

Emily Dillard, 13, shows her American pride in the Town of Clifton Fourth of July parade.

Clifton's Old-Fashioned Fourth

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Elsa Hencken, 8, shows her patriotic pride.



Mason Hencken, 6, is all decked out in red, white and blue.



Ready to march in the parade are (from left) Sam Kinter, 9; Dalton Holbrook, 10; Brylan Noonan, 9; Price Holbrook, 7; Elliot Pline, 10; Jacki Ramey, 9; and Hannah Ramey, 11.



Randy Thompson and son Ryan, 4, ride in Clifton's parade.

Clifton's Old-Fashioned Fourth

The Town of Clifton celebrated the Fourth of July with a parade, flag ceremony and a potluck picnic in the park with moonbounces, tug-of-war, pie-eating and egg-toss competitions.

PHOTOS BY BONNIE HOBBS/THE CONNECTION



Elisabeth Rollings, 6 months, looks cool and comfy watching the parade.



Emily Dillard, 13, shows her American pride in the Town of Clifton Fourth of July parade.



Clifton families in the Tacky Tiki Bar float.



Clifton Cub Scouts from Pack 1861 march in the parade.

Pushed to the Limit

Food pantries seek help for county's most vulnerable residents.

BY VICTORIA ROSS
THE CONNECTION

At 2 p.m. on Saturday, July 7, it's already 103 degrees in Reston - the 10th straight day temperatures hover near or above 100 degrees after a derecho storm swept through the region on July 29, causing extensive power outages.

Walking slowly in the smothering heat, a young woman, pale and gaunt, enters the Embry Rucker Community Shelter on Bowman Town Center Drive. Staff member Wilber Shaw quickly fills a Styrofoam cup of cold water, and hands it to her, something he has been doing all day, along with answering the phones from those needing help.

"It's a 'code red' day," Shaw said, referring to the National Weather Service's heat index, "so we're open to anyone, not just our regular clients. In here, they can get out of the sun and stay cool and hydrated."

Although the emergency center also lost power during the storm, they are operating on a "no-turn-away" policy during the heat wave and weather emergency, said Kerrie Wilson, CEO of Reston Interfaith, which operates the Embry Rucker shelter.

"I can't tell you how proud I am of our incredible staff for how they responded and have reached out to ensure things are as best as they can be," Wilson said. "Staff were at the shelter during the storm and since, and other program staff were out checking on townhome and transitional housing clients the day after the storm."

THE UNRELENTING HEAT WAVE, coupled with power outages and spotty air-conditioning, took a toll on everyone, regardless of income.

But it was Fairfax County's most vulnerable residents - homeless, the elderly and those already living on the edge - who had an especially difficult time regaining

SEE HELPING, PAGE 4



From left: Laurie Leder with children Jared and Jessica. Leder, with the USO at Fort Belvoir, delivered leftover oranges and other produce from the Farmer's Market at Fort Belvoir to the Lorton Community Action Center, on Thursday, July 5. "Not only did Laurie and her children unload the USO donation, but they cheerfully volunteered to assist us with unloading and organizing the 5,000 pounds of food from Community Area Food Bank, despite the near 100 degree heat," said Andrea Cochrane Tracey, LCAC's development director.

How You Can Help

Many local nonprofits report they are in dire need of grocery gift cards, so clients can re-stock their refrigerators with perishable items such as fresh produce, milk, eggs, and meat.

