

Giant patriotic hat balloon in City of Fairfax July Fourth parade.

Fairfax's 50th Fourth of July

NEWS, PAGE 12

Silverthorne Presents
Blueprint for Future

NEWS, PAGE 3

City of Fairfax Theatre
Company Presents
"The Music Man"

ENTERTAINMENT, PAGE 10

OPINION, PAGE 6 ♦ ENTERTAINMENT, PAGE 10 ♦ CLASSIFIED, PAGE 14

PHOTO BY BONNIE HOBBS/THE CONNECTION

Children's Science Center Celebrates One Year Since Opening

The Children's Science Center has announced a summer-long celebration of the first year of operations at the Children's Science Center Lab at Fair Oaks Mall. The Lab will be the center of STEM-TASTIC Summer of fun family learning including new exhibits, special themed activities, special events, camps, and more.

The Children's Science Center

Lab, the region's first, hands on, interactive children's science museum, opened its doors one year ago and since then has served over 49,000 visitors, including 7,000 field trip students and 1,900 birthday party guests.

The Children's Science Center Lab's STEM-TASTIC Summer is planned around three themes: Sand & Sea Life (June), Bodies in Motion (July) and STEM Olympics

(August). Each month brings special activities, guest speakers and demos aligned with these fun themes.

"We are grateful for the generous support from across the community that enables us to bring these new learning experiences to the Lab this summer, which is the perfect season for families to spend time learning together," said Nene Spivy, Executive Director.

Summer Challenge

The Children's Science Center has teamed up with AFCEA NOVA (Armed Forces Communications & Electronics Association) for a Walk, Run, Bike Challenge as part of their TransAmerica Cycle for STEM. Beginning in August, three military veterans from AFCEA NOVA will bicycle 4,200 miles across the United States while rais-

ing money to donate to the Children's Science Center.

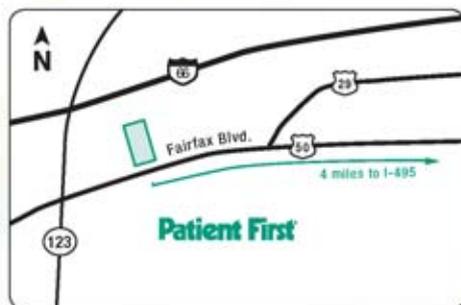
The Children's Science Center also invites the community to participate in its Walk, Run, Bike Summer Challenge, a free program offered that teaches children the importance and the science of exercise. For more information and to register to participate, visit childsci.org/summer

NOW OPEN in **FAIRFAX**

Patient First®

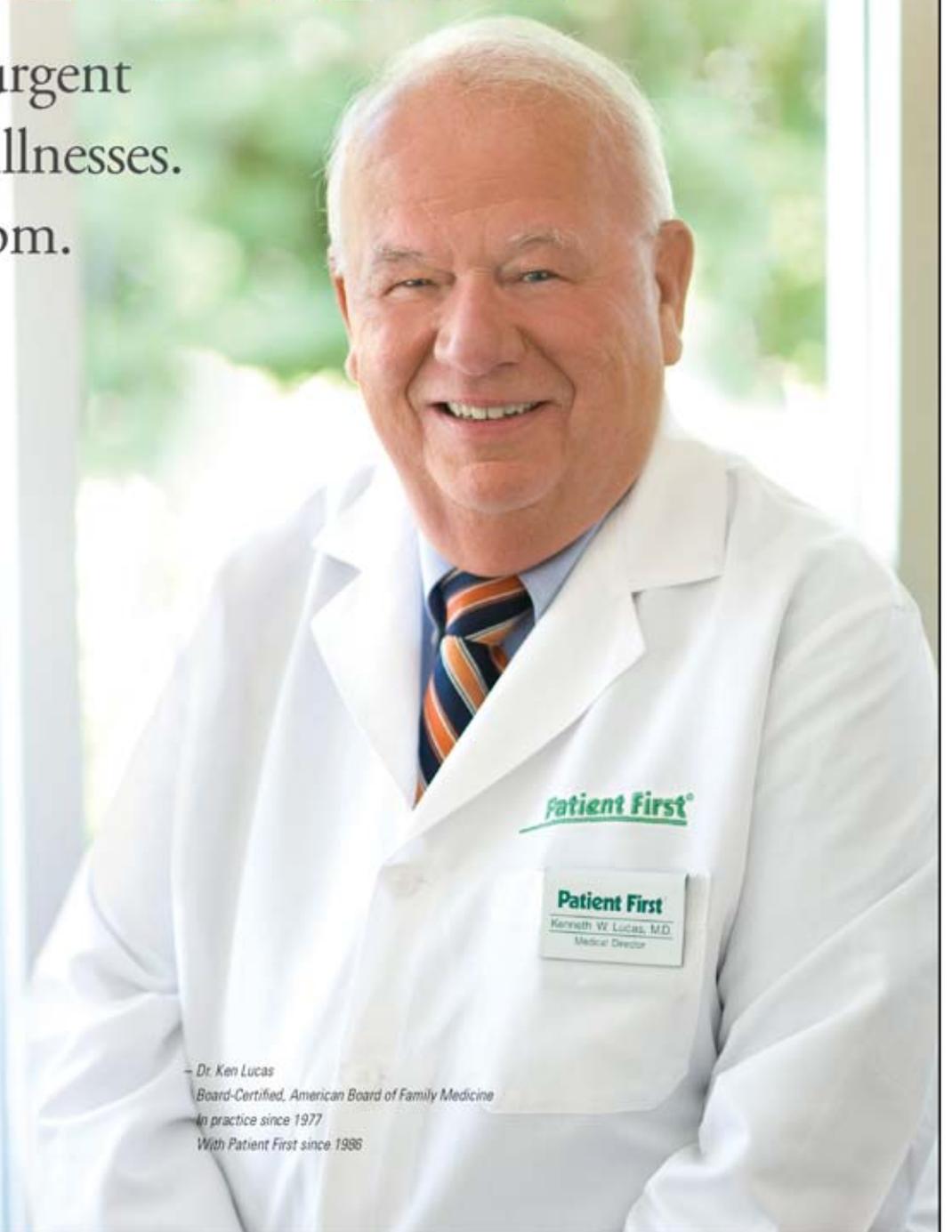
Non-appointment, walk-in urgent care for routine injuries and illnesses.
365 days a year, 8 am to 10 pm.

- Staffed by board certified physicians
- X-rays, lab tests, and prescription drugs on-site
- 65 locations in the mid-Atlantic region
- Most major insurance plans accepted – your claims filed for you
- Less costly than the ER



Fairfax
10100 Fairfax Blvd.
(703) 679-1876

prfair05/0316post



Dr. Ken Lucas
Board-Certified, American Board of Family Medicine
In practice since 1977
With Patient First since 1986

Silverthorne Presents Blueprint for Future

Mayor, City Council, School Board members sworn in.

BY BONNIE HOBBS
THE CONNECTION

In a ceremony complete with music, flags and speeches, Fairfax City's mayor, City Council and School Board were officially sworn in, last Thursday, June 30, in the Veterans Amphitheater outside City Hall.

Taking office for new, two-year terms following the May 3 election were Mayor Scott Silverthorne; City Council members Michael DeMarco, Jeff Greenfield, David Meyer, Janice Miller, Ellie Schmidt and Jon Stehle; and School Board members Jon Buttram, Carolyn Pitches, Bob Reinsel, Toby Sorensen and Mitch Sutterfield. All were incumbents, except for Stehle.

The City Police and Fire Joint Honor Guard presented the Colors, with Boy Scout Troop 1887 leading the Pledge of Allegiance. The City of Fairfax Band played the National Anthem and the "City of Fairfax March," and Charles Bicknell sang "America the Beautiful."

In his remarks to the crowd, Silverthorne – starting his third term as mayor – said how "deeply grateful and humbled" he is for the confidence the residents have placed in him.

"I can't thank our City enough for standing with me during what has been described by many as the ugliest political campaign in our history," he said. "I now have my health, I have my friends and I have a lot to do as your mayor."

He said all the Council members bring with them a "renewed sense of energy and an unwavering commitment to serve our City." And to deal with many of the most serious challenges Fairfax has faced as a community in many years, he said he and the Council must continue working with a "spirit of collegiality and mutual respect."

He then laid out a blueprint for the City's future, while explaining his goals. "The residents, business owners and visitors take great pride in our City," said Silverthorne.

"We're a special City – and we must think responsibly and thoughtfully about its future. As mayor, my top three priorities are: Strengthening our local economy, completing an overdue rewrite of our Comprehensive Plan and focusing on issues that improve quality of life for all of the City."

He noted that, over the past two years, Fairfax has begun to turn the economic corner. "Last month, the City's unemployment rate posted its strongest number in years, 2.3 percent," he said. "This represents a 47 percent drop in the City's unemployment rate in the four years I've been mayor."

But, said Silverthorne, "We cannot rest on that success. As a governing body and as proud residents, we must now think about how to ensure exceptional levels of services.



(From left) Jon Stehle, Janice Miller, Michael DeMarco, Ellie Schmidt, David Meyer and Jeff Greenfield are sworn in.



School Board members (from left) Carolyn Pitches, Mitch Sutterfield, Toby Sorensen, Jon Buttram and Bob Reinsel with their election certificates.

We must think about what kind of City we'll leave to our children and future generations; we must begin to tackle the hard questions together."

HE STRESSED that Fairfax's tax rates are among the lowest in the Washington, D.C., region. But to maintain them and support City services, he said the local business community must be bolstered.

"Our top economic development priorities must support the creation of good jobs, the development of stronger businesses and an enhanced focus on a robust, community-based economy," said Silverthorne.

"We must address the redevelopment of our aging commercial centers and continue to revitalize our historic downtown," he said.

