

Annie Sneed of Ambassador Girl Scout Troop 4001 in Springfield teaches the chicken dance to Daniella Rajwan, Samantha Gelfand, Audrey Goldman and Keira Newlon of Brownie Troop 1335 of Burke during a break in troop performances as area Girl Scouts recognized their 100th Anniversary celebration at Springfield Mall on Feb. 18. Sneed was a member of the planning committee for the celebration.

Girl Scouts Celebrate 100th Anniversary

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A Voice
For Children

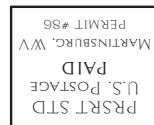
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ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Striking poses, Gracy Redding, Amelie Mohn, Autumn Arencibia and Camila Lopez, members of Brownie Troop 6320 from Rolling Valley Elementary School in Springfield, enjoyed performing a skit about Germany on the main stage when area Girl Scouts recognized their 100th Anniversary during a special Thinking Day Celebration at Springfield Mall on Saturday, Feb. 18.

PHOTOS BY
DENNIS WOKECK



Girl Scouts Celebrate 100th Anniversary

Springfield Mall Event draws more than 2,000 participants.

To mark the 100th anniversary of Girls Scouts of the USA, the South Central Fairfax Association of the Girl Scouts of the Nation's Capital (GSCNC) hosted a celebration that drew more than 2,000 participants to Springfield Mall on Saturday, Feb. 18.

"The 100th Anniversary Thinking Day Celebration offered something for everyone," said Carol Ann Cunningham, chair of the CSCNC's Fairfax chapter. "We had 1,100-plus current Girl Scouts in attendance, which made it the largest local gathering of girls for the 100th anniversary celebration to date in the Nation's Capital Council."

Throughout the four-hour event, 25 local Girl Scout troops performed on stages and displayed information they learned about countries with Girl Scouts and Girl Guides around the world at more than 75 display tables.

There was also a flag ceremony and international parade of flags through the mall, an international fashion show by members from 15 local troops, a presentation by re-enactors portraying the founders of Girl Scouts and Boy Scouts – Juliette Gordon Low and Lord Robert Baden-Powell – and a closing prom-

More Information

For more information on the event, contact Carol Ann Cunningham, Chair of GSCNC's South Central Fairfax Association, at carolanncunningham@verizon.net or 703-863-5263. For more information about Girl Scouts, visit www.gscnc.org. To join or volunteer with Girl Scouts, contact Elizabeth Assenza at eassenza@gscnc.org or 202-274-3334.

About GSCNC: The South Central Fairfax Association of the Girl Scouts of the Nation's Capital (GSCNC) includes the area of eastern Burke, south Fairfax Station, Hunt Valley, Lorton, Springfield and West Springfield. The association represents more than 175 troops of girls ages 5 to 18.

ise circle at 2:15 p.m.

The event also included trading swaps, as well as booths featuring Girl Scout history, local Girl Scout camp opportunities, Girl Scout cookie booth sale locations, and information about joining Girl Scouts as a girl or an adult volunteer. Girl Scouts – whether they were local, national or alumni – were invited to share their favorite memories on videotape at a booth recognizing the contributions of Girl Scouts to leadership and community service through the years.

"It was great to have such a good turnout to watch the troops on stage, because we had Girl Scouts in high school who served as the entertainment coordinators, emcees, stage managers, and fashion show coordinators to make the event a success," Cunningham said.

— VICTORIA ROSS



With an armful of leis, Victoria Ruano, a member of Daisy Troop 2460 from St. Bernadette's School in Springfield, welcomes everyone to the troop's display about Hawaii with a lei.



Members of Junior Troop 6120 from White Oaks Elementary School in Burke (from left) Bailey Blake, Kendra Bangura and Alexa Houck check out the Chinese dragon masks and get their passports stamped by Isabella Aguilar Fricke and her mother Katie Fricke of Lorton while visiting the China display by Daisy Troop 1735 from Laurel Hill Elementary in Lorton. The display was part the area Girl Scouts' 100th anniversary Thinking Day Celebration at Springfield Mall on Saturday, Feb. 18.



Annie Sneed of Ambassador Girl Scout Troop 4001 in Springfield teaches the chicken dance to Daniella Rajwan, Samantha Gelfand, Audrey Goldman and Keira Newlon of Brownie Troop 1335 of Burke during a break in troop performances as area Girl Scouts recognized their 100th Anniversary celebration at Springfield Mall on Feb. 18. Sneed was a member of the planning committee for the celebration.

Lulu Gloninger and Noelia Vargas, members of Junior Troop 4235 of Springfield, share interesting facts and information at their display about Chile as area Girl Scouts recognized their 100th Anniversary during a special Thinking Day Celebration at Springfield Mall on Saturday, Feb. 18.



Morgan Poppenberger, Lulu Gloninger and Noelia Vargas, members of Junior Troop 4235 of Springfield, show off the Easter Island Head replica they created for their display about Chile during the Girl Scouts 100th Anniversary Thinking Day Celebration at Springfield Mall on Saturday, Feb. 18.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Fairfax County's 16 newly-trained court-appointed special advocate (CASA) volunteers raise their hands to take the CASA oath during a swearing-in ceremony at the Jennings Judicial Center in Fairfax on Feb. 21. From left, Diane Brody, Rebecca Burke, Susan Chibnall, Susan Evans, Lynn Foster, Anne Havlovick, Lauren Janik, Sheila Kinderman, Patricia Larsen, Peggy McGannon, Denise Hall, Alicia Richie, Kitchy Sawets, Ann Sherwood, Joanne Shumpert and Nicki Watts.

A Voice for Children

"Promise-keepers" advocate for Fairfax County's abused, neglected children.

BY VICTORIA ROSS
THE CONNECTION

Each child who comes before Judge Thomas Mann's Fairfax courtroom is loveable and vulnerable. There is the precocious three-year-old whose parents are drug-addicted. A seven-year-old boy whose mentally-ill mother left him home alone to care for his infant sibling. A 12-year-old girl whose stepfather sexually abused her.

Last year in Fairfax County, there were 500 similar stories of abuse and neglect so severe they ended up in court. And while each child's story is different, the one thing they all share is: the adults in their lives broke a sacred promise to take care of them.

