Debate: What Everyone Needs to Know" (with Philip J. Cook).

The panel is scheduled to include Sandra Bromley, J.D, the county-wide domestic violence coordinator, Jesse Ellis, prevention manager of the Fairfax County Department of Neighborhood and Community Services and MPO James T. Frey, crime prevention officer in the West Springfield precinct of the Fairfax County Police Department.

"Firearms: Reducing the Risk in Fairfax County" will be held Sunday, March 22 from 2-3:30 p.m. at the Pohick Regional Library, located at 6450 Sydenstricker Rd. in Burke. For more information, visit www.lwv-fairfax.org.

—Tim Peterson

Burke Historical Society Meets March 29

Jon Vrana, President of the Burke Historical Society, will give a presentation titled "Times, Toils, and Tribulations at the Old Capitol Prison" at the March meeting, to be held 4:30 p.m. on Sunday, March 29, at Abiding Presence Lutheran Church, 6304 Lee Chapel Road, Burke.

Vrana's lecture will discuss the experiences of Fairfax County and other area civilians and military at the Old Capitol Prison and other Northern prisons and camps, through a series of humorous and not so humorous

In addition to serving as President of the BHS, Vrana is also a Board member of Historic Vienna, Inc.; a former Vice President of the Fairfax Station Railroad Museum; an amateur playwright with three plays to his name; and a Living History re-enactor who portrays a wide range of historical figures. He has performed at programs on Civil War-era and Irish music on mandolin, concertina, and harmonica: and enjoys historical writing and research on a variety of subjects. He is a 38-year veteran of the U.S. Department of Agriculture, Natural Resources Service; holds a Federal Certification as a Chief Information Officer; and has a Master's Degree in Information Technology from the George Washington University and a Bachelor's Degree in Agronomy with a Specialty in Soils.



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OPINION

Balancing Act: Budgeting for Housing

EXECUTIVE DIRECTOR Good Shepherd Housing and Family

n our work housing families and individuals experiencing homelessness, many of them have never lived in housing of their own. They have lived doubled

up with relatives and friends, camped out in broken-down minivans, or checked into motels for overnight stays. But signing a lease with a com-

mitment to a year's worth of monthly rent payments — that's a new or long-ago experience for them. And it's a scary one, too.

That's when we come into their lives to help them out. Our housing locators and case managers work with them to understand the basics of renting a housing property. Without question, the rental lease gives them rights. It bestows on them the new lawful designation of "tenant." But a rental lease also comes with new responsibilities.

The responsibilities are not easy. Paying rent on the first of the month is their highest priority as a tenant. Keeping in line with rental community rules and regulations is equally important. Making sure that they keep their housing

By David Levine in a good condition is another one. Excessive damage and wear-and-tear of their rental housing will make their security deposits — the one they had struggled for weeks to pull together - vanish into thin air.

> We know the hardest part is making that rent payment on the first of each month. It is a real balancing act. As the sociologist Sudhir Venkatesh once noted about low-in-

> > come families living in South Chicago who struggled to make rent payments: "This does not mean people fail to plan but ... there are

separate temporal horizons, one in the immediate future and the other a longer way off." In other words, these families focus on the expenses to be paid today, not tomorrow

In its just released poverty study of women and girls in the Washington D.C. metropolitan region, the Washington Area Women's Foundation included information on the average monthly expenses faced by poor families living in our region. Drawing on 2013 U.S. Census Bureau data and other datasets, the author of the study provided measures of economic security for what a family of three without public assistance would need to pay its

For example, even at \$1,325/month as the average rent in Fairfax County, this monthly rent is actually not the most costly of the family's household expenses. In fact, at an average of \$1,821/month, the highest monthly expense is for childcare. All told, when all the expenses are added up, a typical family of three would need \$82,572 in annual income in Fairfax County to afford to live comfortably there and cover all its expenses.

The federal poverty line annual income for a family of three is \$19,530. As many families experiencing homelessness are earning just above the poverty line, the amount of income needed to live without worries in Fairfax County is a long way off for them.

Still, even for low-income families and individuals experiencing homelessness, our case managers and housing locators can make a world of difference. They work to find them very affordable housing within a shrinking pool of this kind of housing. Once housed, they support them in getting a budget in place — and then we can only hope that nothing upends their budgets.

No medical emergencies. No transmission repairs on their cars used for work. No onetime spikes in their heating costs. It is a balancing act.

Burke

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LETTERS TO THE EDITOR

An Open Letter to Governor

Dear Governor McAuliffe,

When you visited our Pre-Session Round Table Luncheon in December 2013, we in the League of Women Voters were thrilled to hear you say, "I think we should do everything we can to make voting as easy as possible in Virginia."

You have kept your word, and have been a wonderful friend to voters in Virginia. We were proud to sit near the front when you announced budget money for new voting equipment, at your press conference in Virginia Beach - and to lobby for that budget line.

Now a bill has been passed by both houses, requiring citizens who apply for absentee ballots to include a photocopy of their valid photo ID. There is no real purpose to this bill, beyond making it harder to vote– because registrars have no photo with which to compare the mailed copy.

This measure would have especially harsh effects on the old, the poor, the disabled, and the homebound–depriving them of an easy way to vote if traveling presents a challenge.

board and registrar associationsoppose this bill. The League stood with them to lobby against this suppressive measure. And now we

veto House Bill 1318!

COMMENTARY

We are counting on your strong promise to defend voters in Virginia. Thank you again for all you do for citizens.

Anne Sterling

President, League of Women Voters of Virginia

Bully Bikers

To the Editor:

I'd like to share some comments about our wonderful town (Vienna) and the surrounding communities regarding bicycle riders. As a point of reference, I love to ride my bicycle, a Trek Hybrid that is perfect for the trails and the W&OD. I ride at least once a week and get in approximately 20 miles to get my exercise in and just general enjoyment.

My point here is that I recognize and appreciate all bikers and what they are doing as fun and exercise.

However, I witnessed yesterday an incident that is indicative of the increasing "bully" population of many bikers today. Bikers who ride in our streets designed for cars but taking aggression out on vehicles for following the motor vehicle laws when they themselves do not. A number of organizations— in- I'm not talking about just the cacluding many in the electoral sual biker but the major bikers who think they are powerful enough to keep up a 50 mile an hour ride on our streets.

I was in the parking lot of Noodles ask you, with great respect: Please and Company and Starbucks on

Maple Avenue on Sunday afternoon. A young lady driving her car in the right lane adjacent to the parking lot attempted to make a right turn (correctly) into the lot. A biker was attempting to pass her on her right side and he nearly clipped her. He started screaming and yelling at the young woman and then started hitting and kicking her car. She was terrified.

His obscenities and aggression was so horrific that it attracted numerous people.

As the young lady pulled into the parking lot the biker came to chase her and was all set to start yelling and screaming at her for "her fault" of hitting him. I intervened and stopped his aggressive approach and then he started taking it out on me! He saw my license plate as a Marine Corp's vanity plate and told me I was a disgrace to the Corps! He wanted a fight. That is all there is to it.

When is the Vienna Police department going to start ticketing these aggressive bikers who are driving on our roads but are not driving within the laws enacted for our roads? Also, what about "aggressive bicycle driver" behavior of these bully bikers? Can we do something about them as well?

> Sean DuGuay Vienna

Money Talks

To the Editor:

I must say I agree wholeheart-

edly with the "ugly" segment of your article that summarizes the end of the Virginia General Assembly (Editorial, "Good, Bad and Ugly: A look at recently ended session of the Virginia General Assembly," Connection, March 4-10, 2015). It seems as though lobbying and payoffs are far too common an occurrence in politics these days. This makes me question the legitimacy of our representatives, not to mention the government as a whole. When corporations fund a representative to a far greater degree than the majority of the public could donate during a campaign, wouldn't it be safe to assume that the money comes with multiple strings attached?