Furthermore, he said, the City must com-

plete its Comprehensive Plan rewrite. "Through the revisions of our current zoning ordinance, we'll create opportunities to streamline City government, including a lessening of regulatory burdens for starting, expanding and doing business," said Silverthorne.

"My colleagues on the council will have many critical decisions to make regarding redevelopment, and none of them will be easy," he said. "We all love our small-town feel. Naturally, this makes all of us resistant to change. But change, if done responsibly, is not necessarily bad. Change is happening all around us; if we do nothing, we will begin to fall behind; and for our City's future health, we cannot afford that."

Noting the popularity of the Mosaic District and Fairfax Corner, Silverthorne said that, if Fairfax isn't more creative and flex-

ible about future development, it risks becoming a city of "nail salons, mattress stores and title loan companies – essentially a pass-through-city without any meaningful destinations. If [our] growth is done in a smart way; we can continue to create a sense of place for our residents and visitors with interesting and unique buildings and businesses."

He said sensible redevelopment of aging shopping centers is directly tied to maintaining a low tax rate. And, said Silverthorne, "We must either grow our economy or face cuts in services or raise taxes. I prefer to grow our economy."

He wants the Comprehensive Plan to be a vibrant, strategic planning document for the next 20 years. "This will include improving our transportation network, walkability, affordable housing and parks," said Silverthorne. "We'll work to create a sustainable, livable City. Our Planning Department staff has never been stronger; they care deeply and are as much a part of this community as you and me."

He said the City must preserve open space, protect the environment and expand residents' recreational opportunities. "The City of Fairfax must continue to be a place where people of all ages can enjoy life," said Silverthorne.

He also pledged to provide residents with two, major updates each year via a State of the City address and an annual report. The annual report will improve transparency, while communicating Fairfax's successes and failures alike. Providing meaningful and affirmative information, he explained, will spur residents and businesses to become more involved in their community and engage in civic affairs.

"I'm deeply honored to serve as your mayor," said Silverthorne. "I've often said that the City of Fairfax is rich in history with unlimited possibilities for the future. It's a City filled with pride, and that should include pride in its elected officials. It's time once again for us to get to work for you, and we couldn't be more eager to do so."

SCHOOL BOARD CHAIRMAN Toby Sorensen then spoke about her group, saying the Board members "share a love of education, in general, and [Fairfax's] four schools, in particular." She said they monitor the City's educational contract with FCPS to ensure that City students receive the same level of services as in all county schools. And they're responsible for major repairs and Capital Improvement Plans for the four school buildings the City owns.

Equally important, she said, "We aim to keep our schools neighborhood schools – places where our kids have a sense of belonging and a link to the overall community. [And] we have high school student representation on the School Board and the Parks and Recreation Advisory Board."

She said the School Board members do what they do "to ensure our children have a great education and a successful future. But we also want to make them feel like an integral part of our community."

Public Hearing CITY COUNCIL

Tuesday, July 12, 2016
at 7:00 pm
City Hall
10455 Armstrong St
Room 100

City of

ZONING REWRITE

Fairfax

The City Council is holding a public hearing to consider the draft zoning and subdivision ordinances prepared as part of the City's Zoning Rewrite process. Members of the community are encouraged to attend and provide comments.

The purpose of the Zoning Rewrite is to develop clear and user-friendly ordinances that are consistent with present-day plans and policies. The draft ordinances are available on the website below.

www.zoningfairfax.com twitter.com/ZoningFairfax

For more information, please visit our webpage listed above or contact the Community Development and Planning Department at 703.385.7930.

NEWS

Our Daily Bread Receives a \$30,000 Grant for Food Bridge Program

Fairfax-based nonprofit Our Daily Bread received a grant in the amount of \$30,000 from the Walmart Foundation's State Giving Program. The funds will go to the organization's Food Bridge Program to provide delivered food assistance to struggling families in the Fairfax County area and help Fairfax County Public Schools that partner with ODB provide weekend packs of food to children in need at their schools.

ODB Board Member Catherine Read and ODB Programs Director Christina Garris, who manages the Food Bridge Program, received the check at an award ceremony on May 26 at the Walmart Fredericksburg on Carl D. Silver Parkway. Six other nonprofits in Northern and Central Virginia also received funds at the ceremony.

Our Daily Bread's delivered food program has 60 families who reside in Fairfax County enrolled in the program at any given time, and often as many as 12 families on the waiting list to receive services.

The majority of the families have two or more children. While participating in the program, they receive a delivery of food and supplies, grocery store gift cards or a combination of assistance every two weeks for approximately four to six months.

This temporary food assistance is intended to help them maintain financial stability while they work through a crisis and get themselves back to a place where they will be able to provide for themselves.

ODB relies on local faith communities, businesses



PHOTO CONTRIBUTED

Our Daily Bread Board of Directors Member Catherine Read (second from right) and Programs Director Christina Garris (center) receive a grant check from Walmart Market Managers (from left) George Joyner, Leigh Belcher and Rodney Morrison at an award ceremony on May 26 at the Walmart Fredericksburg on Carl D. Silver Parkway.

and civic organizations to deliver the food and/or gift cards to 30 clients each Sunday, but often throughout the year there are gaps in the delivery calendar. A \$20,000 portion of the grant from Walmart will help ODB provide grocery gift cards to clients on eight Sundays where there are currently no organizations available to make the deliveries.

The remaining \$10,000 of the grant will be distributed to Fairfax County Public Schools that partner with ODB in its Food4Thought Program to provide packs of food to send home with children in need at their schools on Fridays so the children have food on the weekends.

Our Daily Bread's Executive Director Lisa Whetzel said, "The assistance that the Walmart Foundation is providing will help ease the struggle for many local families for several months, and also help children in need go back to school each week healthy and ready to learn."

More information is available at www.ODBFairfax.org.

The Richter Group

Total Real Estate Services

**14516 Kestral Ct.,
Woodbridge, VA 22193**

\$400,000

Vacant and ready for a new owner. Classic three level colonial, large tree-shaded back yard, 2-car garage, neutral throughout. HVAC new in 2013, hot water heater new in 2015, bathrooms remodeled in 2016, freshly painted, large deck off family room. Unfinished basement. Great location, close to Quantico and Fort Belvoir.

Providing Expert Real Estate Services for Over 35 Years!

Pat, Michael and Steve The Richter Group!

**Sales and Property Management
Residential Property Management
Association Management**

703-239-1234

Pat.richter@richter1.com

Residential Preferred Properties

5631-I Burke Centre Parkway, Suite I • Burke, VA 22015

AREA ROUNDUPS

10U Firebirds Announce Tryouts

The 10U Firebirds — a competitive fastpitch softball organization dedicated to teaching softball, teamwork, leadership and sportsmanship to young ladies of above-average, athletic ability — have announced open tryouts for the 2016-2017 season. The organization focuses on creating a competitive team of girls having fun while playing the game they love. The team practices year-round in Fairfax County and aims to compete at the "B" level and above.

Recent accomplishments of the team include winning the tournament championship at both the Potomac River Clash and Crown Trophy NIT, while taking home third place in the Open Division at the NSA Virginia State Tournament in Williamsburg. The team is currently practicing and preparing for a July trip to Buffalo, New York to compete in the NSA Eastern World Series.

For the 2016-2017 season, the team is looking to add experienced players with 2006 birth years, but all players will be considered. Register for tryouts and join mailing list to be informed of the latest tryout information and start times: <http://tinyurl.com/firebirds2016>

For questions, see the team website: <http://nvgsafirebirds06.shutterstock.com>, or contact Coach Ericka Burrini at: ecapra29@yahoo.com

Open practice: July 30, Tryouts: Aug. 6, both held at Wakefield Forest Elementary School, 4011 Iva Lane Fairfax.

Home of the \$6,850 Bathroom Remodel

From Now to WOW in 5 Days Guarantee

10% down
nothing until the job
is complete for the
past 17 years

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed Since 1999

Free Estimates

703-999-2928

Visit our website: www.twopoorteachers.com

OBITUARY

Carol J. Cofey, Formerly of Fairfax, Dies at 94

Carol J. Cofey (nee Johnson), 94, of Arlington, Virginia, formerly of Fairfax, died Wednesday, June 15, 2016, peacefully at her residence at Brookdale Arlington.



Carol J. Cofey

Born Feb. 18, 1922 in Moline, Illinois, Carol Louise Johnson grew up in Davenport, Iowa. She received a B.A. degree in speech from Augustana College, Rock Island, Illinois and a M.A. degree in speech pathology from Northwestern University, Evanston, Illinois.

Positions held during her professional career include speech therapist, East Aurora, Illinois schools (1941 - 1961), advertising specialist, Montgomery Ward Company, New York City (1961 - 1965), and speech and language pathologist, Falls Church Public Schools, Falls Church. (1965 - 1991).

During her teaching tenure in Falls Church she designed, organized and conducted programs for speech and language correction, sponsored the Forensics program, and taught English as a second language classes.

She provided leadership to the school system as president of the Falls Church Education Association. She was president of the Speech-Language-Hearing Association of Virginia (SHAV), 1971-1972.

During her term of office she spearheaded licensure in speech and hearing for the state of Virginia. She was also an active member of the national American Speech-Language-Hearing Association (ASHA).

Carol had many interests and talents.

She was a long-time, dedicated clarinet player for the City of Falls Church Concert Band. She was an accomplished equestrian, participating in the sport until the age of 89. She was also an accomplished swimmer, golfer and tennis player. She traveled

extensively, giving slide presentations at various venues in Northern Virginia. After her retirement in 1991, she volunteered at the Smithsonian's National Zoo, where she participated in numerous animal research studies.

She was preceded in death by her parents Ivar and Edith (Esping) Johnson and her brother Donald Esping Johnson. She is survived by a sister-in-law Edna M. Johnson, two nieces, Kirsten Ingrid Johnson and Lisa Gwen Fortin (Philip), one great nephew Christian Esping Fortin (Jill), and two great-great nieces Kaya Hazel and Mia Larue Fortin.