"When the Court gets involved when there is abuse, not only have the promises been broken; they've been shattered," said Mann, Chief Judge of Fairfax County's Juvenile and Domestic Relations Court. "Broken promises are like glass, and [these children] are surrounded by it, 360 degrees of broken glass, and their feet are bare."

Mann gave his remarks during the Feb. 21 swearing-in ceremony at the Jennings Judicial Center for a group of 16 newly-trained volunteers he calls the "promise keepers:" Court-Appointed Special Advocates (CASA) volunteers who make recommendations to the court on the best interest of the child. Volunteers submit a fact-based report to the judge based on an objective investigation involving social workers, county attorneys, teachers, etc.

CASA VOLUNTEERS are often the only adults who keep their promises, Mann said, and their objective reports are vital in helping him gain insight into the child's circumstances.

"Imagine going to bed and you wake up on Mars,

How to Become a CASA Volunteer

"Volunteers listen first, then they act," said Elisa Kosarin, associate director of recruitment and training. She said volunteers get to know the child by talking with everyone in that child's life: parents, relatives, foster parents, teachers, medical professionals, attorneys, social workers and others. They use the information they gather to inform judges what the child needs and what will be the best permanent home for that child.

"You don't have to be a lawyer or social worker to volunteer," Kosarin said. "We welcome people from all walks of life. We are simply looking for people who care about children and have common sense."

To get started, Kosarin said prospective volunteers should attend one of CASA's information sessions. The next information session is Saturday, March 17, 11 a.m. to noon, at Burke Centre Library. For more information about volunteer opportunities, or general information about CASA, go to Fairfax CASA's website at www.casafairfax.org.

multiply that times a zillion and add it to infinity, and that's the quantum of despair. CASA's make that Mars landing possible for these children," Mann said.

Lisa Banks, executive director of Fairfax CASA, said volunteers are the constant and focused voice for abused and neglected children in court, and the only adult working exclusively as the child's advocate. She said volunteers work to ensure that each child is safe from further abuse and help obtain a safe and permanent home where that child can thrive.

"Every 38 hours, an abused or neglected child in Fairfax County is placed under court protection," Banks said. "These children need advocates to protect their fundamental rights. We are truly grateful to those who choose to give their time to these children."

Fairfax CASA, which was named "One of the Best" area nonprofits by Catalogue for Philanthropy 2011-2012, has a reputation for being a critical component of Fairfax County's abuse and neglect cases.

"They have well-deserved reputation for being rigorous and objective," said Sen. Dave Marsden (D-

SEE FAIRFAX CASA, PAGE 10



PHOTO COURTESY OF FAIRFAX COUNTY

Board of Supervisors Chairman Sharon Bulova (center), accepts a \$280,000 check from Bill Hanbury (next to the chairman, on her left), President of the United Way of the National Capital Area. Front row, from: Marcia DiTrapani, Herndon-Reston FISH, Inc.; Krista Osterthaler, The National Capital Poison Center; Jaime Farrant, Ayuda; Carol Loftur-Thun, The Women's Center; Joel Bedknoski, Alzheimer's Family Day Center; Kimberly Jappell, NOVAM; Elizabeth Doherty, KEEN Greater DC; United Way Fairfax Regional Council Co-Chair Paul Taffe of Wells Fargo; United Way Regional Council member Jeff Lear of Lear Communications; and Jim Shelton of Orange Panda.

Nonprofits Awarded United Way Grants

23 local organizations receive more than \$280K to continue work.

The United Way of the National Capital Area (United Way NCA) awarded 27 grants totaling \$288,013 to 23 local nonprofits during the Fairfax County Board of Supervisors meeting Tuesday, March 6.

The funds were raised through designations to the Fairfax/Falls Church Community Impact Fund in United Way NCA's annual workplace giving campaign. Each of the grants directly addresses United Way NCA's focus areas of education, health and financial stability.

"United Way's Community Impact Fund has served thousands of Fairfax County residents by helping to provide essential services to those fighting to survive," said Paul Taffe, United Way NCA's Fairfax Regional Council Co-Chair. "As the region continues to struggle with slow economic recovery, there are an unprecedented number of people and families facing hunger, homelessness and the most difficult of life challenges."

David Hunn, President and CEO of The SkillSource Group, said the Vienna workforce development company will use its grant to expand the Ticket to Work program by hiring a part-time job-developer who will serve as an advocate and employment placement coordinator for disabled job-seekers enrolled in the program.

"The job developer will work to match the skills and interest of our adult job seekers with private sector employees throughout Fairfax County," Hunn said.

Another grantee was the Northern Virginia Dental Clinic, which provides oral health care to low-income residents age 18 or older.

Oral health care for adults is not a mandated service under the Virginia Medicaid program, so a significant number of the adult population who are very close to the poverty level do not typically have access to dental care.

"Being awarded a Community Impact Fund grant assists the clinic with operating expenses, such as materials and staffing," said Thomas Wilson, the clinic's executive director.

"The contributions from the Fairfax/Falls Church community demonstrate a commitment to joining together to ensure that programs in education, health and financial stability can continue their essential work," said Bill Hanbury, President and CEO of United Way NCA. "Each of the Community Impact Fund grants will have an immediate and positive impact on each of these vital organizations."

For more information about United Way of the National Capital Area, visit www.unitedwaynca.org.

— VICTORIA ROSS

Mom Bloggers Converge to Network, Raise Money

BY JENNIFER FEDOR
THE CONNECTION

Blogging community steps up to support new moms.

On the night of Feb. 21, local moms tweeted, linked, and blogged in real time from NOVALive, a networking and charity event held at Fairfax Corner's upscale consignment boutique, Chic Envy. Organizers Micaela Williamson (www.supernovamommy.com) of Burke

and Andrea Khoury (www.novahousewives.com) of Centreville teamed up to celebrate and expand the mom-blogging community as well as raise funds for a worthy cause, Mission Sleep.

The non-profit division of Let Mommy Sleep, Mission Sleep provides free, overnight newborn care to moms whose hus-

bands are deployed or wounded warriors. Owner and Bristow resident Denise Stern felt it was important to offer the support of registered and licensed practical nurses to this special group of new moms.

"I wish we didn't have to charge [for Let Mommy Sleep] and could provide it to every parent who needs it," Stern, mother of

three children under the age of 4, comments. She partners with Walter Reed Medical Center to identify military wives who need a helping hand after their babies are born.