It comes with a price, that price presumably being an unwavering loyalty that disregards public opinion entirely. I see it almost as blackmail, "you put through policies that favor our business practices, the money keeps flowing and you get to stay in office."

Nowadays your bank account is your mouth, and if you don't have the money then your mouth is sewn shut. This is classism in a nutshell, and if we want to be true to democratic process, then there is no place for lobbying practices in the people's government. Oh wait I forgot, corporations are people too right?

Christopher S. Fenwick

McLean

OPINION

The World Comes to Fairfax

World Police & Fire to be held in Fairfax County this summer.

BY JOHN C. COOK Supervisor (R-Braddock District)

rom June 26 to July 5, Fairfax County will host the 16th World Police & Fire Games. This international event—one of the largest of its kind-will attract between 15,000 to 30,000 visitors from all over the world, and will feature over 12,000 police officers, firefighters, customs, and correction officers competing in over 65 different sporting events.

For those competing this summer, the World Police & Fire Games is a tremendous honor, with over 70 countries represented. These brave men and women, who dedicate their lives to serving their communities around the world, will have the opportunity to showcase their athletic abilities in arenas, fields, and stadiums across Northern Virginia.

The World Police & Fire Games will provide members of the county a chance to personally honor these public safety officers by volunteering to help out at the Games. The Games require 4,000 volunteers and a variety of different volunteer positions still need to be filled.

Volunteer opportunities include acting as Games Ambassadors by sharing information with guests regarding event times, being a part of the Registration Team by helping to register each of the participants, or joining the Field of Play and Games Administra-

tion Team to help set up and tear down the sports events. Additionally, Games Village Team members are needed to ensure that all visitors have a wonderful experience, Ceremonies Team members are

> needed to assist in running the celebrations, and Transportation Team members are needed to provide logistical assistance. In order to ensure the health and safety of the athletes, visitors, and the staff, medical professional volunteers are also vital. I urge you to volunteer to help make these Games a huge success. If you would like to register to volunteer, or if you are looking for more information, please visit http:// fairfax2015.com/volunteer.

The Games will provide a boost to the county's tourism industry and advance economic development throughout the region, placing Fairfax County among other prestigious host cities such as Melbourne, Stockholm, Barcelona and Belfast. In fact, several of the events will even be held right in Braddock District including locations like George Mason University, Northern Virginia Community College, Robinson Secondary School, and Wakefield Park, For those looking for more information, the World Police & Fire Games will be the focus of the Braddock Neighborhood News this month, which airs on Channel 16 on Sundays at 5 p.m., Wednesdays at 7 p.m., and Fridays at 5 p.m.

The World Police & Fire Games not only provide us an opportunity to recognize and support thousands of brave men and women who serve us on a daily basis, but they also offer us an avenue to show the world what those living here already know: that Fairfax County is a wonderful place to live, work, and visit. I hope you all take advantage of the spectacular events coming our way this June, and consider lending a hand as a Games volunteer.



LETTERS TO THE EDITOR

Fair and Humane To the Editor,

I completely agree that there should be better management of mental illnesses in jail (Editorial, "Managing Mental Illness in Jails," Connection, February 25-March 3, 2015).

This is a common pattern that many people are unaware of or simply don't care about because of the stigma that comes with those imprisoned.

It is common to assume that because someone is imprisoned, they are undoubtedly "evil." Since substance abuse and mental illnesses are common patterns among prisoners, more awareness should be spread on this issue so that treatment can be improved.

If people who are not imprisoned can receive support and treatment for their addictions and illnesses, then prisoners should receive the same opportunities. It is not fair to deny people access to these re-tally ill. I hope that our society will sources just because of what soon realize this so that action will they've done in the past. In fact, receiving this treatment could improve their quality of life and possibly keep them from future crimi-

nal activities. Despite what they have done in the past, criminals deserve fair and humane treatment just as any other human does. Along with humane treatment comes effective treatment, involving proper support and resources for those suffering from addictions and mental illnesses. Natasha McKenna obviously did not receive humane or effective treatment, as she was suffering from severe mental treatment and was punished to the point of death for it rather than receiving adequate and proper treatment. Her situation could have easily been avoided if there was better management of mental illnesses in her jail facility. Perhaps she would not have been so combative or aggressive if she had received adequate care. Enclosing people in restrictive jail cells is not an effective response to mental illnesses, as we have learned in the past from asylums and other inappropriate "hospitals" for the menbe taken.

> Victoria Lamb Reston

Helping Mentally Ill

To the Editor:

I would like to discuss the article "Managing Mental Illness in Jails" (Connection, February 25-March 3, 2015). I think that the mention of the mentally ill woman, Natasha McKenna, demonstrated an important issue in our society today. That issue is the prevalence of mental illness and how it is present in individuals but ends up affecting the larger society. This is because some people may see this as just one woman who had a history of mental illness, but fail to understand what may have contributed to her illness and the illness of others. I believe that we should look to the prison system, which is so widespread in our nation and question the effect prison has on people. Also, we should look at how we view mentally ill people. Do we just ignore them or do we actually try to help them so they don't end up in these harsh prison environments?

> Steven Koskulitz Herndon

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Singing: RJ Pratt, Sarah Miller, Josh Lee. In background is Samantha Rutherford.



Madeline Dozier, Michael McCabe, Sarah Miller, Colin Diggs, Katie Frost.

'Mary Poppins' at Burke Presbyterian

ore than 50 junior and senior high school youth from Burke Presbyterian Church (BPC) presented the musical "Mary Poppins" on March 6-8. The church, transformed by more than 26 handpainted panels into early 20th century London, was packed for each of the four performances.

Cameron Mackintosh's stage version melds songs and story lines from the Disney movie and P.L. Travers' books, so guests hummed along to old favorites including "A Spoonful of Sugar" and less familiar songs, such as "Practically Perfect."

Burke Presbyterian has been producing youth musicals since 1997; the church never charges for admission, although donations are accepted to help cover expenses and youth mission trips.

"The youth always dazzle the crowds with their talent," said Mary Poppins Producer Ashley Uttler. "BPC musicals welcome all youth who wish to participate. No one is



PHOTOS BY SUSAN CARTER

More than 50 youth from Burke Presbyterian Church presented the musical "Mary Poppins" on March 6-8.

ever turned away."

The majority of the youth in the show attend Robinson and Lake Braddock Sec-

ondary Schools and West Springfield High School. Other schools represented included Frost Middle School, Herndon Middle School, Lanier Middle School, Washington Irving Middle School, and Immanuel Christian.

"You could say that Mary Poppins is a story about magic—and it is," said Burke Presbyterian co-pastor Meg Peery McLaughlin. "You could say that Mary Poppins is a story about family—and it is. ... But to put it in the language of faith, Mary Poppins is a story that plays around the edges of hope ... the kind of hope that believes we can in fact change. And Easter is at its core a story about hope."

Burke Presbyterian welcomes all during its Holy Week celebrations, which include Palm Sunday (March 29, 8:30 and 11 a.m.); Lenten Quiet Day, when visitors are invited to walk the church's Labyrinth (March 31, 8 a.m. to 8 p.m.); Maundy Thursday (April 2, 7:30 p.m.); Good Friday (April 3, 7:30 p.m.); and Easter (April 5, 8:30, 10, and 11:30 a.m.).

— Kim Douglass Marin



(Leaning over bird cage) Sarah Miller, Colin Diggs, Katie Frost.



(Chimney sweepers) Hunter Thomas, Jordan Koontz, Isabel Tashima, Amy Grupenhagen, Josh Lee.

News



Photos courtesy of Burke Racquet & Swim Club

Personal trainer Patty Jarrett (right) prepares to check a club member's blood pressure and body fat index at the Burke Racquet & Swim Club's 25th Anniversary open house and fitness fair.