In lieu of flowers, contributions may be made to Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna, VA 22181.



UNIVERSITY MALL THEATRES
Fairfax • Corner of Rt. 123 & Braddock
703-273-7111

SUMMER CINEMA CAMP!
10 A.M. Shows Monday–Friday

PENTISTRY FOR CHILDREN Proudly Presents This Year's Movies

All Seats \$2.00, 10 for \$15 or All 11 Movies for \$11
 July 11-July 15 THE SANDLOT (PG)
 July 18-July 22.....KUNG-FU PANDA (PG)
 July 25-July 29.....RIO (PG)
 August 1-August 5.....THE PRINCESS BRIDE (PG)
 August 8-August 12...HOW TO TRAIN YOUR DRAGON (PG)



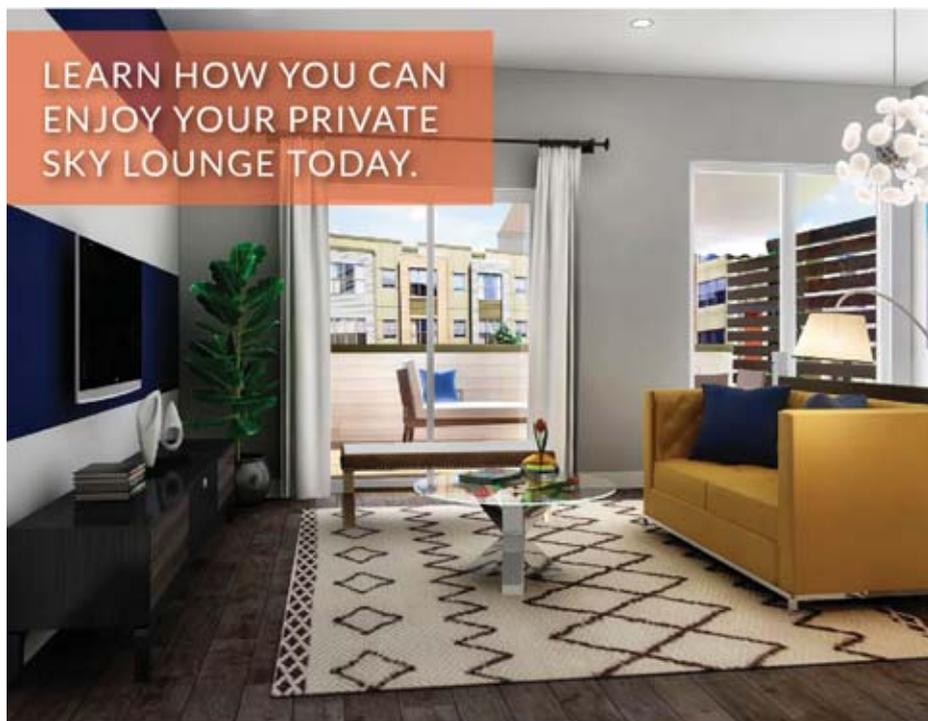
Have YOU Thought About
BECOMING CATHOLIC?

RCIA Rite of Christian Initiation of Adults
The Catholic Church Welcomes You!

Do you feel something is missing in your life?
Begin a new life of love, faith, and justice
lived in communion with Catholics throughout
the world! Would you like to find out more?

Where to start? E-mail: rcia@sttimothyparish.org

St. Timothy Catholic Church
13807 Poplar Tree Road, Chantilly, VA 20151



LEARN HOW YOU CAN
ENJOY YOUR PRIVATE
SKY LOUNGE TODAY.



JUNCTION
SQUARE

NOW SELLING

CONSTRUCTION IS UNDERWAY AND
NOW IS THE BEST TIME TO SCHEDULE
YOUR PRIVATE APPOINTMENT.

Experience the best in new townhome
construction in Downtown Herndon.

NEW HOMES FROM THE MID \$600s

703.831.6356 | HERNDONLIVING.COM

711 MONROE STREET | HERNDON, VA 20170



OPINION

Hungry in Summer

There are hungry children in Northern Virginia, more so in summertime.

Summer for most children in Northern Virginia is a time of fun and activities, camp and vacation, trips to the pool and possibly to the library. Specialized camps and activities tuneup sports skills and academic skills. Parents try to ensure snacks are at least somewhat healthy.

In this environment, most of us don't come into much contact with families that might be having trouble feeding their children. We can't imagine that there are children who are hungry in summer.

But many children in our region don't know what their next meal will be in summer. During the school year, many have depended on school to provide breakfast and lunch during the school year. Volunteers have stepped in to provide backpacks to go home with hungry students on the weekend.

In the City of Alexandria, 60 percent of students in public schools qualify for subsidized meals at school.

In Fairfax County, that overall number is

lower at 27.5 percent, but in many areas, more than 50 percent of students qualify for subsidized meals at school.

In Arlington, more than 30 percent of students qualify for subsidized meals at school.

But most of the students who counted on school meals during the school year are not in school for the summer.

Submit Photos to Pet Connection

The Pet Connection, a twice-yearly special edition, will publish on July 27, and photos and stories of your pets with you and your family should be submitted by July 17.

We invite you to send us stories about your pets, photos of you and your family with your cats, dogs, llamas, alpacas, ponies, hamsters, snakes, lizards, frogs, rabbits, or whatever other creatures share your life with you.

Our favorite pictures include both pets and humans.

Please tell us a little bit about your creature,

Locations for Summer Meals

http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_open_sites.pdf
http://www.fairfaxcounty.gov/ncs/pdfs/summer_meals-2016_closed_sites.pdf

Fairfax County operates more than 20 open sites in areas where more than 50 percent of students qualify for free or reduced meals where students can go in summer for breakfast and/or lunch. These locations are along the Route 1 corridor, in Herndon, Reston, Fairfax, Chantilly, Lorton, Falls Church and more. See links above for locations.

It also falls to many nonprofits and food pantries to fill the gaps, and those organizations need help keeping food available.

identify everyone in the photo, give a brief description what is happening in the photo, and include address and phone number (we will not publish your address or phone number, just your town name).

Email to south@connectionnewspapers.com or submit online at www.connectionnewspapers.com/pets.

For advertising information, email sales@connectionnewspapers.com or call 703-778-9431.

decided they didn't much care for the way the country was governed and constructed a new form of government with less Democracy and a much more powerful central government. But Alexander Hamilton, despite all the musical hoopla on Broadway, was not a "Founding Father." (He is more correctly referred to as a "Framer.") In fact, of the 56, Founding Fathers only a handful played any role in writing the Constitution or any of its amendments, and only six Founders signed the final document. Consequently, it's a bit of a stretch to claim to be able to discern what the Founding Fathers intended. They were, for the most part, hardly involved.

Peter M. Storm
Vienna

Joining Climate Defenders

To the Editor:

Since I was a young child, the environment has been an important part of my life. Climate change is threatening us today both near and far. Here in Burke, we had to deal with two foot snowfall for the past six years, which is very abnormal for this area of Virginia. Being 50 percent Brazilian, I feel strongly that the deforestation of the Amazon Rainforest is devastating a worldwide natural treasure.

Just last week, Governor McAuliffe signed an executive order to create a task force in order to target carbon emissions in our state of Virginia. I am very proud to have a governor that is truly taking action in trying to help out our environment of Virginia. With Richmond being one of the asthma capitals of the U.S., our state needs more environmentally conscious action from Governor McAuliffe. Though Governor McAuliffe has taken the first step, there is still more work to be done.

Due to my strong investment in wanting to better our environment, I joined Environment Virginia's Climate Defenders campaign. I work to mobilize voters to have their voices heard on environmental issues. I'm always looking for more volunteers to help us make a difference.

Join me in supporting clean power in Virginia by spreading the word. Write a letter yourself, call your State Senator, or get your friends involved in our campaign. Email me at tgoering@environmentvirginia.org to learn more.

Theo Goering
Burke

Focus on Wind and Solar Power

To the Editor:

Virginia's transition to clean energy is now underway. On Tues-

day, June 28, Governor Terry McAuliffe issued an executive order to create a workgroup that will spend the next year determining how to reduce Virginia's carbon emissions. This important first step will go forward in spite of opposition delaying President Obama's Clean Power Plan, making Virginia a key leader in combating climate change.

Having lived in northern Virginia all my life, I am proud to see our state standing up for the environment. Those living in Norfolk and Tangier Island are already struggling with rising sea levels, and Richmond has been named an Asthma Capital by the Asthma and Allergy Foundation of America. Across the state, myself and other asthma patients, today's children, and the elderly have and will continue to be particularly hurt by the effects of climate change. The action Governor McAuliffe took yesterday benefits us all.

I hope to see our state focus on wind and solar power as we go forward, not only for our own benefit, but for the sake of the example we will set for the rest of the country. As a recent high school graduate, I will be working with Environment Virginia this summer to focus on this cause. Contact daniel@environmentvirginia.org for volunteer opportunities to join me.

Marley Finley
Falls Church

Fairfax CONNECTION

www.ConnectionNewspapers.com

@FfxConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
fairfax@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Abigail Constantino
Editorial Assistant
703-778-9441
aconstantino@connectionnewspapers.com

Bonnie Hobbs
Community Reporter ♦ 703-778-9438
south@connectionnewspapers.com

Jon Roetman
Sports Editor
jroetman@connectionnewspapers.com
@jonroetman

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com
703-778-9431

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

David Griffin
Marketing Assistant
703-778-9431
dgriffin@connectionnewspapers.com

Editor & Publisher
Mary Kimm
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
703-549-0004
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com





PHOTOS CONTRIBUTED

Girls on the Run of NOVA has programs to encourage and develop girls. Cigna has partnered with GOTR of NOVA to support its programs.