"Having raised two kids myself I know

SEE BLOGGING, PAGE 5

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From the left, Christina Crawford of Chic Envy, Denise Stern of Mission Sleep, and NOVALive organizers Andrea Khoury and Micaela Williamson collaborated to raise money for a worthy cause.

Blogging Community Gets Together

FROM PAGE 4

how difficult the newborn phase is," Williamson observes. "So I thought it was a great cause to support."

Khoury agrees, "It's a good organization, it's local, and it's new. It just needed some PR to get it off the ground."

In addition to raising almost \$800 for Mission Sleep through event registration fees and raffle tickets, NOVALive gave local mom bloggers the opportunity to interact in person.

Khoury, whose blog Real Housewives of Northern Virginia offers "community happenings, giveaways, and gossip", explains, "We wanted to increase the network of women. A lot of us share the same content: events, information, general resources for women in northern Virginia. We're able to partner and connect, so there's no competition in the blogger world."

"We interact online so much that we never put a face to a name," Williamson notes. "It's nice to meet in person because online we support each other's causes and help create each other's fan bases through social media networking." Her site SuperNOVAmommy offers a calendar listing local free and cheap children's events. In addition, she posts interviews with mom entrepreneurs, descriptions of fun venues in the Northern Virginia area, and tips from other mom bloggers.

LOCAL BUSINESSES donated refreshments and giveaways to the event. Meanwhile, Chic Envy offered a discount on their diverse selection of consigned upscale fashions.

Christina Crawford, co-owner of Chic Envy with her daughter Rhianna Dollar, was more than happy to share her store for NOVALive. She says, "This is another way for us to do something for the community." A military spouse herself, she loves the idea behind Mission Sleep.

Chic Envy opened 2.5 years ago when

Crawford's daughter graduated from college. The women both loved clothes, shoes, and handbags and thought a consignment shop, where clothing is reused, was a green alternative to the typical store. They were also excited to create jobs in the community. The mom and daughter team looks forward to opening another store in Gainesville by the end of the year.

Williamson and Khoury were grateful to the area businesses who donated products for the giveaways and swag bags, including a \$400 gift package from Red Door Spa in Fairfax Corner and a bread basket from Great Harvest Bread Company in Burke. Attendees were encouraged to tweet or blog about the products and services they liked. Lost Creek Winery (lostcreekwinery.com) in Leesburg poured samples of their wines while bloggers nibbled on custom-made cookies from J and J Bakery, cupcakes from the Sweetest Soiree, and cake pops from Simply Desserts.

Sales representatives from AT&T highlighted the growing demand for data services via handheld devices and gave away prizes such as Bluetooth headphones, battery chargers, and an iPad.

Of the almost fifty attendees, bloggers ranged from moms with newer sites to more experienced writers with large fan bases. DeLise Bernard's blog, Our Life Memories (www.ourlifememories.com), will turn one in March. She details daily adventures with her two children, ages 4 and 1, in D.C., Northern Virginia, and Maryland, and reviews each kid-friendly venue they explore.

"[I wanted] a space that they could look to later for the memories we created when they were children," Bernard explains. She also compiles "kidtineraries" for families visiting the area or local moms who are too busy to scour the Internet for fun activities.

She appreciated NOVALive as an opportunity to learn from the veteran bloggers and to use her blog to support the community.

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Reenacting a Dark History?

Turning back the clock in Richmond.

Who could have anticipated that our elected officials would take African-American History month and Women's History month so seriously that they would literally try to turn back the clock?

First in February, African-American History Month, the assembly voted to make it harder to vote, knowing that the bill would make it less likely that some African-Americans in Virginia would vote.

The bill, which "eliminates the provision that allows a voter to sign a sworn statement that he is the named registered voter he claims to be in lieu of showing identification." There is no evidence that this longstanding provision has been abused.

In an action that reminds many of the poll tax, the General Assembly voted to require specific forms of identification at the polls in order to vote, knowing that this will disproportionately affect minority voters, poor voters and older voters, knowing that 15 percent or more of minority voters and older voters do not have such ID.

In the House of Delegates, the measure passed 69-30, with Northern Virginia delegates Dave Albo, Barbara Comstock, Tim Hugo, Jim LeMunyon and Tom Rust voting in favor; voting against were Robert Brink, David Bulova, David Englin, Eileen Filler-Corn, Mark Herring, Patrick Hope, Mark Keam, Kay Kory, Alfonso Lopez, Ken Plum, Mark Sickles, Scott Surovell

and Vivian Watts.

All Fairfax, Arlington and Alexandria senators voted against the bill that forces voters to provide one of a short list of identification in order to vote, but the bill passed 20-to-20. Senators George Barker, Adam Ebbin, Barbara Favola, Mark Herring, Janet Howell, Dave Marsden, Chap Petersen, Toddy Puller and Dick Saslaw voted against.

Now on to Women's History.

Northern Virginia holds a special place in women's struggle for the right to vote.

From the Workhouse Museum in Lorton: "In 1917, women began demonstrating in front of the White House for the right to vote. They decided they would rather be imprisoned than be quiet. In response to their outspoken protests during World War I, they were sentenced to fines or imprisonment. They chose imprisonment. Some of those arrested were sentenced to the Women's Workhouse at Lorton. The protestors were held under deplorable conditions. As news of the sentences spread, sympathy for the suffragists was aroused. ... Finally the 19th amendment to the Constitution was ratified in 1919 and for the first time women were allowed to vote in the November 1920 national election."

Women's right to self-determination and equality has not come easily, and the transformation to full equality is not complete.

The Virginia General Assembly nevertheless became the butt of jokes and a source of outrage as it pursued a variety of bills that seek to deny women the right to have control over their own bodies.

We don't need to revisit the many references to "transvaginal ultrasound." The literal inva-

sive parts of this bill were deleted, but still the assembly passed legislation that will require women to have an ultrasound view of their fetus before having an abortion.