Burke Racquet & Swim Club Celebrates 30 Years with Fitness Fair

Lynnda Gendron of Burke has worked at the Burke Racquet & Swim Club for 27 of its 30 years of operation. Currently fitness director at the club, she's seen the club grow structurally along the way, adding spaces for a nursery and more cardiovascular machines, along with changing the way she and other instructors teach group fitness classes.

But for the little exercise "oasis" tucked behind a Giant grocery store and Kaiser Permanente facility off Burke Commons Road, Gendron believes the club has lasted three decades because of what it hasn't changed.

"We're more of a personal place to come into," she said. "We make a special effort to know everybody. And the people that work here are very professional; the ones heading the departments that know what they're doing."

In a market that's becoming saturated with larger facilities, Gendron said their approach is becoming more niche. "There are wonderful places around," she said. "But is that us? No. We try to do what we do our best job at,

'S WITH FITHESS FAIR what's best for our population."

To celebrate its pearl anniversary, the club is hosting an open house, fitness fair and blood drive on March 14 from 8 a.m. until 2 p.m.

Drop-in classes spanning Ball Fusion, Zumba and Yoga run every half-hour beginning at 8 until 12:30. The blood drive, which honors Burke resident and cancer survivor Sadie Lauer, lasts from 8 a.m. to 12 p.m. and allows walkins.

Between 9 a.m. and 12 p.m. visitors will have the opportunity to interact with a wide range of health professionals, 13 in total, covering everything from vision and foot screenings to nutrition, skin care and massage.

The club's indoor rockwall and Xergym will be open from 11 a.m. until 2 p.m.

Burke Racquet & Swim Club is located at 6001 Burke Commons Road in Burke. For more information on classes and the schedule for the open house, call 703-250-1299.

—Тім Peterson



Podiatrist Dr. Kenneth Wilhelm (left) of the Clifton Foot and Ankle Center screens fitness instructor Brenda Johnson (right) at the Burke Racquet & Swim Club's 25th Anniversary open house and fitness fair.

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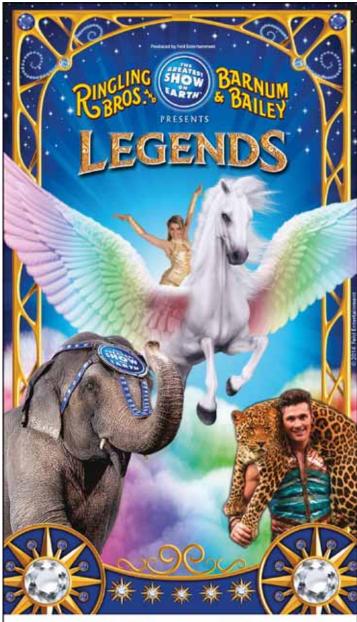
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ENTERTAINMENT

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THURSDAY-SUNDAY/MARCH 12-14

"Doubt: A Parable." 7:30 p.m. Old Town Village, 3950 University Drive, Fairfax. Tickets are \$17 in advance. Remaining seats, if available, will be \$20 at the door, one hour prior to performance times. Free parking is available. The production runs approximately 90 minutes, and a brief, talk-back session with the actors and directors will follow each performance. Buy tickets at: http://fairfaxcitytheatre.ticketleap.com/ doubt-a-parable/.

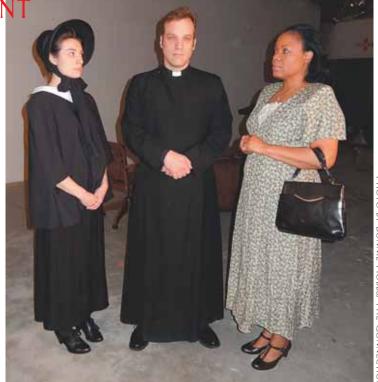
SATURDAY/MARCH 14

Burke Racquet & Swim Club's 30th Birthday Celebration with Health Fair & Inova Blood Drive. Blood drive: 8 a.m. - 12 p.m. Health Fair: 9 a.m. -12 p.m. 6001 Burke Commons Rd., Burke. Come and visit with your local doctors and health presenters. Free morning exercise classes, seated massages, rock climbing and more. You can even save a life by donating blood.

Annual Talent Hunt Competition

at Robert E. Lee High School, 6540 Franconia Rd., Springfield, 1—4 p.m organized by men of Omega Psi Phi Fraternity Inc., Psi Alpha Alpha and Eta Delta Delta Chapters of Fairfax County, in conjunction with P.A.A.M.A.S. Social Organization of Lee High School. Students exhibit their talents and share gifts of musical disciplines, oratorical delivery and visual artistic interpretations with family, friends

SEE CALENDAR, PAGE 11



Uncertainty about whether a priest committed a crime is at the heart of "Doubt: A Parable," the play being presented by the City of Fairfax Theatre Company. Show times are March 12-15, at 3950 University Drive, Fairfax. Thursday, Friday and Saturday performances begin at 7:30 p.m.; Sunday, 2 p.m. Tickets are \$17 in advance; any remaining seats will be \$20 at the door. Free parking is available, and a brief "talk- back" session with the actors and directors follows each performance. Buy tickets at: http://fairfaxcitytheatre.ticketleap.com/ doubt-a-parable/. In photo, from left: Anna Fagan, Chris Andersen and Brenda Parker rehearse a scene.

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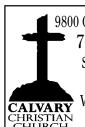
March 29 - Palm Sunday worship at 8:15, 9:30, and 11:00 am April 2 - Holy Thursday service at 7:30 pm April 3 - Good Friday service at 7:30 pm April 4 - Easter Egg Hunt at 10 am

April 5 - Easter Sunday Celebration at 8:00, 9:30, and 11 am

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CALENDAR

From Page 10 and community.

History Symposium: Food in America. 9

a.m.-3 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. American cuisine, like the nation itself, is a melting pot. Explore historical influences on the American dinner table through lectures, exhibits and living history. Distinguished guest speakers discuss the influence of African food traditions, European culinary techniques, innovations in food technology and more on America's palate. Lunch included. Call site for vegetarian request. \$75. Register online at www.fairfaxcounty.gov/ parks/greenspring using code 290 183 3101 or call 703-642-5173.

The Male Chorus Annual Fundraiser, with a free Gospel Concert and Dinner Sale at Greater Little Zion Baptist Church, 10185 Zion Drive, Fairfax: 2-4 p.m. Dinner Sale; 4:30-6:30 p.m. Gospel Concert, featuring Minister Isaac Howard and the Combined Gospel Chorus, along with the Zion Inspirational Choir of Greater Little Zion. Dinners \$12, Concert - free (Love Offerings will be accepted). Call 703-764-9111

to place advance orders. **Fairfax City Regional Library Book Sale.** 10 a.m. - 3 p.m. 10360 North Street, Fairfax. Thousands of gently-read books and non-book media organized into categories including picture books, early readers, nonfiction, holiday, chapter books and more. \$.25-\$2.00. Some specials \$3 and \$4.

2nd Saturday Art Walk. Workhouse Arts Center, 9518 Workhouse Way, Lorton. The 2nd Saturday Art Walk at the Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue, creating an atmosphere that encourages visitors to immerse themselves in the richness of this creative community.

"Landscapes, Dancers & Other Things I See" Exhibit. 6-9 p.m. The Workhouse Arts Center, 9601 Ox Rd., Lorton. Glenn Cook will be on hand to talk about his work at the opening reception on. A freelance writer and editor whose work has been featured in local, regional and national publications, Cook's interest in making art from the ordinary, mundane aspects of life started as a tribute to his late father, a visual artist who died in 2007.