Girls on the Run of NOVA and Cigna Form Partnership

Girls on the Run of NOVA is partnering with Cigna Corporation. Cigna will serve as presenting sponsor for the Northern Virginia Girls on the Run 5K, as well as a program sponsor for GOTR NOVA's expanding middle school programming Heart & Sole. The partnership launched this spring and will continue through 2017.

The Girls on the Run 5K is the culminating achievement for local girls participating in the Girls on the Run youth development program.

The Spring 2016 5K weekend hosted nearly 5,000 runners with girls from 121 Northern Virginia schools completing the 3.1-mile run alongside family and friends.

As presenting sponsor, Cigna was on hand for both event days. Heart & Sole is Girls on the Run's newly revamped program for middle school girls.

The programming creates a positive, structured space for girls to learn about themselves, explore new ideas, cultivate empathy, strengthen connections and develop life skills that will help them as they move through adolescence and beyond. The curriculum is rich with themes girls can relate to, addressing the whole girl—body, brain, heart, spirit and social connection—and building important life skills such as team building, developing a support system, boundary setting, decision making, and more.



Girls on the Run of NOVA has partnered with Cigna. Cigna will be the presenting sponsor for two of its programs.

WWW.CONNECTIONNEWSPAPERS.COM

MAIN-LEVEL REMODELED HOME TOUR

Saturday, July 16th, 12pm-4pm
6609 Robin Road, Springfield, VA 22150

AFTER

AFTER

REINVENT YOUR HOME TO ENRICH YOUR LIFE *

Come see first hand how redesigning existing space created better function, flow, and light in this remodeled home.

THIS IS A MUST-SEE REMODELED HOME!

SUN DESIGN
ARCHITECTURAL DESIGN-BUILD FIRM

Major Remodels • Additions • Kitchens
Baths • Basements • Outdoor Spaces
703.425.5588 SunDesignInc.com

BEFORE

Welcome Home to The Fairfax.

Luxury retirement living in Fort Belvoir, VA

At the Fairfax, we've been honoring retired officers from the U.S. uniformed services and their spouses for more than 25 years. During these years we have set the highest standards in retirement living. To further enrich our community, The Fairfax also welcomes other successful retirees. Want to know if you qualify? Call and tell us your story.

Watch our online video at TheFairfaxRetirement.com to learn more about life at our community.

CALL TO SCHEDULE A TOUR TODAY.

9140 Belvoir Woods Parkway, Fort Belvoir, VA
703-799-1200 | TheFairfaxRetirement.com

The Fairfax
A SUNRISE SENIOR LIVING COMMUNITY
Developed for the Army Retirement Residence Foundation-Potomac

WELLBEING

Strategies for Preventing Concussions This Summer

Local physician is pioneering traumatic brain injury treatment.

BY MARILYN CAMPBELL
THE CONNECTION

Summer has been dubbed "trauma season" by health care professionals. Warm temperatures make swimming, biking, hiking, waterskiing and other outdoor activities irresistible during the summer, but this also means a rise in concussions and other injuries. In fact, every 19 seconds someone in the United States sustains a traumatic brain injury.

The National Institutes of Health define a concussion as mild traumatic brain injury caused by an external force, such as a blow to the head. Symptoms can include a headache or neck pain, nausea, ringing in the ears, dizziness or fatigue, while serious symptoms include seizures, trouble walking or sleeping, weakness, numbness or decreased coordination, repeated vomiting or nausea, confusion and slurred speech.

Michael Lewis, M.D. is the president of the Brain Health Education and Research Foundation in Potomac, Maryland. Lewis, who retired from the U.S. Army after more than 30 years of service, is dedicated to improving public health. He spent the last five years of his military career working on nutritional interventions to help prevent and treat brain injuries from physical and



Dr. Michael Lewis recently opened a medical practice in Potomac, Maryland, that focuses on concussions and brain health.

PHOTO COURTESY OF
MICHAEL LEWIS

psychological trauma.

His interest in brain injury treatment was sparked by the 2006 explosion at the Sago coal mine in Sago, West Virginia. The blast and collapse trapped 13 miners for nearly two days.

"Only one guy survived," said Lewis. "They used high dose omega-3 fish oil to help his brain recover from carbon monoxide poison. I wondered if it would help soldiers recover from traumatic brain injury. I put together a program to do that kind of research for the military. How can we improve from the inside out for any soldier or athlete who is at risk for head injury?"

Lewis' focus is on the clinical use of omega-3 fatty acids for the prevention, acute treatment and rehabilitation of brain injuries from traumatic brain injury and concussions, stroke, PTSD and other conditions.

On a more personal level, Lewis' 16-year-old son Isaac attends Winston Churchill High School and plays two sports often associated with concussions: football and lacrosse. Lewis says his son has never sustained a concussion, but he is working with

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible."

—Michael Lewis, M.D.,
president, Brain Health Education
and Research Foundation

the school's athletic staff on strategies to prevent concussions among athletes. He also makes sure his son takes fish oil every day.

"The value you get from sports far outweighs the risks, but we should mitigate the risks as much as possible," Lewis said. He also advises his patients to "take a fish oil supplement every day or eat good sourced salmon."

Symptoms of a concussion might not be immediately apparent. "The more subtle symptoms are those that appear days or weeks after an injury," said Lewis. "The personality might change, a person might become more irritable, have brain fog or have trouble thinking, or their head feels like it's stuffed with cotton."

Among the signs that one might have sustained a concussion are a "loss of consciousness, followed by marked confusion," said Robert Wade, Ph.D., dean of nursing, Northern Virginia Community College's Medical Education Campus, "Most likely a headache too."

No two injuries are the same. "Each con-

cussion is different, which means the same child could have different symptoms during different concussions," said Ryan Wildenhain, head of sports medicine at Marymount University.

When students are back in school, parents should watch for another common indicator of concussions in student athletes. "One of my warning signs are grades that are falling off," said Lewis. "A straight 'A' student whose grades drop is a warning sign. A good kid who all of a sudden becomes irritable should prompt questioning. Kids are not always good at telling, they tend to want to play through it — it's part of our culture."

Wearing proper protective equipment is recommended as a way to prevent concussions. "Minimizing the risk of a child sustaining a concussion is extremely difficult and dependent on the type of activities the child does," said Wildenhain. "Every child should be properly educated on how concussions occur, the signs and/or symptoms of a concussion, and how to avoid dangerous situations for the specific activity they intend to do."

Lewis warns that even protective equipment isn't foolproof.

"Even if you're wearing a football, hockey or motorcycle helmet, when you hit something, another helmet or another head, it causes injury," he said. "If coaches see anything that is any way questionable they should get them off the field and out of harm's way. I think it's a parent's duty to stop the game and pull the kid out of a game if they see something that a coach doesn't see or doesn't respond to."

Healthy Summer Entertaining

BY MARILYN CAMPBELL
THE CONNECTION

While summer means weekends filled with trips to the beach, backyard grilling and al fresco dinner parties, the food that accompanies these gatherings is often laden with fat and calories (think ice cream, potato salad, hot dogs, s'mores and summer cocktails) and can wreak havoc on a healthy balanced diet.

"Summer here is by the far the best time for food in the mid-Atlantic region and it goes all the way through September," said Nick Phelps of From the Farmer. "Unfortunately, that's when most people are out of town."

An online food delivery company, From the Farmer delivers fresh, primarily local produce, sustainable meats and artisanal pantry items to clients in Maryland and Northern Virginia, including Arlington, Alexandria and Fairfax County.

Phelps recommends serving plenty of fresh fruit when planning summer entertaining. Fruit has a high water content

and is not only refreshing, it's also filling and can satisfy a craving for sweets. "The most exciting [locally grown producer] are fruits like peaches and plums, which come out mid-summer," Phelps said. "There are still some spring produce like strawberries and blueberries."

Summer ushers in fresh vegetables that are bursting with color and packed with fiber. Eating them raw or cooked minimally helps preserve the amount of fiber and vitamins.

"I think entertaining is easier during the summer," said Terri Carr of Terri's Table in Potomac, Maryland. "There's so much available that can be cooked or prepared easily, and there's just so much that you can do with the produce and the fresh herbs that we have in season now."

The bounty even yields alternatives to ubiquitous ice cream. "You can make sorbet with fruit and beautiful berries," said Carr. "With heirloom tomatoes, it'll be a Caprese salad or gazpacho, and I have a tomato torte that's made with a lot of basil."

Carr will demonstrate her favorite summer cooking techniques and recipes in her class that teaches how to cook for hot

Tips for serving bounty of tasty, fresh produce.



Seasonal cherry tomatoes, basil, olives and parmesan cheese are combined to create a healthy summer salad.

PHOTO COURTESY OF
TERRI CARR

weather. She advocates avoiding heavy dishes in favor of "healthy and beautiful combinations that can create a protein-rich and satisfying main course." Using the best of the season's bounty, Carr will use ingredients such as fish, chicken, tomatoes and a variety of greens to show others how to create delicious salads.

Her focus on healthful eating extends beyond her classroom. "I often grill salmon and vegetables," she said. "Or I make a big bowl of pasta with heirloom tomatoes and peppers. I love entertaining in the summer. It doesn't take as much skill and it certainly doesn't take as much time."

WELLBEING

Pushups For Charity Challenge Benefits Veterans

Local veteran opens gym, Rebel Fit USA.

A local Air Force veteran is challenging the community to push its physical limits for a good cause. Beny Blaq, founder of Rebel Fit USA, is hosting a Pushups for Charity challenge to support veterans and active duty military. The challenge coincides with the grand opening of Blaq's new fitness facility located at 2088 Daniel Stuart Square, Woodbridge.

"As an Air Force veteran, the Pushups for Charity challenge is very important to me, especially knowing firsthand the sacrifices our military, veterans and their families make every day," said Blaq.