A bill that would provide "that unborn children at every stage of development enjoy all the rights, privileges, and immunities available to other persons, citizens, and residents of the Commonwealth," passed the House of Delegates 66-32. Local delegates Dave Albo, Barbara Comstock, Tim Hugo, Jim LeMunyon voted in favor; and voting against, Robert Brink, David Bulova, David Englin, Eileen Filler-Corn, Mark Herring, Patrick Hope, Mark Keam, Kay Kory, Alfonso Lopez, Ken Plum, Tom Rust, Jim Scott, Mark Sickles, Scott Surovell, and Vivian Watts.

This bill died in the Senate at least for this year. Northern Virginia senators voting to kill this bill were George Barker, Adam Ebbin, Barbara Favola, Mark Herring, Janet Howell, David Marsden, Chap Petersen, Toddy Puller and Dick Saslaw. No senator from Fairfax, Arlington or Alexandria voted to keep the bill alive.

Outrage over these bills, assaults on women's rights, sparked demonstrations over the weekend.

Apparently the protest that ensued, with hundreds descending on Richmond, was darn scary; scary enough to turn out the riot squad and to prompt police to arrest protesters for sitting on the Capitol steps.

"Our state Capitol is becoming an armed garrison," said state Sen. Janet Howell. "Not since the massive resistance days in the '60s have I seen such a disgraceful display of excessive police presence in my state."

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Why We Voted Against the Budgets

BY DAVID MARSDEN
STATE SENATOR (D-41)



David Marsden

There has been much written this past week about Democrats voting down the Senate and House budgets. The Washington Post and other writers seem to think that this is the end of the world as we know it. Under both Mark Warner and Time Kaine we had budgets that were not completed until June and May respectively. Why? Because those budgets did not accomplish what many members of the General Assembly, both Republican and Democrat, wanted for the people they represent.

So why did we vote against the budgets at this stage of the process? The answer is twofold.

First, Virginia chose an evenly split Senate, 20 Democrats and 20 Republicans. The Senate budget is better than the House budget for

my constituents, but better does not mean good. I was elected to fight for things that my constituents elected me to stand for. To this end I have used the only leverage I have, which is the budget, to do that which I was hired to do. Did you want someone to go to Richmond and roll over and play dead? This is our state and I will not stop fighting for a budget that will strengthen our economy, create jobs and take care of our most vulnerable citizens. These budgets fall short.

I have worked closely and productively with Republicans on a myriad of issues this year. But a budget that takes 4500 seniors off of Medicaid, gives \$25 million in private school vouchers to families making 70K per year, or transfers

general funds from schools to transportation. What upsets me even more is that the Governor reneged on a promise to introduce a sustainable source of transportation funding into the budget. I was told that if I voted for his transportation bond acceleration package last year he would solve our long term transportation funding problem. He did zero. (By the way, when his representative asked what transportation earmark I wanted for my district to get my vote I told him no! I am not going to circumvent the lawful role of the Commonwealth Transportation Board in distributing transportation funds. Politics should not enter into those decisions. Earmarks are wrong!)

Second, if Republicans had observed the existing Rules of the Senate when we convened this session they would have been in charge and we would have had some level of parity with them as we are evenly split. They are in

charge because the Lieutenant Governor can break the tie votes. I understand that. But with parity, we would have been in position on committees to kill the right wing bills that have made Virginia a national laughingstock and severely damaged our image. Best State for business? Not for long. Best managed State? That's heading south. Best State to raise a child for future success and happiness? A soon to be memory if we keep pulling resources out of schools. Yes, it was hard to be taken off of committees as parity was written out of the rules that we honored when we were in charge. But to think we are killing the budget out of petulance is ridiculous. Everyone uses the rules to fight for what they believe in. That is all we are doing.

We will get a budget this year. But I will not vote for it until we fix the problems and the ill advised process that Republicans have created. We have the time and I have the resolve. Let's get it right.

CALENDAR

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. Deadline for calendar listings is two weeks prior to event.

THURSDAY/MARCH 8

Fairfax Art League Reception. 7-9 p.m. Old Town Hall, Second Floor Gallery, 3999 University Drive, Fairfax. Fine art photographs, paintings and works by members of the Fairfax Art League, on exhibit March 2-April 4. www.FairfaxArtLeague.net.

FRIDAY/MARCH 9

Bonita Lestina Performance Series: Irish Breakfast Band. 8 p.m. Old Town Hall, 3999 University Drive, Fairfax. Traditional Celtic music. Free admission. 703-352-2787 or www.fairfaxarts.org. www.irishbreakfastband.com.

Sing Me Insomnia and Foreverisforever (acoustic) at 7 p.m.; **SNRG** at 10 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

The Amazing Kreskin. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. Illusions and comedy with audience participation. \$25. www.wolftrap.org.

Friends of the Library Book Sale. 10 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

English Conversation Group. 10 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Practice your English conversation skills. Adults. 703-978-5600.

SATURDAY/MARCH 10

Concerts from Kirkwood: Gypsy Soul. 3 p.m. Kirkwood Presbyterian Church 8336 Carrleigh Parkway, Springfield. Spanish popular songs harmonized by Federico Garcia Lorca. With mezzosoprano Ada Lis Jimena and pianist Fabian Faccio. Free, donations accepted. 703-451-5320 or www.kirkwoodpres.com.

School Boy Humor, Rookie of the Year and Fourth Quarter Comeback at 6 p.m.; **Unity - a 311 Day Tribute** at 10 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Singer Paula Cole. 7:30 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. \$25. www.wolftrap.org.

Friends of the Library Book Sale. 10 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. 703-249-1520.

Children's Book Sale. 10 a.m.-5 p.m. City of Fairfax Regional Library, 10360 North St., Fairfax. 703-293-6227.

All You Can Eat Spaghetti Dinner & Silent Auction. 5-8 p.m. Clifton Presbyterian Church, 12748 Richards Lane, Clifton. Spaghetti, Caesar salad, garlic bread, antipasto bar, tiramisu and cannoli. Silent auction. \$6.50-\$9. gina.david@verizon.net.

One-on-One Internet/Computer Training. 11 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Learn to use the library's e-book collection and compatible e-book readers with a one-on-one technology volunteer. Registration required. Adults. 703-978-5600.

Books: The Magic Is Real! 1:30 p.m. Kings Park Library, 9000 Burke Lake Road, Burke. Magician Joe Romano brings books to life through the art of magic and illusion. All ages. 703-978-5600.