SUNDAY/MARCH 15

Floral Design Workshop: Catch the Irish

Spirit. 2:30-4 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Irish or not, you can enjoy the spirit of the day. Floral design instructor Chuck Mason helps you create an arrangement with an Irish spirit using decorative greens and flowers. \$38 plus \$25 supply fee. Register for both the program and workshop supply fee. Register at www.fairfaxcounty.gov/ parks/greenspring using code 290 188 4601 for the program and code 290 188 4602 for the supply fee or call 703-642-5173.

Model Trains Running. 11200 Fairfax Station Road in Fairfax Station. The Northern Virginia

NTRAK group will have running N Gauge Model trains at the Fairfax Station Railroad Museum. Admission: Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and over, \$4. www.fairfax-station.org, 703-425-

THURSDAY/MARCH 19

Fashion Show Luncheon & Marketplace

Fundraiser. 10 a.m. . Church of the Good Shepherd, 9350 Braddock Road, Burke. At 10 a.m. to noon, attendees are invited to shop at the spring marketplace where local vendors will sell their products, with a percentage of proceeds going to SCFB. Starting at noon, there will be a fashion show by Draper's & Damon of Fairfax and special luncheon, along with door prizes, raffles and coupons. For reservations, call Faye Quesenberry, 703-620-0161, by March 12. The cost is \$25; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit www.scfbva.org for more information.

THURSDAY-SUNDAY/MARCH 19-21

Friends of the Burke Centre Library Spring **Used Book Sale.** Thursday: 1 - 9 p.m. Friday: 10 a.m. - 6 p.m. Saturday: 10 a.m. - 5 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Thousands of books to look through

covering every genre of interest plus DVDs and CDs that have been donated. Proceeds benefit programming at Burke Centre Library and collection enhancement for the Fairfax County Library system.

FRIDAY/MARCH 20

Garden Talks with Master Gardeners:

Composting. 1:30-2:30 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Don't drag your garden and yard waste out to the curb week after week. Learn how to turn it into compost or black gold.

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SATURDAY/MARCH 21

Appraisal Event. 10 a.m.-12:30 p.m. Stacy C. Sherwood Center, 3740 Old Lee Highway, Fairfax. Find out what your items are worth, come get your items appraised by professionals. \$5 admission, \$5 for each appraisal. Limit 3 items. Proceeds go to City of Fairfax Senior Center.

SUNDAY/MARCH 22

Hands On Modeling Day at The Fairfax

Station Railroad Museum, 1-4 p.m. Visitors will be able to participate in hands on modeling activities and in the basics of artifact restoration. In addition, they will see demonstrations of common office items used at the Station in the early 1900s. 11200 Fairfax Station Road in Fairfax Station. Admission is free to Museum Members and children 4 and under; \$2 children 5-15 and \$4 adults 16 and over. www.fairfaxstation.org, 703-425-9225.

SUNDAY/MARCH 29

Arts and Crafts Day at the Fairfax Station

Railroad Museum, 1-4 p.m. Suitable for all ages involving the themes of the Museum - Railroading, the Civil War and local history. 11200 Fairfax Station Road in Fairfax Station. Admission is free to Museum members and children 4 and under; \$2 children 5-15 and \$4 adults 16 and older. www.fairfax-station.org, 703-425-9225.

Bulletin Board

Center Parkway, Fairfax - Conference Room

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.

FRIDAY/MARCH 13

Tax Relief Workshop. 10 a.m.-2 p.m. Providence Community Center, 3001 Vaden Drive, Fairfax. Real estate tax relief is available for older adults and people with disabilities who meet certain qualifications; you may also be eligible for car tax relief and tax relief for renters. Hosted by Supervisor Linda Smyth, Free, 703-560-6946.

SATURDAY/MARCH 14

Chairman Bulova's Community Dialogue on the Budget. Fairfax County Government Center, 12000 Government

9/10, 2:30 p.m. **Speak Up for a Child.** 11 a.m. - noon.

Fairfax CASA office, 4103 Chain Bridge Rd., Suite 200, Fairfax. Fairfax Court Appointed Special Advocates (CASA) is hosting an information session. If you would like to learn more about advocating for abused or neglected children, please call 703-273-3526, x22 or email ekosarin@casafairfax.org for more information.

TUESDAY/MARCH 17

Tax Relief Workshop. 10 a.m.-1 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Real estate tax relief is available for older adults and people with disabilities who meet certain qualifications; you may also be eligible for car tax relief and tax relief for renters. Hosted by Supervisor John Cook. Free. 703-425-9300.

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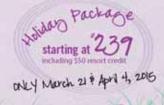
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Fairfax Gymnast Barborek Wins State All-Around Title

Senior takes advantage of second chance, wins as alternate.

> By Jon Roetman The Connection

airfax gymnast Rachel Barborek thought her year-long dream of winning a state all-around championship was dead following the 6A North region meet on Feb. 11.

Barborek finished outside of the top four in the all-around standings and failed to earn a state berth. Nearly a month later, however, a text message from head coach Marissa Gaines informed Barborek she had received a second chance.

Barborek learned on Friday, March 6 that she would compete as an alternate in the state all-around competition. Two days later, the senior made the most of her opportunity.

Barborek won the all-around championship at the VHSL individual state meet on Sunday, March 8 at Patriot High School. She produced a score of 38.7, finishing ahead of Hickory's Haley Cole (38.3), Marshall's Morgan Stahl (37.625), Cox's Mary Munitz (37.35) and Washington-Lee's Sophie Hatcher (37.325).

Barborek became just the second Fairfax County gymnast to win the state all-around title since 2002, and the first since Herndon's Maria Hayden accomplished the feat in 2010.

Barborek's stellar performance included three event titles — bars (9.825), floor (9.675) and beam (9.65).

"I was just so excited," Barborek said after the meet, "that I got a second chance."

Barborek's year-long journey to a state championship began at the 2014 state meet. After watching Great Bridge gymnast Courtney Adams step onto the medal stand and accept the all-around title, Barborek, then a junior, vowed to be No. 1 the following year.

"I remember last year watching the girl who won all-around at states," Barborek said, "just watching her go on the podium and I was saying, 'I want that to be me next year."

The thought of an all-around title kept Barborek motivated during training. When her senior season arrived, the former Level 10 club gymnast was impressive. She crushed the competition during the final home meet of her high school career, when she produced an all-around score of 38.325. She also finished first in the all-around at Washington-Lee's Barbara Reinwald Invitational.

At the Conference 6 meet on Feb. 2, Barborek won the beam championship and earned a regional all-around berth. But nine days later, with Barborek needing to qualify just once more to earn a trip to states, she stumbled during the 6A North region meet



Fairfax gymnast Rachel Barborek won the bars state championship (9.825) on March 8 at Patriot High School. Barborek's stellar performance included two other event titles — floor (9.675) and beam (9.65).

"I was just so

excited that I got a

Rachel Barborek

second chance."

at Lake Braddock Secondary School.

Barborek fell during her beam routine and earned a less-than-stellar score of 8.475. Her bars routine went well until the end, when a "mental block" led to Barborek hanging on too long before her dismount. She finished with a score of 8.775.

At the end of the competition, Barborek

had won a regional floor title and qualified for states in three events. However, she placed fifth in the all-around, and only the top four advanced to

Her year-long goal of winning an all-around state title had seemingly come to an end.

"She worked really hard and she was really, really disappointed after regionals," said Barborek's mother, Susan Barborek, a Fairfax assistant coach and former gymnast at the University of Michigan. "It was the

worst meet of her life."

The individual state meet, originally scheduled for Feb. 21, was postponed three times due to inclement weather concerns. During the delay, Yorktown freshman Bella Kane, who placed second in the all-around at regionals and earned a state berth, suffered a knee injury during a club meet. The

injury kept Kane from competing at states and opened the door for Barborek to compete in the all-around as an alternate.