Rebel Fit USA is a team-oriented health and fitness community specializing in expert coaching through a personalized, hands-on approach. The Pushups for Charity challenge starts at 9 a.m. after Rebel Fit's first morning class. Prizes will be awarded to the top fundraiser as well as the male and female who complete the most pushups within the 90 second timeframe. Rebel Fit USA has set a goal of raising \$10,000 and completing more than 5,000 pushups.



PHOTO CONTRIBUTED

Air Force Veteran Beny Blaq, owner and founder of Rebel Fit USA, will host a Pushups For Charity challenge to support veterans and active duty military.

Registration for the Rebel Fit Pushups for Charity team is available online at: <https://www.crowdrise.com/benyblaq-pushupsforcharity2016/fundraiser/benyblaq>.

— MARILYN CAMPBELL

Fairfax Internal Medicine and Primary Care



Karuna Galla, MD

Same day appointments

Most insurances accepted

- Annual physicals
- Health maintenance
- Preventive Services
- Cancer screening
- Sick visits
- Flu vaccination
- Women's health
- Management of chronic conditions such as diabetes, hypertension, high cholesterol
- Referral to specialists as needed



5618 Ox Road, D-2
Fairfax Station, VA 22039
703-291-0405 • www.fairfaxprimarycare.com

OrthoVirginia. Now with two Tysons locations.

McLean (New Office)

Ronald C. Childs, MD
Alexander S. Croog, MD
Robert M. Dombrowski, MD
H. Edward Lane, III, MD
David J. Novak, MD
Tushar Ch. Patel, MD
Frederick D. Scott, Jr., MD
Brantley P. Vitek, Jr., MD

Tysons Corner

Christopher C. Annunziata, MD
Anthony L. Avery, MD
Gordon L. Avery, MD
Steven S. Hughes, MD
Charles S. Lefton, MD

Kevin C. Lutta, MD
John P. McConnell, MD
Frank A. Pettrone, MD
David W. Romness, MD
Kevin D. Sumida, MD



Your premier team of orthopedic specialists is now on both sides of Tysons. So expert care is now twice as convenient.



McLean: 8180 Greensboro Drive, Suite 300, McLean, VA 22102 • **Tysons Corner:** 8320 Old Courthouse Road, Suite 100, Vienna, VA 22182
Directly across from Tysons II Galleria.

703.277.BONE (2663) | orthovirginia.com

City of Fairfax Theatre Company Presents "The Music Man"

The City of Fairfax Theatre Company will present Meredith Willson's "The Music Man" July 22-30, 2016. "The Music Man" won five Tony Awards in 1958, including the award for Best Musical, and has continued to be one of the most beloved musicals in American History. The cast is led by Lars Klores and Elizabeth Ferrante as Harold Hill and Marian Paroo. The production team includes Director Lisa Anne Bailey, Producer and Music Director Kirsten Boyd, Choreographers Erich DiCenzo and Katie Tomney, Costume Designer Clara Poteet, Stage Manager Molly Weaver, and Technical Director Matt Torres. Tickets for "The Music Man" are \$10 for children aged 12 and under and \$15 for

adults in advance online. Remaining seats, if available, will be sold at the door one hour prior to each performance at \$13 for children aged 12 and under and \$18 for adults. Thursday, Friday and Saturday evening performances begin at 7:30 p.m. Saturday matinees are at 2 p.m. and the Sunday matinee is at 3 p.m. Group pricing is available for groups of 10+ on Thursday evening, Saturday and Sunday matinees. All performances will take place at Sydney Lanier Middle School, 3801 Jermantown Road, Fairfax. Free parking is available. The production runs approximately 2 and 1/2 hours, including one intermission. Tickets are available online and can be purchased at: www.fairfaxcitytheatre.org



PHOTO CONTRIBUTED

Top row, from left: Olivia's Dad — Aaron Sulkin, Ned — Zachary Wilcox, Mac — Adam Lemos, Olivia's Mom — Alaina Talley, Veronica — Katie Brunberg, Jane — Maggie Marie Rodgers, Peyton Understudy. Bottom row, from left: Katie — Kira Omans, Devon — Dylan Hares, Peyton — Brittany Martz, Olivia — Tess Higgins, Stacey — Chelsea Townsend, Lewis — Keenan Gibson, Ray — Matt Succi.

'Dark Times at Grimesville High' Goes to Capitol Fringe Festival

A production created and produced by George Mason alumni makes its debut in July at the 2016 Capitol Fringe Festival. "Dark Times at Grimesville High" takes a dark and biting look at high school through the eyes of the senior class resident mean girl and her two best friends as they prepare for the prom, final exams and graduation. Written by Mason theatre alumnus Conor Kyle and directed by fellow alumnus Rebecca Wahls, the musical features a cast of Mason alumni and current students.

"Dark Times at Grimesville High" follows senior Olivia Hope, a high school journalist, class valedictorian and everyone's best friend, whose life is perfect until she meets Peyton Hillridge, resident "mean girl."

Hillridge comes to Grimesville High with one goal — to take down Olivia Hope just in time for prom and graduation.

The cast includes Tess Higgins as Olivia and George Mason Alumni Brittany Martz, and Chelsea Townsend, along with fellow GMU classmates Adam Lemos, Dylan Hares, Maggie Rodgers, Katie Brunberg, Zachary Wilcox, Keenan Gibson, Matt Succi, Kira Omans, Alaina Talley and Aaron Sulkin.

"Dark Times at Grimesville High" opens at 9:30 p.m. on July 9 at Gallaudet University's Elstad Auditorium, 800 Florida Ave., NE, Washington, D.C. Additional show times are July 13 at 8:15 p.m.; July 17 at 3:45 p.m.; July 20 at 6:15 p.m. and July 23 at 9:45 p.m. Tickets are on sale at www.capitalfringe.org or by calling 866-811-4111.

CALENDAR

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

ONGOING

- Evenings on the Ellipse.** 5:30-7 p.m. Thursdays through Aug. 25. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Fun music and good company. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performances/>
- Storytime in the Park.** Tuesdays, 10:30 a.m. Aug. 2, 9, 16, 23, 30. Old Town Square, 3999 University Drive, Fairfax. 703-385-2712.
- Wednesday Morning Tai Chi.** 6:30 a.m. Aug. 3, 10, 17, 24, 31. Old Town Square, 3999 University Drive, Fairfax. At the pergola. 703-385-2712.
- Rock the Block!** 6:30 p.m. Every fourth Friday through Oct. 28. Old Town Square, 3999 University Drive, Fairfax. Come any way you can - walk, run, ride your bike or drive! You don't want to miss out on this brand new concert series! Food is available for sale. Bring chairs and or blankets to sit on. Kids - wear swim suits and bring towels. Enjoy the new spray pad. No Pets allowed except service animals. fairfaxva.gov.
- "Redder Blood."** Fridays and Saturdays, 8 p.m. Sundays, 2 p.m. and 7 p.m. July 8-31. New School of Northern Virginia, 9431

Silver King Court, Fairfax, Virginia 22031. A premiere co-production between the Hub Theatre and the Jewish Community Center of Northern Virginia, written by Helen Parfumi. Follows character Sadie, a woman who hears the voice of God. \$20-\$30. www.jccnv.org.thehubtheatre.org. 703-537-3000.

- Lovers and Madmen.** June 18-Aug. 19. Epicure Cafe, 11104 Lee Highway, Fairfax. Features local artists. epicurecafe.org.
- Fairfax Rotary Club Meeting.** 12:15-1:30 p.m. Mondays. American Legion, 3939 Oak St., Fairfax. Meetings with luncheon and program. fairfaxrotary.org.
- Carolina Shag.** Wednesdays. 6:30-10 p.m. Arlington/Fairfax Elks Lodge, 8421 Arlington Blvd., Fairfax. Free lessons at 7:30 p.m. No partners needed. Dinner menu. \$8. Under 21 free. nvshag.org.
- Cafe Ivrit (Hebrew Cafe).** Wednesdays. 8:15-9:15 a.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Shalom (Hello)! Did you always want to converse in Hebrew? Join Na'ama each week for conversational Hebrew. You will learn and practice Hebrew in a fun and interactive way while learning more about Israel! Free (we ask that you try to attend regularly). RSVP Naama.Gold@jccnv.org.
- Smoke Free Bingo** (with breaks for smoking friends). 7 p.m. Every Friday. Fairfax Volunteer Fire Department, 4081 University Drive, Fairfax. Free coffee, entertaining callers, \$1,000 jackpot. www.fairfaxvd.com. 703-273-3638.

THURSDAY/JULY 7

Summer Nights in the City — Summer
SEE CALENDAR, PAGE 11

Tiny Dancers Present 'Snow White'

The young prince saved the day with a simple kiss; the Seven Dwarfs rejoiced and hundreds of dancers and their families cheered as the beautiful Snow White danced with her true love in Tiny Dancers' spring performance of "Snow White."

The annual recital, held on June 19 at Woodson High School, was the culmination of months of preparation for more than 300 dancers. The performance featured specially choreographed classical and contemporary ballet, tap and jazz numbers that brought to life the well-

known tale.

Tiny Dancers, located in Fairfax City and Mosaic, offers a specialized program of ballet, tap, hip-hop and musical theater for children ages 2-12.

In addition to the regular school-year program, the studio offers a full schedule of summer classes and camps. For more information, visit www.tinydancers.com or call the studio at 703-385-5580.

Scene from the Tiny Dancers presentation of 'Snow White.'



PHOTO CONTRIBUTED

CALENDAR

FROM PAGE 10

Under the Stars. 8 p.m. Veterans Amphitheater, 10455 Armstrong St., Fairfax. Alte Kameraden. fairfaxband.org.

SATURDAY/JULY 9

Kidz Korner. 10:30 a.m. Old Town Square, 3999 University Drive, Fairfax. Mr. Skip. Our favorite song and dance man, Mr. Skip will have your little one moving and grooving to fun songs. Free. <http://www.mrskip.com/>.