SUNDAY/MARCH 11

Vienna Boys Choir. 4 p.m. George Mason University's Center for the Arts, 4400 University Drive, Fairfax. The program will include "O



Choir of The College of William & Mary
The Choir of the College of William and Mary will perform on Friday, March 16 at 8 p.m. at the Church of the Nativity, 6398 Nativity Lane in Burke. Under the direction of James Armstrong, their performance will feature works by Mahler and Liszt (Missa Choralis), American and Haitian songs in the folk tradition and more. Free admission. 703-932-7792.

Fortuna" from Carl Orff's "Carmina Burana"; Brahms' 13th Psalm; Strauss' "Tausend und eine Nacht" (Arabian Nights); Ennio Morricone's "Nella Fantasia" (In My Fantasy); and a medley of songs from the 1992 film "Sister Act." Italian conductor Manolo Cagnin will serve as choirmaster for this performance. Tickets \$23-\$46, youth through grade 12 half price, available at 888-945-2468 or cfa.gmu.edu.

An Evening with Paul Kelly. 7:30 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Arlington Rose Foundation Expert David Maxwell. 2 p.m. Merrifield Garden Center at Fair Oaks, 12101 Lee Highway Fairfax. "Spring into Big, Beautiful, Bountiful Blooms". Free. Light refreshments. Door prize. 703-371-9351.

Fairfax Symphony Orchestra 49th Annual Dorothy Farnham Feuer String Competition Finals. 2 p.m. Providence Presbyterian Church, 9019 Little River Turnpike, Fairfax. Featuring 11 finalists in grades 8 through 12 from Northern Virginia. Free, reception to follow. 703-563-1990

or www.fairfaxsymphony.org.
Domestic Service in the Gilded Age South. 2 p.m. Fairfax Museum and Visitor Center, 10209 Main St., Fairfax. Kathy Alcaine, Manager of Historical Tours and Interpretation for Maymont Foundation in Richmond, will discuss the lives of a predominantly African American labor corps that worked as cooks, maids, laundresses, nursemaids, butlers, and chauffeurs. Free. 703-385-8414.

MONDAY/MARCH 12

Ladysmith Black Mambazo. 8 p.m. The Barns at Wolftrap, 1551 Trap Road, Vienna. www.wolftrap.org.

An Evening with Paul Kelly. 7:30 p.m. Jammin' Java, 227 Maple Ave E Vienna. www.jamminjava.com.

Springtime Tales. 10:30 a.m. Kings Park Library, 9000 Burke Lake Road, Burke. Stories and fun about spring. Age 3-5 with adult. 703-978-5600.

If Pigs Could Fly. 2:30 p.m. Pohick Regional Library, 6450 Sydenstricker Road, Burke. Blue Sky Puppet Theatre. All ages. Register each family member that will attend. 703-644-7333.

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- * Community Choir: Every Other Sat 10-11:15 AM
- * Recording Workshop: Sun Mar 11, 3-4:30 PM \$20
- * Clifton Art Guild Art Show: Sat Mar 17, 6-9:00 PM Free
- * Genre-Mixing Guitar Workshop: Thurs, Mar 22, 7-9:00 PM \$25

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WELLBEING

Cleaning Up One's Plate

Local nutrition experts encourage healthy eating during National Nutrition Month and always.

BY MARILYN CAMPBELL
THE CONNECTION

When it comes to healthy eating, Alexandria wellness educator Cheryl Mirabella encourages her clients to load up during meals, but she offers a caveat. "Crowd out your plate with good stuff," said Mirabella who has offices in Alexandria and Warrenton. "If you're eating nutrient and fiber rich foods, you're naturally going to be more full and more satisfied and therefore you might not be reaching for the junk food as often."

In observance of National Nutrition Month, Mirabella is offering suggestions for making wise food choices. She and other health experts say that that while trading in salt-laden potato chips for potassium-packed baked spuds might be challenging, making positive dietary changes is easier than one might think, and is worth the effort.

"I believe that food is medicine and we can use it as a way to prevent diseases and heal our body," said Mirabella "If we eat foods that are full of nutrients we're going

to give our body everything it needs to do what it does naturally. Food can be a very powerful medicine in terms of disease prevention and reversal."

Begin by simplifying food choices. "The first step is focusing on what isn't food and then finding cleaner options," said Nina Elliot, an Arlington-based personal trainer. "All the additives ... that are in many of our favorite foods can contribute to obesity and health challenges. Replacing processed foods with whole foods may take a bit more work in the kitchen and a little more grocery money, but the health benefits are tremendous."

Add fresh fruits and vegetables to each meal. "Vegetables are high in antioxidants," said Mirabella. "Frozen fruits and vegetables are an excellent choice too. They are affordable and they're nutrient rich because they've been picked at the peak of their freshness. They went from the field to the freezer, so the nutrients are locked-in."

Watch for hidden sodium. "Deli meat for example, is highly processed and high in sodium," said Paulette Helman, a registered dietitian in Potomac, Md. "You're better off bak-



Alexandria-based wellness educator Cheryl Mirabella creates a nutrient-dense salad with avocados and spinach. Dieticians recommend eating fiber and antioxidant-rich fruits and vegetables with every meal.

ing a chicken breast with a little lemon juice."

Choose whole grains. "Whole grains are healthier than plain, white processed grains," said Jean Glossa, M.D., medical director, Fairfax Community Health Care Network and Molina Healthcare. "The closer the food is to the way that it came out of the ground and the less processed it is the healthier it is. But that doesn't mean than by switching to whole grains you can eat an unlimited amount of it. Portion size is still important."

When it comes to protein, keep it lean. "Ideally with every meal and snack, you want to have protein," said Mirabella. "For example, you might have eggs for breakfast and toss in spinach or broccoli and a little feta cheese. If you have an apple for a snack you might dip it in a little bit of peanut butter so that you get protein and healthy fat along with carbohydrates from the apple. Lean cuts of meat are good, but you want to stay away from saturated fat."

Nutritionists say gradual adjustments work best. "Making small changes is more manageable than overhauling one's diet all at once," said Elliot. "[They are] more likely to lead to the next positive change ... which means people are [more] likely to



Alexandria-based wellness educator Cheryl Mirabella grows vibrantly colored, vitamin-packed vegetables in her garden. She believes that nutrient-rich food is medicine for the body.

want to continue improving ... their diet." Plan ahead. "Try to eat three meals and two healthy snacks each day," said Mirabella.