After Gaines was notified, she sent a text message to Barborek and her mother on Friday night, roughly 40 hours before

the competition, to inform them of the senior's all-around opportunity. While Barborek was excited, she now faced the challenge of going through her beam routine, which she hadn't practice for three weeks after failing to qualify at regionals. Barborek practiced on a balance beam for one hour on Saturday before competing at states the following day.

During warmups on Sunday, Barborek could sense the possibility of something special happening.

"I had a pretty good vault warmup — it was OK — and then I went to bars and I had a really good bar warmup and I was like, it's going to be a good day," Barborek said. "I could just tell from the beginning."

Gymnasts from the 6A North region started on vault, and Barborek produced a score of 9.55, which would place her in a tie for 10th.

After vault, it was on to bars, the event during which Barborek ran into a mental block at regionals and failed to let go when she was supposed to dismount. On this day, however, the Fairfax senior nailed her routine and produced the top score of the day in any event — 9.825.

Susan Barborek celebrated by jumping in the air and hugging her daughter after Barborek landed her dismount.

"Were you at regionals?" Susan Barborek asked a reporter when talking about her celebration. "She didn't let go of the bar. So, yes, I was happy that she let go of the bar. ... I was just happy that she did what she is capable of doing."

From there, it was on to beam, the event Barborek had practiced once in three weeks. Lack of practice did not hinder her performance, however, as Barborek earned a 9.65, which held on as the event's top score.

At that point, with three strong performances in the bag and Barborek's best event — floor — remaining, a championship seemed like a possibility to Barborek and her mother.

"... I realized, you've hit three events and floor is your best," Susan Barborek said. "I was like, I know what you can do on floor, so I was feeling somewhat confident."

Barborek finished strong, scoring 9.675 on floor, which gave her three event championships and secured the all-around title.

"It's amazing, but it doesn't surprise me, just knowing how much of a hard worker she is and how dedicated [she is] and how much she wanted it," Gaines said. "I knew she would fight for it."

With the competition having ended, Barborek would make four trips to the top of the medal stand.

"I was very happy for Rachel," Hayfield gymnast Molly Overstreet wrote in an email. "I knew from the beginning that she deserved it and that she could win the allaround."

After receiving first-place medals for bars, beam and floor, Barborek's final trip to the top of the medal stand completed her yearlong goal of winning the state all-around title

It required a second chance, but Barborek made the most of her opportunity.

"I couldn't ask for a better state meet or a way to end the season," Barborek said. "... The whole year I was just training, thinking I want to win states [in the] all-around. When I won, it's just unreal. I was so happy."

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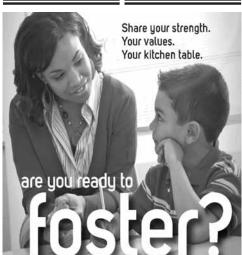
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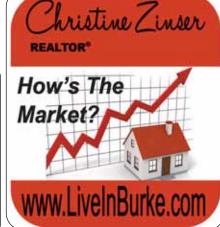
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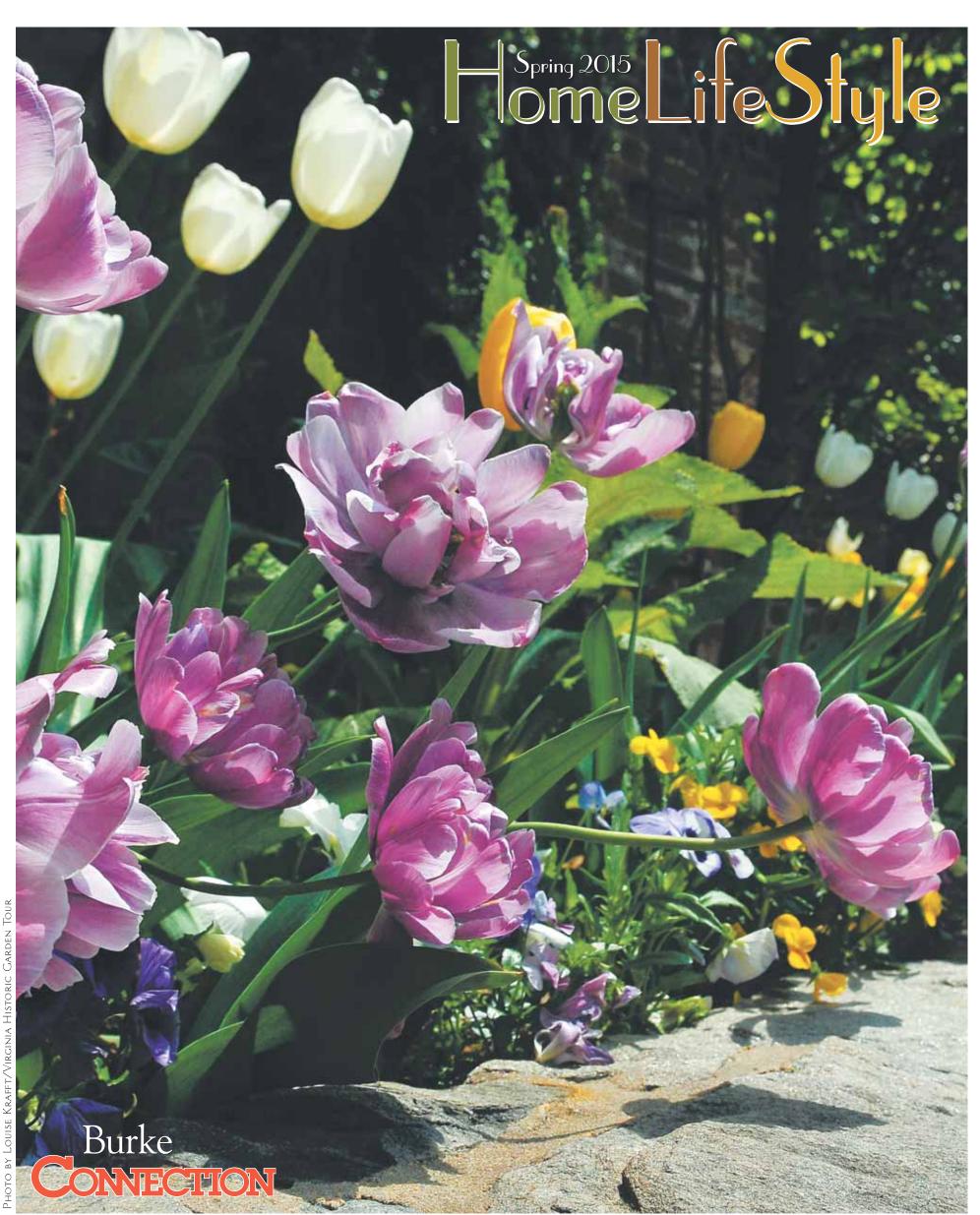
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HomeLifeStyle

His and Hers: Special Spaces

By John Byrd

n the face of it, adding a twolevel structure to a 30-yearold brick house is not especially difficult. Essentially, Vienna homeowners Al Dobson and his wife Joan Davanzo each have a pet project — a spacious first level garage to house sport cars, motorcycles and '60s rock for him; a lovely sunroom comprised of floor-to-ceiling window walls for her.

Knock out the existing screen porch; slightly expand the footprint for the garage; sun room goes on top embracing the rear deck and pool; and, Bingo, it's done.

Yet as anyone who has lived in the Fairfax County for a while knows, no project is without complications, and add to this the problems of a sloping grade, set-back restrictions, strict rules on structures with lots of glass and the owner's desire to preserve all the surrounding trees, and suddenly there are the makings of an intricate engineering challenge.

"County rules on glass in new construction have been in place for over a decade,"



Al Dobson and his new spacious garage to house his sports car, motorcycles and '60s rock memorabilia.

PHOTO CONTRIBUTED

Below, the sun porch emphasizes views. Extra large windows are insulated and wind-resistant.

said David Foster, president of Foster Remodeling Solutions, the contractor the couple hired to execute the project.