SUNDAY/JULY 10

“Lipstick Brigade: The Untold Story of Washington’s World War II Government Girls.” 4 p.m. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Personal stories of some 100,000 young women recruited from across the nation to staff wartime government positions. Book talk/signing. 703-385-8415.

WEDNESDAY/JULY 13

Cops and Kids Day. 10 a.m.-1 p.m. Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Meet the police chief, see demonstrations. Snacks and questions with officers. Contact Sgt. Hinesley at police.information@fairfaxva.gov or 703-273-2889 to register.

Summer Concert Series. 7:30-8:30 p.m. Lee District Park, 6601 Telegraph Road, Franconia. Featuring City of Fairfax Concert Band. <http://www.fairfaxcounty.gov/parks/performance/lee-district-nights.htm>.

Pop-Up Adventure Playground. 10 a.m.-noon. Van Dyck Park, 3720 Old Lee Highway, Fairfax. Free. All ages. Child care not provided. 703-385-7858. karen.lussier@fairfaxva.gov.

THURSDAY/JULY 14

Children’s Concert. 6:30-9 p.m. City of Fairfax Veterans Amphitheater, 10455 Armstrong St., Fairfax. Join the City of Fairfax Band and Sandy Spring Bank for this annual Fairfax tradition.



PHOTO COURTESY OF HUB THEATRE

Cast members of Hub Theatre’s “Redder Blood”: (from left) Dawn Ursula (as the Voice of God) and Jenna Sokolowski (as Sadie) will perform at the John Swaye Theatre in Fairfax, July 8-31.

Free balloons and ice cream for the kids. Instrument petting zoo, followed by a concert of your favorite tunes. Free. fairfaxband.org.

Evenings on the Ellipse. 5:30-7 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Doc Scantlin and his Imperial Palms Orchestra. Paradise Springs and The Winery at Bull Run will be offering complimentary tastings of their premium reds and whites. If it rains, concerts will be moved inside to the Government Center Forum. <http://www.fairfaxcounty.gov/parks/performance/>.

FRIDAY/JULY 15

Summer Concert Series. 7:30-8:30 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Featuring Billy Coulter. Bring your family and friends, and a picnic dinner. <http://www.fairfaxcounty.gov/parks/performance/braddocknights.htm>.

SATURDAY/JULY 16

Goodbyes Book Release. 5 p.m. The Old Fire Station No. 3, 3988 University Drive, Fairfax. Rock and roll, red carpet celebration for Fairfax City author Leslie Welch’s debut novel “The Goodbyes.” www.lesliewelch.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.

Harvester Presbyterian Church, 7800 Rolling Road, Springfield, will hold Cave Quest Summer Bible Camp on July 18-22, 9:00 a.m.-Noon. The camp is for rising first-graders through rising sixth-graders. To register, go to www.harvesterpca.org. At the bottom of “Upcoming Events” click on “Register Here”. There is no charge. For more information, call 703-455-7800 or email office@harvesterpca.org.

Grace Presbyterian Church in Springfield, 7434 Bath St., is hosting a Camp Hanover Day Camp July 11-15 from 9 a.m.-3 p.m. Children who have completed kindergarten to sixth grade are invited to attend. To register, or for additional registration, visit www.camphanover.org/grace-day-camp

Jubilee Christian Center of Fairfax is restarting its “Living Free” support groups for the Spring on Wednesdays, starting on Mar. 30, 7:15 p.m. The support groups are free, and will cover “Stepping into Freedom,” “Concerned Persons Group” (for family and friends of addicts), “Understanding and Overcoming Depression,” “The Image of God in You,” and “Handling Loss and Grief.” There will also be support groups meeting on Sundays, 10:10 a.m. 4650 Shirley Gate Road, Fairfax. For information or to register, call 703-383-1170, email livingfree@jccag.org or seewww.jccag.org.

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

JULY

7/20/2016.....A+ Camps & Schools

7/27/2016.....Connection Families: Our Pets

AUGUST

8/3/2016.....Wellbeing

8/10/2016.....HomeLifeStyle

8/17/2016...A+ Camps & Schools – Back to School – Private Schools

8/24/2016...Newcomers & Community Guide Pullout

8/31/2016.....Connection Families: Enrichment, Care & Back to School

SEPTEMBER

Labor Day is September 5

9/7/2016.....Wellbeing

9/14/2016.....HomeLifeStyle Pullout – Real Estate & New Homes

E-mail sales@connectionnewspapers.com for more information.



THE CONNECTION
Newspapers & Online

703-778-9431

www.ConnectionNewspapers.com/Advertising

Reaching Suburban Washington’s Leading Households

- Alexandria Gazette Packet
- Fairfax Connection
- Oak Hill/Herndon Connection
- Arlington Connection
- Fairfax Station/Clifton/Lorton Connection
- Potomac Almanac
- Burke Connection
- Great Falls Connection
- Reston Connection
- Centre View
- McLean Connection
- Springfield Connection
- Chantilly Connection
- Mount Vernon Gazette
- Vienna/Oakton Connection



Be Part of The Pet Connection in July

Send Your Photos & Stories Now to

editors@connectionnewspapers.com or complete our online form at connectionnewspapers.com/pets

Be sure to include your name, address and phone number, and identify all people and pets in photos. Submission deadline is July 20.

COMMUNITIES OF WORSHIP

Jubilee Christian Center
Vacation Bible School, Aug. 7-11
\$15 Incl. T-shirt • Register at jccag.org
“Loving People to Life”
Worship Gathering – Sunday 8:45 & 11 AM
Sunday School 10:10 AM
Sun. Evening – Realtime Worship & Youth 6 PM
Family Night – Wednesday 7:15 PM
Home Life Groups, College/Young Adult Ministries, and Living Free Support Groups
Visit our Website: www.jccag.org
4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-383-1170

Messiah United Methodist Church

www.messiahumc.org

Check out our:

- Weekly youth mission projects
- Children’s summer camp programs
- Community outreach opportunities

Sunday Services at 8:15, 9:30, and 11 am
Sunday School 9:30 and 11 am
Childcare available during worship

6215 Rolling Road, Springfield
(near West Springfield High School)
703-569-9862



To Advertise Your Community of Worship, Call 703-778-9418





All decked out for the holiday.



Fifty golden balloons for 50 Fourth of July parades.

PHOTOS BY BONNIE HOBBS/THE CONNECTION

Fairfax's 50th Fourth of July



Bagpipers on parade.



Mighty Mouse balloon and superheroes.



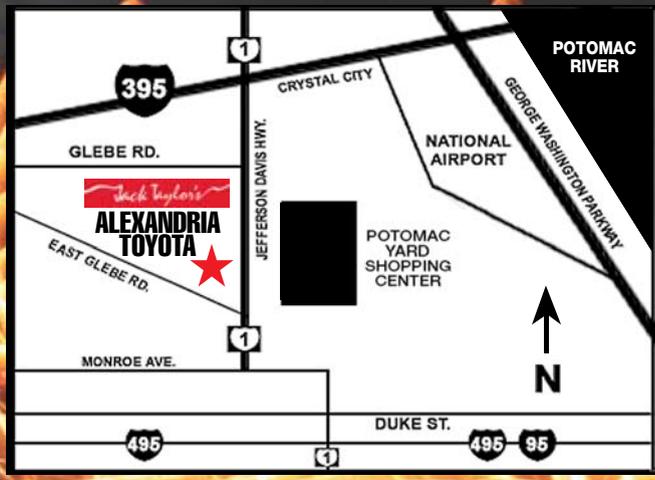
New Fairfax City Councilman Jon Stehle and his family.



Chrysta Tuttle, with daughters Bayley and Mikayla, watch the parade.

Jack Taylor's
ALEXANDRIA TOYOTA

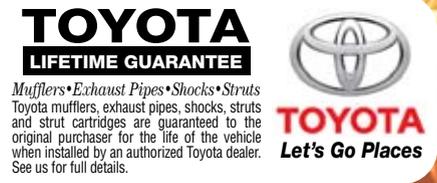
3750 Jefferson Davis Hwy.
Alexandria, VA 22305
703-684-0710
www.alexandriatoyota.com



NEW! Extended Service Department Hours:
Monday – Friday, 7 am to 9 pm
Saturday, 8 am to 5 pm
Sunday, 10 am to 4 pm
Sunday by appointment only.

Make your next service appointment at:
alexandriatoyota.com

You Have Saturdays Off
That's Exactly Why We Don't!



TOYOTA GENUINE SERVICE
BUY 3 TIRES AND GET 4TH FOR \$1
Got Tires? NO CHARGE road hazard protection, tire warranty, and free courtesy MULTI-POINT inspection. Price match guarantee. See service advisor for details.
BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$49.95

TOYOTA GENUINE SERVICE
BRAKE SPECIAL \$99⁹⁵
INCLUDES: Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC pads only. MACHINE ROTORS AN ADDITIONAL \$199.95.

TOYOTA GENUINE SERVICE
TRUE START BATTERY SPECIAL \$139⁹⁵
INCLUDES BATTERY INSTALLATION Includes: 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month pro-rata, PLUS we'll check all battery cables & connections. Does not apply to hybrid batteries.

TOYOTA GENUINE SERVICE
SUMMER MAINTENANCE SPECIAL \$59⁹⁵
INCLUDES: Genuine Toyota oil filter, up to 5 qts of conventional oil, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air Alexandria Toyota's 27 pt. inspection & cabin air filters.

SUNDAY ONLY SPECIALS
TOYOTA GENUINE SERVICE
LUBE, OIL & FILTER SERVICE \$29⁹⁵ \$49⁹⁵
NON-SYNTHETIC SYNTHETIC
PLUS FREE TIRE ROTATION
\$20 OFF ANY FACTORY RECOMMENDED SERVICE

SUMMER SAVINGS



New RAV4s, Priuses Scion IMs and IAs ALL ON SALE LIKE NEVER BEFORE
Spring is here and so are the SAVINGS!
Ask one of our sales managers, George, Mike, Yared or Rocky
703-684-0700
WE ARE HERE TO MAKE DEALS!