To donate a grocery gift card, or to find out what specific items nonprofits need, visit the following websites:

◆SHARE

A non-profit, all-volunteer organization that meets the emergency needs of the less fortunate in McLean, Great Falls, Pimmit Hills, and surrounding areas. www.shareofmclean.org

◆Our Daily Bread

Call 703-273-8829 or visit www.ODBFairfax.org to make a donation to the "restocking the fridge" fund

◆Embry Rucker Community Shelter

Call 703-437-1975 or visit www.restoninterfaith.org

◆Lorton Community Action Center

Call 703-339-5161 or visit www.lortonaction.org

◆Food for Others

Call 703.207-9173 or visit www.foodforothers.org

◆FACETS

Call 703-352-5090 or visit www.facetscares.org

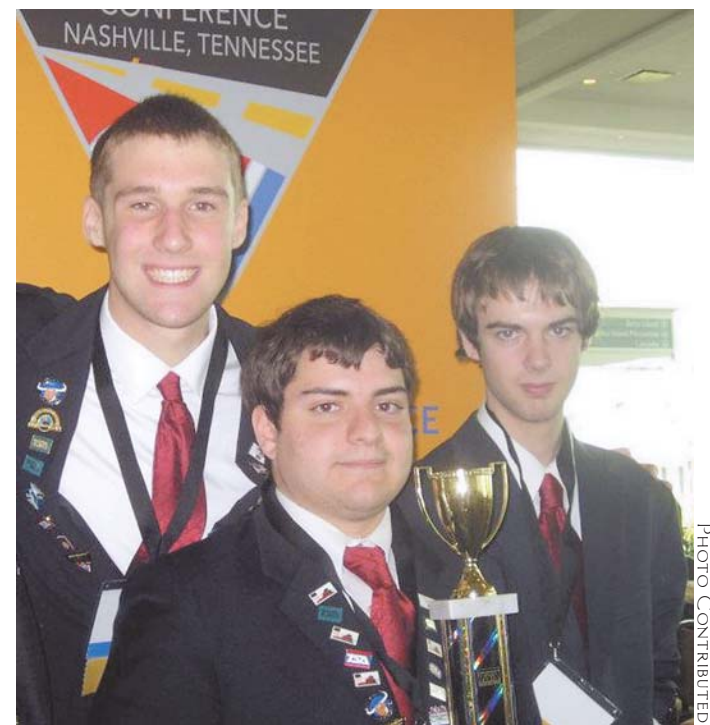
◆The Lamb Center

Call 703-691-3178 or visit www.thelambcenter.org

◆Safe Haven

Call 703-532-8220 or visit www.fccfc.org

◆Please note: The above is only a partial list of food pantries and shelters. For a complete list of community food pantries and other resources for at-risk individuals, go to <http://www.fairfaxcounty.gov/homeless/resources.htm> or the Fairfax County Human Resources Guide at <http://testffx.fairfaxcounty.gov>



Michael Sherburne on left, Andy Artze center, Exus Altimus on right.

Second in the Nation

Robinson students win second place in Systems Control Technology.

A team from James W. Robinson Secondary School in Fairfax, recently placed second in the Nation in Systems Control Technology. The competition was held in Nashville, Tenn., at the Gaylord Resort on June 24. The competition is part of Technology Student Association (TSA) which is a National STEM Engineering program. The team members are: Michael Sherburne, Andy Artze, and Exus Altimus. The team also placed second in the Nation last year in Dallas. They also competed at the National level in 2009 in Denver and placed sixth in the Nation. The team won 1st place at the State level in 2009, 2011, and 2012. They placed 2nd in the State in 2008. They won 1st place at the Regional level in 2009 and 2011. They placed second place at the Regional level in 2012. They placed third place at the Regional level in 2008 and in 2010.

Systems Control Technology is a rigorous event. Competitors

have 15 minutes to read and come up with a solution to a problem. Then they have two hours and thirty minutes to build and program a prototype that solves the solution, followed by an interview with the judges. This year's problem at the National level was to design a distribution center that sorts packages based on size and the package's size determines which way it will go through the system. It must be able to detect the presence of a package and then be able to sort it. The system has to be able to detect the package at the loading dock and make a light flash ever five seconds to signal to truck drivers that there is a package ready for them to be picked up. The system must have an emergency turn off switch to shut down the whole system during night hours or for emergency. The team came up with a brilliant idea of using mechanical pushing arms to sort the packages, which will then fall down a chute to their respective docking location.