"Our dogs can even look out the windows," Joan Davanzo said. "The design gives us a really a stunning view in all directions."

For Al Dobson, the favored hang-out now is his "man cave" garage which houses a Corvette, his Italian motorcycle and a sound system that plays choice sounds of the '50s and '60s. A racing enthusiast who participates in time trials at Summit Point, Dobson wanted a room that speaks to his passion for motor sports. Underfoot, an iconic checkerboard pattern set the tone for a private retreat decorated with '60s movie posters and other period memorabilia.

"It's a really peaceful spot to just relax," Dobson said. "That's what this process was always for, so I'm glad we pursued it."



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HomeLifeStyle

Spring Pop for the Real Estate Market?

Agents again optimistic for a strong spring

By Tim Peterson The Connection

ust like last year, real estate agent Ron Kowalski is optimistic coming out of the winter doldrums. He runs Ron Kowalski Real Estate Group with Keller Williams Capital Properties, covering Lorton, Fairfax Station and Springfield.

"Expectations are again high for the spring market," he said. That's due in part to mortgage interest rates being attractively low, just like last year. "The rates haven't gone up, as we all thought."

Interest rates for a 30-year fixed mortgage, both nationally and in Virginia, weren't quite as low in April 2014 (4.1-4.2 percent) as the year before (3.3 percent), according to the online real estate database Zillow. But with the economy gradually recovering, agents were feeling a surge com-

In 2014, "the year started off strong until we got up to about July and August," said Rex Reiley, with RE/MAX Allegiance in the Mount Vernon area, "when things started to taper off a bit."

Agents were also anticipating a raise in rates, but that didn't happen. And now, the national and state interest rates are currently hovering around 3.8 percent for a 30year fixed mortgage with a credit rating of 740 to 850 according to Zillow.

Though rates have dipped somewhat from a year ago, prices and available inventory have grown.

In the past year, Fairfax County has seen the average selling price of homes rise from \$491,144 to \$526,786 (a 7.3 percent increase) versus the Mid Atlantic Region average increase of 3.2 percent. Over the same period the number of active listings in the county increased from 1,634 to 2,198 (a 34.5 percent increase over last January). (Source: RealEstate Business Intelligence)

With the spring 2015 market preparing to bloom, agents are hopeful the low rates and available inventory will motivate more buyers and sellers to get off the fence and into the arena. Particularly because it's unclear when rates might rise again.

"People don't want to wait," said Pattie Mancini, whose coverage area with Avery-Hess Realtors includes Springfield. She said her office has been hitting sales goals for the first time in over a year. "With prices going up, and interest rates might be going up, this is the perfect storm."

Mancini said she's seeing more Properties in Burke could use more sellers 'millennials" coming into the market in Springfield, and finding more houses available from from older individuals who had been holding out while the market was worse over the last five years.

"The millennials are getting older," she said, "seeing it's not such a bad idea, and



Photo courtesy of Pattie Mancini

5409 Yorkshire St., in the Kings Park area of Springfield, listed at \$535,000.



Photo courtesy of Ron Kowalski

"The builder, McShay Communities from Springfield, is building four homes on spec since he's optimistic about the spring market in this price range (\$949,900-\$1.3M)," said Ron Kowalski, of the new McDonald Estates development in Lorton. "We even painted, decorated and staged the model home (pictured, available for \$1.25M), which is rare for a seven-home development." One active listing is 9324 Dachshund Drive, listed at \$949,900.



Rex Reilev with RE/MAX Allegiance.



Ron Kowalski of **Keller Williams** Capital.

seeing more value in a mortgage than rent." Pat Richter with Residential Preferred

putting up their property. With more people

gaining confidence in their economic sta-

bility, she said there are more buyers look-

move up market," Richter said. "Now,

people are starting to say this townhouse is

"For years, we haven't had much of a

ing to "move up" in her area.



Pat Richter of Residential Preferred.



Pattie Mancini of Avery-Hess Realtors.

too small, this single family home is too small, and want a bigger one."

With the move up market and more buyers looking to move into Burke, "It's a good time to be a buyer," she said. "But that doesn't mean prices have escalated tremendously. It's interesting because assessments all went up. Now starting April 1, we'll see prices go up a little, pricing for the spring and summer market."



8717 Falkstone Lane in Mt. Vernon Manor, Mount Vernon. "This house went on the market Feb. 25 and a contract was ratified Feb. 28th," said Rex Reiley. "There were multiple offers because this was listed at \$370,000. The interior needed to be remodeled totally and with its low price, it attracted many investors and builders who will renovate it."



PHOTO COURTESY OF REX REILEY

4505 Dolphin Lane, located in Yacht Haven, Mount Vernon, is listed at \$875,000. Its renovations include a two-floor addition on a half-acre lot.

> Fairfax County mailed its 2015 real estate assessment notices Feb. 17: 74 percent of residential properties saw an increase.

> > See Low Interest Rates, Page 7



sales@connectionnewspapers.com

HomeLifeStyle Historic Virginia in Gardens

Tour includes a rare private look at special properties in Fairfax County, Old Town Alexandria and Leesburg.

he Virginia Historic Garden Tour is an 8-day event that stretches across the Commonwealth. Each spring visitors are welcomed to over 250 of Virginia's most beautiful gardens, homes and historic landmarks. This event provides the opportunity to see unforgettable gardens at the peak of Virginia's springtime color, as well as beautiful houses sparkling with more than 2,000 flower arrangements created by Garden Club of Virginia members.

The Clifton Historic District, registered as a Virginia Historic Landmark, was a Civil War railroad stop and is filled with shops, memorable restaurants and restored homes. Clara Barton, founder of the American Red Cross, tended to soldiers after the Battle of Second Manassas at St. Mary's Church and the historic Fairfax Station, now a Railroad

A self-drive tour on April 21 features stables, vineyards, a world-class garden, Georgian-revival architecture, and a 10,000 square-foot contemporary home with a vanishing edge swimming pool - four private homes with gardens and two stables in all. Tour ticket includes a tea at the Clifton Presbyterian Church.

Tour proceeds fund the restoration and preservation of Virginia's historic gardens, and provide graduate level research fellowships for building comprehensive and ongoing records of historic gardens and landscapes in the Commonwealth, and support the mission of the Garden Club of Virginia.



PHOTO COURTESY OF GARDEN CLUB OF FAIRFAX

Nestled in an equestrian neighborhood, a 10,000 square-foot contemporary home was built in 2013 for an active family with young children. An immaculate two-stall stable is home to a beloved horse and a pony. The wife is an accomplished equestrian as evidenced by a tack room filled with trophies and ribbons.

Virginia Historic Garden Tour in **Clifton and Fairfax Station**

❖ 7014 Redlac Drive, Clifton Located in a pastoral setting with grazing horses nearby, this graceful 1987 Georgian Revival house draws its elegant inspiration from historic Williamsburg. Large rooms with arching Palladian windows overlook a formal boxwood knot garden and serene fiveacre landscape. The hardwood tree canopy shades a hillside azalea and rhododendron

garden with a bridge over a swale. Details inside include formal dining and living rooms with deep crown and base molding and regal blue and gold wallpaper. Antiques and the owners' serendipitous flea market finds abound. The foyer, with Currier and

Ives prints, leads to the living room with its 1876 grand piano. The dining room features a silver meat dome on the hunt board as well as a mahogany tea cart handmade in Honduras. The large oak table in the gour-

SEE HISTORIC GARDENS, PAGE 6

Clifton and Fairfax Station, Tuesday, April 21

This self-drive tour features stables, vinevards. a world-class garden, Georgian-revival architecture, and a 10,000 square-foot contemporary home with a vanishing edge swimming poolfour private homes with gardens and two stables in all. Tour ticket includes a tea at the Clifton Presbyterian Church. Advance Ticket Sales: \$30 at www.vagardenweek.org or email fairfaxtickets@vagardenweek.org. Visit www.gardencluboffairfax.blogspot.com for a list of local retailers selling tickets.