TOYOTA GENUINE SERVICE
DETAIL SPECIALS
STANDARD HAND-WASH & VACUUM \$39⁹⁵
Recommended Monthly
Vacuum carpets, floor mats, upholstery & trunk, wipe down dash board, console & door panels, wash wheels, tires & fender wells, hand wash exterior door jams, and dress tires.

TOYOTA GENUINE SERVICE
LUBE, OIL & FILTER SERVICE SPECIAL \$29⁹⁵ \$49⁹⁵
NON-SYNTHETIC SYNTHETIC
INCLUDES: Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

TOYOTA GENUINE SERVICE
COMPLIMENTARY MULTI-POINT INSPECTION
INCLUDES: Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.
Plus Take **15% OFF** your bill if you choose to perform the repair with us.

GENUINE TOYOTA
SIGHT LINE WIPER BLADES \$10 OFF ANY PAIR
Sight Line only
15% OFF ANY ACCESSORIES
• Apparel • Window visors
• I-pad adaptors • All weather floor mats
• Toyota bedliners

TOYOTA GENUINE SERVICE
QUALITY HAND-WASH VACUUM & WAX \$139⁹⁵
Recommended Every 6 Months
Hand wash exterior door jams, wash wheels, tires & fender wells, hand-wax or glaze, vacuum carpets, upholstery & trunk, clean interior vinyl & leather, clean dash board, vents, console, door panels & windows, and dress tires.

TOYOTA GENUINE SERVICE
VARIABLE DISCOUNT
\$5.00 OFF with purchase of \$35.00 - \$49.99
\$10.00 OFF with purchase of \$50.00 - \$99.99
\$15.00 OFF with purchase of \$100.00 - \$199.99
\$20.00 OFF with purchase of \$200.00 - \$499.99
\$50.00 OFF with purchase of \$500.00 Or more

TOYOTA GENUINE SERVICE
4 WHEEL ALIGNMENT \$79⁹⁵
Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.
INCLUDES: Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure

TOYOTA GENUINE SERVICE
30000 MILES FACTORY RECOMMENDED SERVICE \$159⁹⁵
Synthetic \$10 More
INCLUDES: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

TOYOTA GENUINE SERVICE
PREMIUM FULL DETAIL \$295⁹⁵
Recommended Every 12 Months
Full interior & exterior detailing, including trunk, shampoo carpets, upholstery & trunk, clean interior vinyl & leather plus conditioning, wash wheels, tires, fender wells & door jams, hand wax exterior, buff & polish, wax or glaze application, tar & sap removal, dress tires, rubber molding & trim, clean dashboard, vents, console plus door panels, clean overhead liner, seatbelts & windows, and engine cleaning.
All details by appointment only.

TOYOTA GENUINE SERVICE
VENTILATION SERVICE \$49⁹⁵
INCLUDES: Clean condenser fins, check A/C performance, inspect drive belts for tension/wear and replace cabin air filter.

TOYOTA GENUINE SERVICE
WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS

TOYOTA GENUINE SERVICE
30000 MILES FACTORY RECOMMENDED SERVICE \$159⁹⁵
Synthetic \$10 More
INCLUDES: Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.



ALEXANDRIA TOYOTA/SCION
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305
703-684-0700 | ALEXANDRIATOYOTA.COM
JUST MINUTES FROM REAGAN NATIONAL AIRPORT!



Let's Go Places

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD
• FAIRFAX STATION/CLIFTON/LORTON

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-778-9411

ZONE 2 AD DEADLINE:
TUESDAY NOON

ELECTRICAL **ELECTRICAL**

K & D ELECTRIC
COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...

Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

IMPROVEMENTS **IMPROVEMENTS**

RN. CONTRACTORS, INC.

Remodeling Homes, Flooring, Kitchen & Bath, Windows, Siding, Roofing, Additions & Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

LAWN SERVICE **LAWN SERVICE**

J.E.S. Services
Your neighborhood company since 1987
703-912-6886

Landscaping & Construction
Free Estimates • Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed

LANDSCAPING

A&S CONSTRUCTION
SOD, Mulch, Clean-Up
Leaf Removal
Hauling.
703-863-7465

Do not wish to be anything but what you are, and try to be that perfectly.
-St. Francis de Sales

GUTTER **GUTTER**

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES
lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

Picture Perfect
Home Improvements

(703) 590-3187

Remodeling Bathrooms, Kitchens & Basements

Exterior & Interior Repair, Painting, Carpentry, Wood Rot, Drywall, All Flooring, Decks

- FREE Estimates
- EASY To schedule
- FAST & Reliable Service
- NO \$\$\$ DOWN!

Handyman Services Available
http://www.pphionline.com/

"If it can be done, we can do it"
Licensed - Bonded - Insured

MASONRY **MASONRY**

BRICK AND STONE
Custom Masonry
703-768-3900
www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways
Repairs & New Installs • All Work Guaranteed

WINDOWS & GLASS **WINDOWS & GLASS**

POTOMAC WINDOW CLEANING COMPANY
Residential Specialist
Family owned/operated
Working Owners Assures Quality
No Hidden Fees/No Pickup Labor
30 yrs Experience in local area.
Full Time Owners Assures Quality.
Services Available Year Round.
Licensed 703-356-4459 Insured

IMPROVEMENTS **IMPROVEMENTS**

A&S Landscaping

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465
LICENSED
Serving All of N. Virginia

MASONRY **MASONRY**

Alfredo's Construction Company, Inc.

- Concrete Driveways
- Patios • Sidewalks
- Stone • Brick

Phone:
VA: (703) 698-0060 • MD: (301) 316-1603
www.alfredosconstructioncompany.com

THE CONNECTION CLASSIFIED
NEWSPAPERS

Classified or Home • Lawn • Garden:
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

HANDYMAN **HANDYMAN**

RCL HOME REPAIRS
Handyman Services
Springfld • Burke • Kingstowne
Light Electrical • Plumbing • Bathroom Renovation • Ceramic Tile • Drywall Repair

703-922-4190
LIC. www.rclhomerepairs.com INS.

LAWN SERVICE **LAWN SERVICE**

Spring Clean-up, Mulching, Sod, Lawn Care, Fertilizing, Tree Cutting, Handyman work

Call us Today and Get 20% OFF on Hardwood Mulching and Any Job Higher Than \$300.00

Licensed Insured
THE MAGIC GARDENER
703-328-2270 or 703-581-4951

PAVING **PAVING**

GOLDY BRICK CONSTRUCTION
Walkways, Patios, Driveways, Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

HOW TO SUBMIT ADS TO THE CONNECTION CLASSIFIED
Newspapers & Online

DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

EMPLOYMENT
DEADLINES
Zones 1, 5, 6.....Mon @ noon
Zones 2, 3, 4.....Tues @ noon
E-mail ad with zone choices to:
classified@connectionnewspapers.com
or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection
The Oak Hill/Herndon Connection

Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/Lorton Connection

Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South

Zone 5: The Potomac Almanac

Zone 6: The Arlington Connection
The Vienna/Oakton Connection
The McLean Connection
The Great Falls Connection

IMPROVEMENTS **IMPROVEMENTS** **IMPROVEMENTS** **IMPROVEMENTS**

CRESCENT HOME SERVICES **Handyman & Home Improvement**
Free Estimates Licensed & Insured

703-953-7309
www.crescenthomeservices.net

100% A-Rated on Angie's List & Washington Consumer Checkbook
Local references available too!

CHS DOES:

- + Home Repair & Maintenance
- + Pressure Washing
- + Gutter Cleaning / Repair
- + Carpentry
- + Water Damage Repair
- + Rotten Wood Repair
- + Drywall / Painting
- + Light Plumbing & Electrical
- + Kitchen & Bath Remodeling
- + and so much more!

5% discount on labor with this ad
Good thru 11/30/2015

No Job Too Small
Professional ✂ Affordable ✂ Reliable

www.crescenthomeservices.net Email: info@crescenthomeservices.net

TREE SERVICE **TREE SERVICE**

Quality Tree Service & Landscaping
Reasonable prices. Licensed & insured.

Summer Cleanup...
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.

25 years of experience - Free estimates
703-868-5358

24 Hour Emergency Tree Service

EMPLOYMENT

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD
• FAIRFAX STATION/CLIFTON/LORTON

CLASSIFIED

703-778-9411
ZONE 2 Ad DEADLINE:
TUESDAY NOON

BULLETIN BOARD

Send notes to the Connection at connectionnewspapers.com/Calendar/ 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.

Help Wanted / Construction

Company searching for experienced caulkers and waterproofing installers for MD, VA and DC areas. Contact 717-624-9360 and ask for Houston.

ASSISTANT BOOKSTORE MANAGER

(Springfield Campus)
Mid \$20s
401k, 2 wks vacation
Lots of advancement oppts!
jsmith@bncollege.com

Montessori School of Fairfax

Located in the pleasant neighborhood of Chantilly, we are a family oriented School seeking for a Lead and or assistant teacher to join our family. Applicants Need to have had Montessori training and or experience. Please contact us via email at, msofx@aol.com or 571-323-0222, please ask for Mrs. Amiri or Ms. Pontea.