Michael Sherburne is the team captain and the main programmer for the competition. He also sells the prototype to the judges at the end of the competition. He is self-taught. Exus Altimus, also self-taught helps with the programming and does the building. Andy Artze does most of the building and is also self-taught.

Helping Most Vulnerable

FROM PAGE 3

their footing after the crisis. In the days after the storm hit, many nonprofits and food banks throughout the county reported they were slammed with a spike in demand for food and services.

“Restocking the refrigerator was likely a nuisance for most, and probably not cheap,” said Lisa Whetzel, executive director of Our Daily Bread (ODB) in Fairfax. “But for low income families, such as our clients, it’s a hardship.”

She said one client, a mother with toddler, had just stocked up that Friday with yogurt and other fresh food, and lost it all. And clients who rely on a weekly paycheck for groceries were especially hard hit when their offices, restaurants or stores shut down because of the power outages.

She said another client, a father of four who works as a chef, tripped and broke his leg when the power went out. Because his job requires mobility, he won’t be able to work for several weeks. “Our clients are so vulnerable. We will keep in contact with him to ensure that he and his family stay in their home,” Whetzel said.

Several pantries and shelters, such as Embry Rucker, ODB and Safe Haven, also lost power and hundreds of pounds of food during the storm.

The Lorton Community Action Center, which serves the south county region, lost power for several days, which spoiled 1,200 pounds of meat and juice that was kept in their freezers.

“Ironically – since summer is always when our demand is the highest and donations are the lowest – while we lost food, it could have been worse,” said Andrea Cochrane Tracey, LCAC’s development director.

The Community Responds

Volunteers, regardless of income, stepped up to help those less fortunate, according to nonprofits.

On Tuesday, July 3, Our Daily Bread made an email plea to the community for grocery store gift cards and other donations. By Friday, the organization had collected more than \$3,500, which will provide \$50 grocery gift cards for 68 families in Fairfax County.

“What amazing generosity,” Whetzel said. “We were genuinely surprised by the level of the community’s support for their less fortunate neighbors. Everyone was



food, immediate shelter, affordable housing, quality



PHOTO BY VICTORIA ROSS/THE CONNECTION

Greg Ballinger oversees the weekend staff at the Embry Rucker Community Shelter in Reston, which provides emergency aid, hot meals and, during the weekend, a place to stay cool.

affected by this storm and could personally relate to the hardship experienced by our clients. Our clients are extremely grateful and relieved. There is still time to donate and there is still a need.”

Rob Paxton, coordinator of Safe Haven’s food pantry and shelter programs, which operate inside First Christian Church of Falls Church, said volunteers and donors turned out for a “mega yard sale” on Saturday, which helped the nonprofit raise more than \$1,100.

“What was amazing was that many of the people who came were also clients of Safe Haven. It was heart-warming to see the people we help, putting money back into the program by purchasing items from the sale,” Paxton said.

He said money they raised at the yard sale will provide more than 500 meals to clients.

Paxton said many of the volunteers were county employees, who took time out of their schedules to help with the sale. Eva Papaefthimiou, who works in senior housing, took a vacation day to help set up the sale on Friday and brought two co-workers to help on Saturday.

“We also had a 92-year old woman, Evelynda Castle, her friend Priscilla Holbert and another woman, Dewita Soeharjono, who worked tirelessly to make the yard sale a success. The spirit of volunteerism is heartwarming,” Paxton said.

“Thankfully, the community has stepped up, as best they can, given that many of them were without power too,” Cochrane Tracey said. “However, the biggest impact has been the generous donation of 5,000 pounds of food, including meat, from the Capital Area Food Bank and Fairfax County.”

Greg Ballinger, who has worked at the Embry Rucker shelter for more than 25 years, said he learned an important lesson about “paying it forward” years ago.