"That is a great way to keep your blood sugar in balance so you can make healthier food choices all day long."

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day. Dated announcements should be
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THURSDAY/MARCH 8

Liberty Republican Women's Club Meeting. 6:30 p.m.
Piero's Corner, 9959 Main St.,
Fairfax. With Susan Allen and
U.S. Senate candidates Anna Lee
and John Whitbeck. 703-246-
0097 or 703-378-4190.

MONDAY/MARCH 12

Breaking into Feature Film Writing. 7 p.m. Truro Church,
10520 Main St., Fairfax.
Screenwriter Linda Davis will
talk about pitching, networking,
and marketing to Hollywood.
www.ccwriters.org or 703-803-
9447.

WEDNESDAY/MARCH 14

Faith Communities in Action House of Worship Network Meeting. 2 p.m. Fairfax County Government Center, rooms 2 & 3, 12000 Government Center Parkway, Fairfax. The new online Fairfax County human resource guide, food security and access to affordable and nutritious food and the online DFS food stamp application process. 703-324-3453 or Ciluser@fairfaxcounty.gov.

THURSDAY/MARCH 15

Shepherd's Center of Fairfax-Burke: Lunch N' Life. 12 p.m.
Lord of Life Lutheran Church,

5114 Twinbrook Road, Fairfax.
For age 50 and up. "Sharks!"
with Juliet Ellerin, Washington
Post reporter and author of
Demon Fish- Travels through the
Hidden World of Sharks. \$8.
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2454 or
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SATURDAY/MARCH 17

CASA Information Session. 11
a.m. Burke Centre Library, 5935
Freds Oak Rd., Burke. Learn
more about advocating for
abused or neglected children.
703-273-3526, x22 or
ekosarin@casafairfax.org.
Fostercare Training Session. 9
a.m.-5 p.m. Special Foster Care
Program of Northern Virginia
Family Service, 10455 White
Granite Drive, Oakton. First of
three training sessions for
individuals and couples willing to
provide nurture and a loving
home for children and youth in
need of respite or foster care.
Register at 571-478-2557 or
www.nvifs.org/fostercare.

SATURDAY/MARCH 21

The Mechanics of Alzheimer's Disease. 1:30 p.m. Alzheimer's
Family Day Center, 2812 Old Lee
Highway, Suite 210, Fairfax.
Discussion will include the
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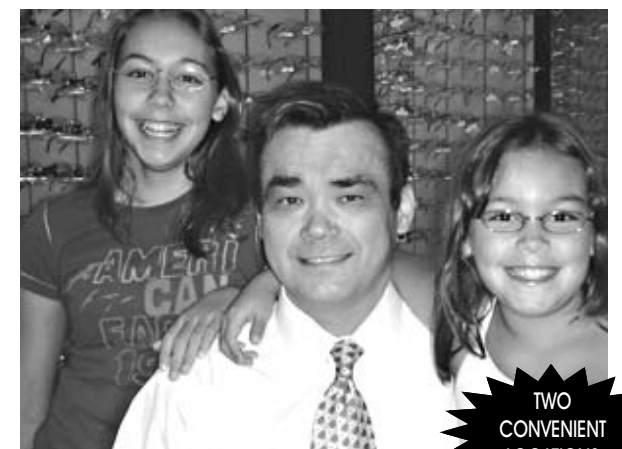
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NEWS

Fairfax CASA Helps Children

FROM PAGE 3

37), who served as Superintendent of Fairfax County's Juvenile Detention Center and Chief Deputy of the Virginia Department of Juvenile Justice. "CASAs are technically volunteers, but these are highly-trained, highly-qualified volunteers who are passionate about what they do."

According to Banks, many volunteers are well-educated empty-nesters searching for a way to help children.

Pam Jones, a longtime CASA volunteer from Fairfax, who has recruited others into the program, fits the CASA volunteer profile.

"I was a highly involved elementary school parent, and began looking for alternative volunteer opportunities when my son, an only child, moved to middle school," Jones said.

Jones said while volunteering in her son's school, she was often taken aback by children whose parents showed little support of their children's learning beyond getting them to school.

"Many kids had no one reading to them or making a fuss when they brought home good grades. These things are superficial but I realized that children need champions in all aspects of their lives," Jones said.

Jones said CASA volunteers have to be tenacious, and a thick skin is helpful.

"To be blunt, CASA work brings very little obvious reward. There are many hours spent seeking information from often uncooperative or even hostile people...who don't always appreciate why I'm being so nosy," Jones said.

Jones said her most rewarding case was that of a toddler girl whose parents were very loving but emotionally and developmentally incapable of caring for her.

"Finding an appropriate family member to care for her was a challenge, but she eventually joined the loving home of family members in Pennsylvania; and she gained a big sister in the process," Jones said.

Pat Casciato, who worked as a CASA volunteer in Pittsburgh before moving to Reston, said she had always been interested in social work, but ended up as an executive in the business sector.

She said the most rewarding aspect of being a CASA volunteer is realizing how important the CASA report is to a judge facing competing interests.

"Judges rely on our reports for case detail that helps them make decisions that affect the children's wellbeing...I feel that CASA's involvement in this process is key," Casciato said.

She said all of the cases are challenging, but one case was especially rewarding.

"(It involved) the severe physical abuse of a nine-year-old.

AFTER THREE YEARS, several foster homes, and several social workers, the child was adopted into a loving home. The child became successful in school, even making the honor roll many times," she said.

Susan Chibnall of Fairfax, a clinical psychologist and new Fairfax CASA volunteer, said she thought CASA was a worthwhile way to give back.



Judge Thomas Mann, Chief Judge of Fairfax County's Juvenile and Domestic Relations Court, swears in the 2012 class of court-appointed special advocate (CASA) volunteers during a ceremony at the Jennings Judicial Center in Fairfax on Feb. 21.



From left, Pam Jones of Fairfax and Pat Casciato of Reston are longtime CASA volunteers and often recruit friends to volunteer. Both agree tenacity and a thick skin are essential for successful volunteers.