OLD DOMINION HOME CARE

Immediate Shifts Available
CNA's and Companions
Flexible Hours
Must have a valid driver's license
Olddominionhomecare.com
703-273-0422

PT REGISTERED NURSE FOR PRESCHOOL

Kiddie Country Developmental Learning Center
9601 Old Keene Mill Road,
Burke, VA 22015

Prefer RN with few yrs experience in a school or acute care setting with a pediatric background
**Two days a week
Thursday & Friday
8:00AM -4:00 PM**

Phone: 703-644-0066
Email: kiddiecountryii@aol.com or ednake@aol.com Fax 703-644-0073
EOE

Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com



26 Antiques

We pay top \$ for STERLING, MEN'S WATCHES, JEWELRY, COSTUME JEWELRY, FURNITURE, PAINTINGS AND CLOCKS. Schefer Antiques 703-241-0790 theschefer@cox.net

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: goinggreen@connectionnewspapers.com



101 Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- ▶ Speed Up Slow Computers
- ▶ Virus Removal
- ▶ Computer Setup
- ▶ Help with Windows 8 & 10

571-265-2038

Jennifer@HDIComputerSolutions.com



21 Announcements

21 Announcements

LEGAL NOTICE

According to the Lease by and between Michelle Urrutia aka Shelly Urrutia (of unit 1047) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: furniture, clothes, tubs, christmas decor, boxes, ect. Items will be sold or otherwise disposed of on Friday July 22, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Terrance Pinner (of unit 4147) and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: bags, clothes, shoes, ect. Items will be sold or otherwise disposed of on Friday July 22, 2016 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

21 Announcements

21 Announcements

21 Announcements

If you've quit reading due to **MACULAR DEGENERATION** Special low vision glasses may help you enjoy reading again.

Call for a FREE phone consultation with Dr. Armstrong, Optometrist

Offices in: Roanoke, Harrisonburg, Wytheville, Virginia
Learn more at: www.VirginiaLowVision.com
Dr. David L. Armstrong (866) 321-2030



21 Announcements

21 Announcements

21 Announcements

MULTI-PROPERTY REAL ESTATE AUCTION

Wed July 20th @ 2pm

Town Point Club Conference Room

101 W. Main St, Norfolk VA 23510

OVER \$3.5 ++ MILLION DOLLARS

OF PROPERTIES TO BE AUCTIONED OFF!!

10 OREO BANK PROPERTIES

& 1 TRUSTEE FORECLOSURE

ORDERED SOLD

COMMERCIAL -INCOME PRODUCING & RESIDENTIAL

Property Due Diligence, Terms & Registration:

atlanticREmarketing.com

ATLANTIC ASSET MANAGEMENT GROUP, INC. William J. Summs, Sr.
Auctions | Real Estate | Appraisals | Marketing 757-461-6867

21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING

1-800-893-1242

WE FINANCE!

Single Wides - Double Wides - Houses
GARAGES, SHOPS & BARNs
VA CAROLINA BUILDINGS, INC



CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

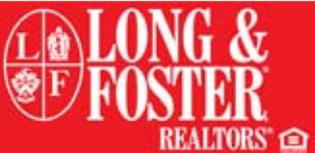
For All Your Advertising Needs...

It Works. Week After Week.

703 917-6400

Place Your Ad Today!





LONG & FOSTER® # 1 in Virginia

703-425-8000



Cyndee Julian
703-201-5834
Expect Personal Service
& Experienced Negotiation



Clifton - \$799,000

This is a true gem! Custom home with open floor plan, beautifully updated kitchen, sited on lovely landscaped 3.5 acres in the historic town of Clifton.

View more photos at www.hermandorfer.com



Fairfax Station - \$929,900

Come home to gorgeous 5 acres oasis with extensive landscape & hardscape. Inside find an incredible 2 story family room addition with walls of windows and a stunning chef's kitchen.



Ann Witherspoon, CRS
Associate Broker
703-503-1836
ann.witherspoon@LNF.com
Life Member NVAR Top Producers
Life Member NVAR Multi-Million Dollar Sales Club



MARSHA WOLBER
Lifetime Member NVAR Top Producers
Top 5% of Agents Nationally
www.marshawolber.com
Cell: 703-618-4397



Fairfax RENTED \$2,250

Great home conveniently located on a small Cul-de-Sac - Immaculate & ready to move into immediately! Recently renovated - New Refrigerator - HW Floors - Family Rm with Bay Window & Built-ins adjacent to Kitchen - Separate Laundry Rm.



McLean \$369,900

2 bedroom, 2 bath 1,300+ sq ft condo in luxury high rise...walkable to Silver Line Metro! Granite and stainless eat-in kitchen. Beautiful views, wrap-around balcony, garage parking!



STEVE CHILDRESS
"Experience...with Innovation!"
Life Member NVAR Top Producers
Buyer Broker since 1973!
703-981-3277



Dana-Jean LaFever & Claudia Callis
703-609-3479 • 703-620-2790
"Working for & Listening to YOU"



Jim Fox
703.503.1800
jim.fox@LNF.com
L&F "Top 20" 2012-2014
Washingtonian Magazine's "Top Team" 2015
NVAR Lifetime Top Producer



Judy McGuire
703-581-7679
NVAR Multi-Million Dollar Club
NVAR Top Producer



Lake Ocoquan Shores RARE OPPORTUNITY \$700,000

Secluded waterfront community of 5 acre+ homesites with spectacular water views and Fairfax County parkland! Solid brick home backs to lake with approx. 3,888 sq ft of living space. 5/6 bedrms, 3 totally remodeled full baths, 2 fireplaces, formal dining rm, deluxe kitchen w/ eating space adjoins Fam Rm leading to 62' deck overlooking lake! Rec Rm w/ bar, game/hobby rm, storage rm, bonus rm could be used as bedrm. Huge separate barn/workshop, covered RV pad, circular DW, and much more! Call Steve Childress NOW for private showing... 703 981-3277



Oakton \$725,000

Wonderful 2400+ sq ft home, over \$175,000 of updates: roof, gutters, windows, front door, stone work, heat pump, water heater, garage door, hardwood floors, propane gas fireplace, Kitchen with 42" maple cabinets, granite counters, breakfast bar, SS appliances. Enjoy the outdoors from wraparound deck or glass/screened porch. Call us for an appointment.



Falls Church \$1,820,000 Phillips Estate

Stunning custom colonial nestled on secluded 1.6+ acre. Carriage house with 3-car garage & in-law suite. Nearly 8,000 SF w/10' ceilings, gorgeous hwdws, coffered ceilings, custom woodwork. Expansive chef's kitchen with large w/I pantry. Banquet-sized DR w/butler's pantry. Stately library w/built-ins. 1.5 mile to Metro. Minutes to DC. Instant Equity. Priced below assessed & appraised values. Call Ki Hatch 571-214-1870



Burke \$425,000

Stunning 4-BR, 3.5 Bath 3-level end unit townhome w/gorgeous kitchen - new cabinets, appliances, granite. Updated baths, newer HVAC, upper & lower decks, fenced yard in sought after Burke Centre with all the amenities. Just steps away from local shopping and the VRE.



AMANDA SCOTT
703-772-9190
Top Producer
www.AmandaScott.net



Gainesville Heritage Hunt 55+ \$429,900
Main level living at its best! 2 BR, 2BA, Grmt Kit w NEW granite & island, NEW paint, HVAC updt'd, Din, Liv rm w 2 side Gas Fpl, Sun rm, Fenced Lndscpd yd, Patio, 2 car Gar.

www.HeritageHuntHomes.com



Gainesville Heritage Hunt 55+ \$440,000
Beautifully updated 2 Lvl "Turnberry" - fin walkout out lower lvl! Grmt Kit w NEW granite cntns, NEW SS Appls, NEW paint & carpet, HDWDS, Liv, Din, Fam rm off Kit, Sun rm, Deck. LL w Rec, BR, BA, Workshop, Storage.



John & Jennifer Boyce
703-425-JOHN (5646)
jennifer.boyce@longandfooster.com
www.425JOHN.com



Mickie Shea Associate Broker, CRS, GRI, e-PRO
MickieFairfaxVaHouses.com
703-503-1817
No Blarney...Just Top Notch Real Estate Advice



Woodbridge \$1,340,000

Gorgeous custom build - all-brick Mike Garcia home on a 5 acre private waterfront peninsula. 6 BRs & 7.5 Baths. Spectacular wide water views from three sides. Huge gourmet kitchen. Newly renovated spa-inspired master bath. 2 tiered 700 SF entertainment-ready deck. Private boat dock & gazebo. Fire pit. Gated circular driveway w/pond & fountain. Super efficient geothermal HVAC system. Nanny suite over garage.



FOR RENT Immaculate Townhome with 2-Car Garage
3 Finished Levels
3 BRs & 3 1/2 Baths
Hardwood Floors
Located in the sought-after Belmont Bay
A Marina Community with Pool, Tennis & Tot Lot plus walk to the VRE!
\$2350/mo



John Astorino
Realtor®
703.898.5148
Rated One of Northern Virginia Magazine's Top Real Estate Agents 2016



NEW LISTING!

Open Sunday Fairfax \$649,900 Wow Kitchen!



Open Sunday Fairfax Penderbrook \$779,900 Open Floor Plan



Open Sunday Fairfax Penderbrook \$539,900 Golf Course View



Coming Soon! Burke TBD Private Setting Cul-du-Sac

For more information, go to www.JAHomes4u.com or John.Astorino@LNF.com



BARBARA NOWAK & GERRY STAUDTE
"My Virginia Home Team"
703-473-1803, 703-309-8948
gerry.staudte@longandfooster.com
www.MyVirginiaHomeTeam.com



ELLIE WESTER
703-503-1880
L&F Founder's Club
Lifetime NVAR Top Producer
Life Member, NVAR Million Dollar Sales Club
ellie.wester@longandfooster.com



Manassas \$515,000

Peaceful Parklike Setting
Updated SFH on wooded 1 acre lot. 4, possible 5 BRs, 3.5 BA. Hardwood floors. FR w/vaulted ceiling & gas FP. Updated MBA & W/I closet in MBR.



Fairfax \$439,900 Newly Listed
Convenient Kings Park West townhome with fresh updates to include paint and carpet. Hardwood floors on the main level and kitchen has newer cabinets. Walkout finished basement to patio and low-maintenance landscaping. Minutes to GMU and Robinson Secondary School.

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