“I remember I was complaining about something, and this old-timer said to me ‘the reason you’re going through this now is to pass on what you’ve learned to the next person.’ It took a while, but it eventually clicked. We all have to get together to make it through this life ... The shelter has always made it because of the caring of the community. On the flip side, we’ve been here for the community too.”

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Every student needs a teacher



Andrew Gray (guitar, piano) received a Masters in Music from Radford University. He specializes in classical, jazz, rock, and electronic music.



Andrew Dougherty (tuba, euphonium, trombone) is currently studying Music Performance on tuba at George Mason University. Andrew has experience in orchestral, band, and chamber ensembles.



Eric Valaer (guitar) has 10 years of teaching experience in area studios. Eric studied at Northern Virginia Community College and teaches many styles including shred.



Geoff Sawyer (guitar, piano, ukulele) has 30 years experience providing private and classroom music instruction. He has studied at Catholic, American, and Villanova Universities. He is currently pursuing a second degree in Music at George Mason University.



Phil Taccetta (drums, percussion, jam band and performance) has 30+ years of playing/teaching experience. Phil earns rave reviews for his classes on performance.

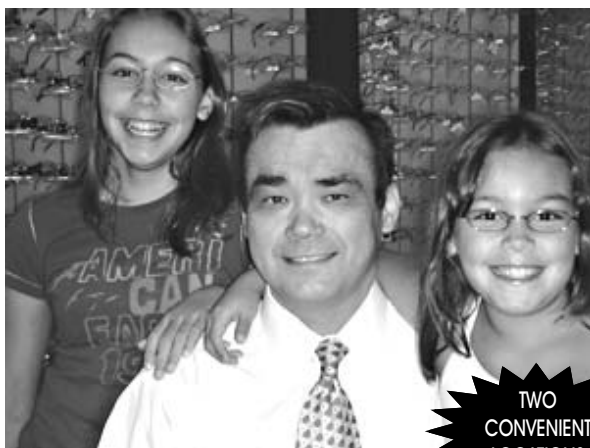


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NEWS

DAR Recognizes Area Students

Anna Maria Fitzhugh Chapter, National Society Daughters of the American Revolution, recently presented several awards at local schools.

Gloria Williams, senior at Lake Braddock Secondary School, received the DAR Good Citizens Award. Gloria will be attending the University of Virginia where she will study chemical engineering. Gloria was also selected the Good Citizen Award winner for DAR District V which is composed of 28 DAR chapters in Northern Virginia. The DAR Good Citizen Award recognizes a high school senior who exhibits dependability, service, leadership and patriotism to an outstanding degree.

Cadet Kateri J. OHare of Lake Braddock Secondary School received the DAR Bronze ROTC Medal. The award is presented to one outstanding cadet in the school ROTC unit. Kateri plans to attend college in Texas.

The DAR Good Citizenship Medal was presented to one outstanding sixth grader at 11 local elementary schools. The winners have exhibited service, courage,



Pictured are Anna Maria Fitzhugh chapter member Nancy Tarlano, a retired Lake Braddock teacher; Cadet Kateri J. OHare who received the DAR Bronze ROTC Medal, and National Defense Committee member Sandy Todd.

honor, leadership and patriotism.

- ❖ Cardinal Forest Elementary School - Sofia O'Connor
- ❖ Cherry Run Elementary School - Peter Chamberlin
- ❖ Hunt Valley Elementary School - Isabel Hogg
- ❖ Keene Mill Elementary School - Nithin Bagel
- ❖ King's Glen Elementary School - Abby Sacks
- ❖ Orange Hunt Elementary School - Martin Trompeta
- ❖ Ravensworth Elementary

School - Talia Enav

- ❖ Rolling Valley Elementary School - Emma Jones
 - ❖ Sangster Elementary School - Meredith Nolan
 - ❖ West Springfield Elementary School - Brooke Elizabeth Higgison
 - ❖ White Oaks Elementary School - Elizabeth Moore
- Nolan Shelton of Keene Mill Elementary School received the DAR Outstanding Work in American History Medal.