Old Town Alexandria Saturday, April 18

Old Town Alexandria was in 1946 the third city in the country to create a historic district to preserve its downtown. Today it has 4,000 buildings with a historic designation. The April 18 walking tour in Old Town includes five row

houses with courtyard gardens in this preserved area, and refreshments at St. Paul's Episcopal Church. In addition to the private properties featured, the tour ticket allows access to The Carlyle House Historic Park, Lee- Fendall House Museum and Garden, George Mason's Gunston Hall and George Washington's Mount Vernon Estate and Gardens. The tour is hosted by The Garden Club of Alexandria and Hunting Creek Garden Club. www.vagardenweek.org

Leesburg, Sunday and Monday, April 19-20

Council of the Colony in 1758. Most of the 11 featured tour properties are located on two historic roads, Edwards Ferry Road and Cornwall Street. The neighborhoods offer a variety of architectural styles and well established gardens. This two-day Towne and Country tour features 11 properties and coincides with the Leesburg Flower and Garden Festival, which takes place on April 18 and 19.



The self-drive garden tour in Fairfax Station and Clifton in Fairfax County features stables, vineyards, a world-class garden, Georgianrevival architecture, and a stunning 10,000 square-foot contemporary home with a vanishing edge swimming pool - four private homes with gardens and two stables in all.

4 Surke Connection Style Spring 2015

HomeLifeStyle Luxury Apartments Popping Up

Renters want resort-like amenities and access to transportation.

By Marilyn Campbell The Connection

fter a long, hard day at work, Jordan Coleman comes home to a large apartment with modern amenities, including a 24-hour concierge, ample living space, a state-of-the-art fitness center and a pool. The apartment features high-end appliances and finishes as well as an open, flowing layout and large walk-in closets.

Coleman – a lawyer and Capitol Hill staffer – shares the pricey rent with a friend. The complex is owned by Avalon, which has properties in Arlington, Fairfax, Herndon, Falls Church, Tysons Corner and Vienna, Virginia, as well as Bethesda, Maryland, and Washington.

The demand for high-end apartments in the Washington, D.C., area is high, with rents soaring over the \$7,000 mark. There are some who say the luxurious living spaces and carefree lifestyles are worth the extra money.

"There are two kinds of people who would be inclined to spend that kind of money in the luxury rental market," said David Freishtat, who teaches in the Masters in Real Estate Development program at the University of Maryland and practices law in Potomac, Md. "First there are fairly successful, young people who buddy up and share an apartment with two or three friends. They can afford to spend 35-40 percent of take home pay in housing. They don't spend much on food because they don't have a family to feed."

"Empty-nesters who've sold their homes and decided to downsize are also inclined to rent high-end apartments. If they bought their house 20-30 years ago and sold it recently, they're flush with cash," said Freishtat. "They might be looking to buy a house in Florida or Arizona where there's no income tax, but for the year and a half until they make that decision they're going to live in a nice apartment because they've always lived in a nice house so they're adaptable to those kinds of apartments."

"These buildings ... are in great neighborhoods," said Coleman. "They're new construction and the layout is like you're living in the suburbs, but with the convenience of living in the city. There are kitchens, bathrooms, living spaces are fluid and the closets are ridiculously large."

One of those neighborhoods is Reston Town Center in Reston, Va., with restaurants and shops and public transportation. A new, luxury apartment building will has 360 apartments with easy access to such a lifestyle.

At The Harrison, where rent runs from just under \$2,000 to as high as \$6,650 a month, residents are offered such amenities as a culinary demonstration kitchen; a private dining room for wine tastings; a gaming area that offers pool, shuffleboard, chess, and card tables, a massage room, a spin studio and a 24-hour gym with stateof-the-art equipment. The petfriendly property even caters to four-legged friends with a dog park and pet spa.

"People now want to simplify

their lives," said Karen A. Kossow, Vice President of Marketing, Community Realty Company, Inc. which provides leasing and management services for The Harrison.

Also at Reston Town Center is The Metropolitan, owned by Kettler, a real estate development firm based in McLean, Va., and which manages apartments throughout Northern Virginia. Residents at some of the firm's properties pay more than \$7,000 a month for features such as 17foot ceilings, floor-to-ceiling windows, wood flooring and ceramic tile bathrooms.

Kettler is also putting the finishing touches on The Acadia, a 411unit, high-rise luxury apartment building in the Metropolitan Park section of Arlington, Va., and plans to begin leasing units this spring. In October, the firm will begin construction on m.flats Crystal City. It will beKettler's sixth property in the Pentagon-Crystal City neighborhood in Arlington.

At Bent Tree in Centreville, Va., managed by Lincoln Property Company, high-end units include

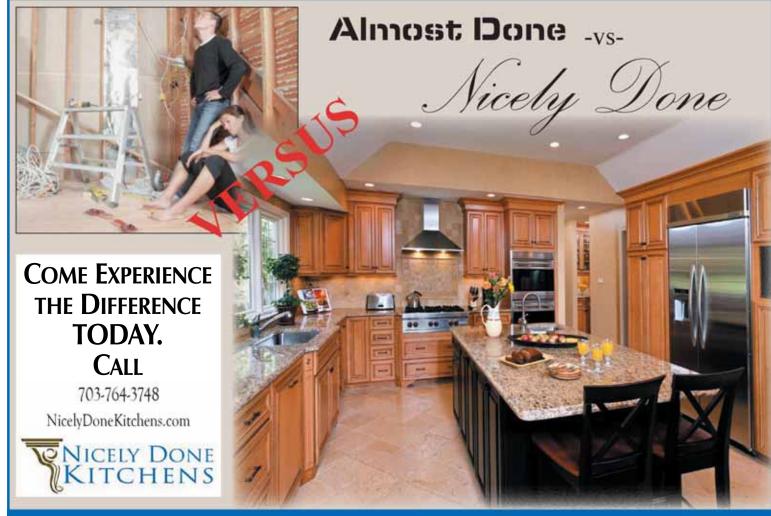


Photo courtesy of Renaissance Centro

Easy access to public transportation and close proximity to restaurants and shops attract residents to luxury apartments communities like The Harrison at Reston **Town Center in Reston.**

cathedral ceilings, walk-in closets, lighted tennis courts, racquetball courts, a resort-style swimming pool, a cyber café, a fitness center, bike trails, barbeque and picnic areas and a spacious club house where people can hang out. Proximity to transportation is another bonus, said Jeremy

Feldman of Bent Tree. "You have the Fairfax Connector and we're near the Metro'



Custom Kitchen & Bath Design, Remodeling and Project Management Visit Our Showroom at 8934 Burke Lake Rd. in Kings Park Shopping Center Hours: 9:30 am - 6 pm Mon.-Fri.; 10 am - 3 pm Sat.

HomeLifeStyle Historic Virginia in Gardens chandeliers and

From Page 4

met kitchen is the perfect place to cook and share family meals. The bedrooms upstairs are filled with vintage linens and family heirlooms including the family's first-communion dress, and are connected by a central library furnished with an antique parlor set. Balconies overlook a shaded flagstone patio and swimming pool. The lower level contains a recreational area and bar with generous wine racks. An additional guest room and bath with a separate entrance completes the home's amenities for gracious entertaining. Dennis and Cyndy Patrick, owners.