Run for the Children

On April 28, Fairfax CASA will host its second annual Run for the Children. Sponsored by Verizon, the combination 10K race and 3K run/walk offers serious runners as well as families the opportunity to enjoy the charm of the historic City of Fairfax. All funds raised will support Fairfax CASA and the work of CASA volunteers, who advocate for the best interests of over 500 abused and neglected children each year.

"This is our most important awareness-raising event and it brings in much needed funds to support the work of our volunteers," said Lisa Banks, executive director of Fairfax CASA.

Race day start is 8:30 a.m. for 10K runners and 9 a.m. for 3K run/walk participants. Runners and walkers can register before the race at www.fairfaxrunforthechildren.com

To learn more, visit the race website www.fairfaxrunforthechildren.com/sponsors, or contact Lisa Banks at (703) 273-3526 or lbanks@casafairfax.org.

"I don't have children of my own, and I have a little time to give. I think this will be a good fit."

Ann Sherwood of Great Falls, who recently retired as a pediatric nurse of 45 years, said she wanted something to do that would allow her to work with children. "I like the fact that I can make a difference, but I know it's going to be difficult working with abused and neglected children."

"I am so proud of her," said daughter, Kathy Brown of Vienna, who brought her family to the swearing-in ceremony. "I didn't realize the level of commitment it takes to be a volunteer, but my mom has what it takes to help these children."

Mann and Banks both stressed that CASA volunteers become their own family unit.

"I don't want to scare you, but you will change," Mann said to the 16 volunteers at the Feb. 21 ceremony who were about to take an oath pledging their allegiance to the "best interest of the child."

"It's going to be hard for you; be prepared," Mann said. "Your CASA family understands. All of these people are here for you," Mann said. "When the tears really start coming and the pain gets hard, you know this is not just work; it can be life and death."



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FAITH

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

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

First Baptist Church of Springfield, 7300 Gary St., Springfield, has Sunday services at 10:30 a.m., Sunday school at 9:15 a.m., Hispanic worship ser-

vice at 9 a.m., and an Ethiopian service at 12:15 p.m. The pastor is Jim Weaver. 703-451-1500 or www.fbcspringfield.org.

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

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

Beth El Hebrew Congregation,

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

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

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15466 Meherrin Dr.....\$554,900.....Sun 1-4.....Pat Bogenn.....Long & Foster..703-961-7104
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Edison Boys Enjoy Wonderful Breakthrough Season

Region runner-up Eagles fall to Petersburg at state quarterfinals.

BY RICH SANDERS
THE CONNECTION

In the end, it proved to be one of the best seasons in the history of the Edison High boys' basketball program. The Eagles, part of the less-heralded National District, were not one of the teams most Northern Region hoops followers were taking seriously at the start of the 16-team regional playoffs.

Perhaps coaches and players within the National District saw it coming, but others throughout the region did not necessarily consider Edison to be one of the teams which would make a strong run at the region title. But that is exactly what happened.

EDISON'S IMPROBABLE breakthrough season came to an end last Friday night at the Siegel Center in Richmond where the Eagles, under head coach Terry Henderson, lost their Virginia State AAA quarterfinals round playoff game to Petersburg High (Central Region), 68-61. With the loss, Edison concluded the season with a 19-10 record.

Edison, at the recent region tournament, had reached the championship game before losing to Westfield, 62-49, on Feb. 27 at Robinson Secondary. Even so, the Eagles, by having made it to the region title game, qualified for the eight-team state tournament field. The fact that Edison lost its final two games of the season - to Westfield and then to Petersburg - hardly diminishes what the team accomplished over the course of the winter season.

IN THE REGION FINALS, Westfield was going up against a red-hot Edison squad which had struggled early in the season with records of 1-3 and 4-5 before turning it on and ultimately capturing its district tournament title with a 63-54 finals win over Washington-Lee on Feb. 16. The Eagles had reached the district tournament finals with wins over Falls Church, 72-47, and Yorktown, 64-52.

In the district title game win over the Generals, Edison's Tyrone Mackall scored 24 points and teammate Matt Murphy contributed 14 in a game in which W-L nearly came back from a 43-23 deficit after three quarters. Despite being outscored by 11 points in the final quarter, the Eagles held on to capture the district crown, giving them plenty of momentum going into the following week's region tournament.

At regionals, the high flying Eagles defeated Herndon, Langley, and Fairfax, the latter win over the Rebels coming in overtime, to reach the meeting with Westfield. Edison, going into the championship, was carrying an eight-game win streak.

BUT WHILE THE UNDERDOG Edison team had proven its merit by reaching the region championship, the Eagles were not able to defeat a defensive-minded Westfield squad known for its strength both inside and outside of the paint.

In the championship game, Edison trailed Westfield, 22-21, at the intermission. But the Bulldogs, leading 24-23 early in the third quarter, then broke the game open with a game-defining 18-4 stretch over the final six-and-a-half minutes of the quarter.

Westfield senior forward Quentin Basil was the Bulldogs' key player in the quarter. After Edison got within 30-25 on a steal and breakaway layup by Mackall, Basil began a 10-0 Westfield spurt by nailing consecutive three-point shots from the left corner.



PHOTOS BY CRAIG STERBUTZEL/CENTRE VIEW

Edison High sophomore guard Chief Amoah goes up for two of his seven points in the Eagles' Northern Region tournament finals game versus Westfield on Feb. 27 at Robinson Secondary.

"Quentin hit some big shots," said Westfield center Zach Elcano, of the back-to-back treys which gave Westfield momentum it never lost.

Edison trailed 42-27 going into the final quarter and was never seriously in the game after that. The Eagles did get as close as 50-43 on a free throw by Marcus Brunsey with 2:18 left to play. But Westfield baskets by senior guard Mark Gibson and Basil, the latter score by Basil - a two-handed dunk shot off a drive from the left side - making the score 54-43 and bringing the loudest roar of the night from the Westfield faithful on hand. The game was well in hand at that point.

EDISON HAD TWO players named to All-Northern Region Tournament Team - big

man Murphy and guard/forward Mackall, who led Edison with 17 points in the championship. Edison, as a team, earned the region tournament Sportsmanship Award.

Westfield's Elcano, the 6-foot-11 inch pivot player, scored 17 points in the title game and earned tournament MVP honors. Basil (16 points, 7 rebounds) and Gibson (10 points) also made the seven-member All-Tournament Team.