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Bonefish Grill - Centreville
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T.G.I. Friday's - Fair Lakes
Merrifield Garden Center
Silver Diner - Fair Oaks
John Cook for Supervisor
Virginia Heritage Bank

Romano's Macaroni Grill - Fair Lakes
Uncle Julio's - Fairfax Corner
Chi Chi Nails By Shear Design
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Dinner Done - Centreville
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Cinema Arts Theatres
James and Valanna Bruton
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Sisterhood of Olam Tikvah
Squire Sanders (US) LLP
Pat Fales Associates (RE/MAX)
Nancy Frost
Mike Wilson
Glory Days Grill - Burke
Red Hot and Blue Restaurant - Fairfax
Hard Times Cafe - Fairfax
Villa Bella Restaurant - Burke
Tangles Beauty Salon & Spa
P.J. Skidoo's
Buffalo Wing University
Lynne Saltzman
East Wind Restaurant - Fairfax
The Cheesecake Factory - Fair Oaks
The Cheesecake Factory - Tysons Galleria
Applebee's at Fair Lakes
AnnSandra Gift Shop
Hooters - Fairfax
Oakview PTA

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Famous Dave's BBQ - Oakton
Zoe's Kitchen - Fairfax
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Delegate David Bulova
Kings Park West Civic Association
The Main Street Pub - Clifton

OPINION

Every Vote in Virginia Will Count

Top presidential donor zip codes in this area show Virginia is purple; Romney or Obama to be decided on Election Day.

If you wonder if presidential politics really matters in this area, consider that Northern Virginia and suburban Maryland hold some of the top zip codes for contributions to the two major party candidates.

Donors who live in McLean 22101 gave \$422,770 to Romney and \$232,876 to Obama. In McLean 22102, donors gave Romney \$255,444, and Obama \$193,321. In Arlington, 22207, donors gave \$193,543 to Obama and \$178,196 to Romney. In Alexandria 22314, donors gave \$172,425 to Romney and \$142,467 to Obama.

While Maryland consistently votes for Democrats in presidential races, donors who live in Potomac, Md. 20854 gave Romney \$340,885, and Obama \$291,402.

In order to vote in the presidential election on Tuesday, Nov. 6, residents must be registered to vote at their current address by Monday, Oct. 15.

Virtually everyone in Northern Virginia is eligible to vote absentee, and absentee voting in person begins Sept. 21. Here is the qualification that applies: Any person who, in the regular and orderly course of his business, profession, or occupation, will be at his place of work and commuting to and from his home to his place of work for 11 or more hours of the 13 hours that the polls are open.

Any commute in Northern Virginia could potentially take four hours or more in a crisis situation. This is definitely a case where voting early is an excellent idea. Don't take the risk that the next derecho storm or earthquake

EDITORIALS

Some Top Local Zips, Presidential Donors

McLean 22101

❖ Romney \$422,770
❖ Obama \$232,876

Bethesda 20817

❖ Obama \$359,656
❖ Romney \$249,399

Potomac 20854

❖ Romney \$340,885
❖ Obama \$291,402

McLean 22102

❖ Romney \$255,444
❖ Obama \$193,321

Arlington 22207

❖ Obama \$193,543
❖ Romney \$178,196

Alexandria 22314

❖ Romney \$172,425
❖ Obama \$142,467

Great Falls 22066

❖ Romney \$166,457
❖ Obama \$91,290

Arlington 22202

❖ Obama \$79,568
❖ Romney \$39,740

Alexandria 22301

❖ Obama \$52,347
❖ Romney \$42,095

Source: OpenSecrets.com and VPAP.org

will keep you from the polls on Nov. 6.

This area has very high rates of voter registration. Consider that Fairfax County, with a population of just more than 1.1 million people, has 711,817 registered voters. And 24 percent of Fairfax County's population is under 18, so not eligible to vote.