❖ 7810 Willowbrook Road, Fairfax Station Nestled in an equestrian neighborhood, this 10,000-square-foot contemporary home was built in 2013 for an active family with young children on the site of their previous house. A handsome entrance of stone, leaded glass and ironwork leads to a spectacular open-plan living, dining and kitchen area designed by the fun-loving owners with year-round entertaining in mind. The kitchen has mosaic tile backsplashes, a walk-through pantry with etched glass doors and double granite-topped islands where everyone can join the fun cooking and baking. The living area contains a double fireplace and a backlit onyx bar. Large doors open to a long covered veranda fitted with retractable screens where family and friends enjoy dining outside during warm months overlooking the infinity-edge swimming pool. Other thoughtful details include an elevator, a home gymnasium and a separate garage for the children's bikes and toys. The immaculate two-stall stable on the property has attached horse trailer storage and is home to a beloved horse and a pony. The wife is an accomplished equestrian as evidenced by a tack room filled with trophies and ribbons. Local equestrians will be in the stable to answer horse-related questions. Garth and Heather Viar, owners.

* 7607 Willowbrook Road, Fairfax Station Serenity awaits visitors at this singlestory California-style property. The experience begins on the long drive that winds past a riding ring and pastures. Slate steps lead to the entrance courtyard, where a koi pond and bamboo fountain set the warm spa-like mood of this wonderful home. The house, purchased in 2003, has been completely renovated by the current owners, and has been personalized with twin studies, an open-plan kitchen with state-of-theart appliances, swirling honed grey and white granite counters and a bistro-style espresso coffee station. Clean, contemporary and connected to nature, the rooms along the back of the house each open to a series of graceful garden rooms with an entertaining deck, a yoga/meditation deck, an outdoor shower and a seating area surrounding a fire pit. Inside, visitors find delights like a glass conservatory and studio, a relaxing slate tiled guest bath with heated



Courtesy of Garden Club of Fairfax

Located in a pastoral setting with grazing horses nearby, this graceful 1987 Georgian Revival house in Clifton draws its inspiration from historic Williamsburg.

towel bar, solid cherry doors throughout, a master suite with his and hers dressing rooms and a sleek bath with heated marble floors. The eco-friendly, award-winning stable complex contains a four-stall barn, equipment storage, dry lots, round pen, composting system and pastures. Randall and Joan Onders, owners.

❖ Poplar Grove 11600 Lakewood Lane, Fairfax Station Time stands still at Poplar Grove. A curving driveway leads visitors through towering oaks and flowering cherry and plum trees to a slower, more gentle way of living. The warm cream colored Federalstyle home was built in 1964 and renovated quite literally from the ground up in 2001. The owners, one a landscape architect of world-class talent and the other a graduate

of DuPage School of Horticulture and a seventh-generation Virginian, Poplar Grove Clifton - Fairfax Station carved a paradise of 18th-century grandeur out of what had been seven overgrown acres. The owners' passion and expertise brought to life a twolevel Colonial parterre kitchen garden with boxwood topiary, oyster-shell walkways and a climbing-rose-covered chicken coop for collecting daily eggs. Nearby is a vineyard with over 400 Petit Verdot grape vines. Visit the swimming pool garden and follow a shady path that leads to the secret white garden with a pond and splashing fountain. In fact, fountains can be heard bubbling and splashing in every direction. Another fountain brings wandering guests to an alfresco dining area reminiscent of Charleston. Inside, visitors find grand moldings, sparkling

chandeliers and museum-quality artwork and antiques. This property is a must-see for antiques enthusiasts and avid garden designers alike. Master Gardeners will be available to answer questions in the gardens. Charles Prillaman and Parker Jennings, owners.

Places of Interest:

Clifton Historic District. Well preserved and easy to walk, Clifton maintains the small-town feel of the turn of the twentieth century. Most homes were built in the late 1800s or early 1900s. Adaptive reuse is evident in the homes turned into thriving shops, businesses and restaurants. A stop on Virginia Civil War Trails, most of the buildings have plaques that explain their history. Watch for the commuter trains that still pass daily at the railroad crossing. Clifton-VA.com

St. Mary of Sorrows Catholic Church, Ox Road and Fairfax Station Road. Dedicated in 1860, St. Mary's Catholic Church was built by Irish immigrants who came to work on the railroad. Here, Clara Barton nursed wounded soldiers evacuated from the Battle of Second Manassas. Still in use today, it is now a Historic District and a stop on the Virginia Civil War Trails. The cemetery grounds and grotto garden are open to the public. StMaryofSorrows.org

❖ Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Originally built in 1852, the station was used as a supply base and hospital during the Civil War. The reconstructed station is a replica of the 1903 building including its separate waiting rooms. The museum, now run by Friends of the Fairfax Station volunteers, houses Civil War and railroad memorabilia and is a site on the Virginia Civil War Trails. Free admission to the museum and to the 1968 Norfolk Western cupola model caboose on tour day to HGW ticket holders. A picnic area is available. www.fairfaxstation.org

❖ Mason Neck State Park, 7301 High Point Road, Lorton. Opened to the public in April 1985, the park is celebrating its 30th anniversary this year. On Saturday, April 25, the park will host its annual Eagle Festival, which features music, food, displays by environmental organizations, information about eagles, wildlife shows, hayrides, birding tours and activities for adults and children. In conjunction with Historic Garden Week, a spring wildflower walk Photo courtesy of The Garden Club of Fairfax 68 Fairfax County 69 Clifton - Fairfax Station through the marsh and forest on one of the park's most popular trails is featured on the day of the festival.

Note that the Alexandria tour on April 18 includes a walking tour in Old Town of five row houses with courtyard gardens in this preserved area, and refreshments at St. Paul's Episcopal Church, plus the tour ticket allows access to The Carlyle House Historic Park, Lee- Fendall House Museum and Garden, George Mason's Gunston Hall and George Washington's Mount Vernon Estate and Gardens.

HomeLifeStyle

Low Interest Rates Give Agents Optimism for Spring

From Page 3

"Assessments matter because the tax burden is increasing on homeowners in many jurisdictions, particularly Fairfax," said David Versel, senior researcher with the George Mason University Center for Regional Analysis.

Another burden on homeowners who may be waiting to enter the market is lingering insecurity over the effects of government Sequestration.

"I gear it to federal government spending," said George Mason professor of finance Gerald Hanweck. "When is that going to bottom out? When it does and they begin to spend again, then we'll see a pickup."

Rex Reiley is looking for that to happen soon, hoping that Congress signs off on a new budget and that it eliminates or reduces Sequester cutbacks. "If that happens, think we'll see a big boom, with everyone confident in their employment again."

Longer term, Hanweck is encouraged by an "upsurge in technology entrepreneurship" in Northern Virginia, as well as the development of the Inova research campus in Merrifield for attracting pharmaceuticals and biotech. But that impact on the real estate market could take years to notice, he said.

In the short term, he expects house prices in Fairfax County to fall slightly, forecasting a 2 percent drop in the median over the next few months in existing and new homes, a great opportunity for first-time

buyers who qualify for low-interest loans.

"Agents have a right to be optimistic," said Hanweck. "At same time, they'll have to work real hard to make the optimism pay off, selling about 97-98 percent of the listing price. That's going to certainly drop, it's just a matter of pricing."

In Lorton, Ron Kowalski has observed steady sales overall in the last month, about one per day for the 22079 zip code as a whole. The "move up" segment of houses priced \$500,000 to \$800,000 has lagged behind the "low end" (under \$500,000) and upper tier (\$1 million and above).

He's confident that increasing inventory coupled with the interest rates and "lenders loosening standards a little" will continue to help with affordability and drive sales into the spring, especially with first-time buyers.

But, he said more of his clients are researching properties on the internet before they meet with him. And that's having a mixed effect on whether they decide to make a move or not.

"They're getting a lot of information," he said, "but so much is filtered through what they want to look at. There are both sides to the story. People focus on the one that sold super high or low. My issue is a lot of the information is self-directed."

Kowalski doesn't mind buyers or sellers coming into the market loaded with their own data; he's just happy they're there.



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