In Edison's state playoff game against Petersburg on Friday, three Edison players - Mackall (19 points, 11 rebounds), Chief Amoah (16 points), and Murphy (10 points, 8 rebounds) - scored in double figures. Brunsey added eight points for the Eagles, who led 19-16 after one quarter, trailed 34-29 at halftime, and were behind 50-42 after three quarters.



Edison head coach Terry Henderson, talking to his squad during the region title game, led the Eagles to the National District crown, the region finals, and a trip to the state AAA playoffs this season.

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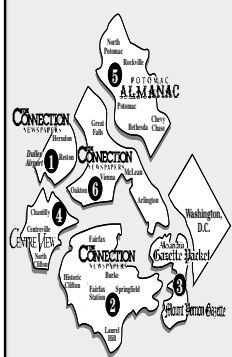
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Springfield
\$459,000
Terrific 3 BR, 3 BA brick ramblers on spacious wooded lot with screened porch & patio! Gorgeous remodeled Kitchen and updated MBA & Hall BA! New light fixtures throughout, gorgeous Hardwood floors & w/o LL w rec rm, den & full BA.

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Alexandria/Beverly Hills \$519,900
Terrific buying opportunity in Beverly Hills! Single family home with 2 bedrooms, 1 bath, 3 levels, and one car garage. Hardwood floors. Sunporch. Rear patio. Wonderful deep yard – great for expansion! Fabulous location.



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Arlington
\$240,000
Great location near Shirlington, Old Town, DC * 2 levels * 2 bedrms & 1 bath * Fireplace in living rm * Kitchen/dining rm opens to balcony overlooking trees * New neutral paint & carpet.
Call Judy 703.503.1885



Woodbridge \$249,900
Brick ramblers on .74 acre lot * Wood floors * Enclosed porch * 4 bedrms & 3 baths * Fireplace in living rm * Finished walk-out basement * Oversized garage with extra driveway parking
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David Levent

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davidshomes@lnf.com

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Fairfax \$1,300,000
Gorgeous 6 Bedroom, 7 Full, 2 Half Bath Home on .8 acre lot. Everything Top of the Line. Gourmet Kitchen. Each Bedroom has Full Bath & Walk In Closet. Main Level Master BR with Luxury Master Bath. MUCH MORE!

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Rental near Historic Clifton \$3,000/mo.
Beautifully remodeled 4 BR, 2.5 BA on 5 gorgeous acres near historic Clifton. Hardwood floors, gourmet eat-in kitchen with center island, Corian counter tops and tile floor. Custom lighting fixtures. Mud room/laundry room with new front-load washer and dryer on main level. Spacious outdoor deck.



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Woodbridge \$389,900
Excellent location, Fantastic Home! For commute to Ft Belvoir or Quantico or Pentagon, many nearby commuting options including Bus, VRE, Car Pool lots near 395. 4 BR, 2.5 BA, 2 Car gar, Gas cooking, FF etc. The renovations are SPECTACULAR. Come and see the pizzazz bathroom with heated tile floor for starters, Spacious Rooms, Fenced Back Yard on a quiet cul-de-sac. What a beauty!!
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Clifton \$574,900
Room to room in this all brick ramblers on 5 of the prettiest acres in Clifton! Four upper level bedrooms, 3 baths, 2 car garage! Refinished hardwoods on main level! NO HOA – 3 outbuildings for your hobbies! Waiting for a new owner to add their special touches – it is priced to sell! Sought after Union Mill ES, Robinson School District. Call Marsha to see!



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Ann Witherspoon
703-503-1836
ann.witherspoon@longandfoster.com



BURKE CENTRE \$524,900
UPDATED, with side-loading garage in Burke Centre & ready to move into – Close to all amenities – ALL NEW BATHS! New Anderson High Efficiency Windows (2009) – New Roof (2010) – year yard partially fenced – Hardwoods in foyer & family room, new carpet & paint throughout, plus MUCH, MUCH MORE! – Call or Email ANN WITHERSPOON for your private showing.



Sheila Adams

703-503-1895

Life Member, NVAR Multi-Million Dollar Sales Club
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Fairfax \$559,900
This lovely home welcomes you to beautiful Fairfax Club Estates where quiet neighborhood charm meets treed lined streets and this lovely home awaits you.
Stunning Colonial featuring 4 nice size Bedrooms, 2 1/2 Baths, Hardwood Floors on main level, Updated Kitchen and Baths, New windows, and much more.
Sheila Adams 703-503-1895



Mary Hovland
703-946-1775
Cathy DeLoach
571-276-9421
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Fairfax \$499,000
One level living at its Best! This Ramblers has it all – updated eat-in kitchen with 42" cabinets & silestone, updated baths, hardwood flooring, new carpeting and fabulous family room addition. Freshly painted throughout with decorator touches! Close to VRE, Metrobus & top-tier schools!

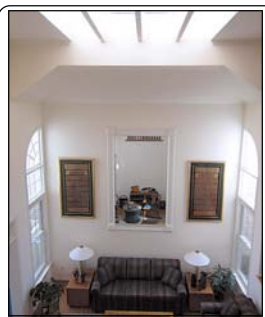
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Vienna \$825,000
Stunning Architectural Elements
Quality construction and decorator inspired updates combine in this 4 BR, 4.5 BA home. Open floor plan with dramatic light from windows and skylights. Kit w/SS appl. and Granite! Finished LL. Call soon!



Richard Esposito

703-503-4035

Richard@LNF.com

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Fairfax Station \$995,000
This stunning colonial has over 5,000 sq. ft on 3 levels. It has 5 BR's 4.5 BA's and sits on 5 wooded acres. The spacious rooms are highlighted by the breath-taking views. One that must be seen!
Richard Esposito 703-503-4035

ELLIE WESTER

703-503-1880

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ellie.wester@longandfoster.com



Fairfax Station \$795,000
Space, space and more space! Beautiful Berry built home in SOUTH RUN! Updated and renovated throughout, kitchen and bathrooms redone – vaulted ceilings, study/main level bedroom with full bath. In addition to 5 bedrooms and 4 full baths, the walkout basement is fully finished. Multiple decks, treed fenced rear lot, and 2 car garage!

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