Arlington has a population of 216,000 and 157,236 registered voters. Sixteen percent are under 18.

The City of Alexandria has a population of 144,000 with 101,887 registered voters; 17 percent are under 18.

We're lucky in Virginia to have the Virginia Public Access Project, vpap.org. On the VPAP website, maps of Virginia's zip codes showing shades of red and blue give a quick visual sense of how purple the Commonwealth really is. Take a look.

Compromise on E-ZPass Transponders

While the Virginia Department of Transpor-

tation initially proposed that all E-ZPass customers would pay \$1 a month for each transponder they have, on July 9 VDOT announced that if one had a transponder before July 9, 2012, no fee will need to be paid until one has to replace the transponder.

New E-ZPass customers will pay a 50-cent monthly fee for a standard transponder and \$1 monthly fee for a "Flex" transponder. The Flex transponder allows drivers to switch to a high-occupancy position if they have three or more people in the vehicle so that they can drive in the new Beltway toll lanes for free. Drivers with fewer than three passengers will pay a toll to drive in the express lanes that will vary depending on how much traffic there is.

This is certainly better than charging all E-ZPass users \$1 per month per transponder. We still wonder why the cost of transponders is not recovered in the tolls paid rather than as a separate fee whether or not drivers are regularly driving on toll roads.

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

Addressing the Shortfall

By JOHN COOK
FAIRFAX COUNTY SUPERVISOR (R-BRADDOCK)

The County is currently developing proposals to address the over \$9 million shortfall in the budget for the Community Services Board (CSB). The CSB serves our neighbors with the greatest needs: those with physical, intellectual, or developmental disabilities and those with significant substance abuse and mental health challenges.

The shortfall is due to a number of factors, most importantly (1) an increase in demand caused by the recession and by outreach efforts which prompted eligible individuals to apply for services they had not known were available to them, (2) the failure of both CSB and County staff to recognize the effects changes in employee benefits would have on the CSB budget,

and (3) continued inadequate funding by the State, requiring the addition of County funds. CSB services are expensive because they serve the most in need and the service needs are often permanent.

Some have said we 'can't afford' to serve this entire population, a disappointing sentiment coming from a jurisdiction as well off as Fairfax County. The culture of a people is judged, in part, by how it treats its most vulnerable. Historically, there has been a bipartisan consensus that our social safety net programs should be protected, even in times of budget reductions.

We may disagree, in good faith, on what exactly is encompassed by the safety net, or on the level of services needed. But I hope we could agree that CSB clients are people who cannot sustain themselves without assistance, which puts them in a different category

from those otherwise capable who face temporary challenges, or who, while self-sufficient, may not enjoy sufficient resources to provide certain levels of comfort and benefits some may want them to enjoy.

The County and CSB are studying several ideas. One is to encourage, and maybe in some cases mandate, that client families use private insurance benefits and copays. Another is to streamline expenses. A third is for staff to maintain more stringent oversight on the budget, which should regular auditing.

These ideas make sense, but they will not close the entire gap.

I have asked more than once that the Board of Supervisors reassess social service programs and spending for those over the level

The culture of a people is judged, in part, by how it treats its most vulnerable.

of eligibility for free or reduced school lunches (about \$42,000 per year for a family of four) to see whether those programs should be reduced, or charge a higher sliding scale fee, to free up funds for the CSB. The County is resisting and is looking only to reduce CSB services to meet available funding. So, we now have waiting lists for services for the disabled, and are reducing detox and mental health service availability. I disagree. It's time to reassess our priorities to help the CSB.

Finally, we need to promote more philanthropic giving to the non-profit organizations that partner with the CSB to serve those most in need. While we all face difficult times, a county as wealthy as ours ought to be able to care for the most in need among us.

Fairfax Station,
Lorton & Clifton
CONNECTION

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
burke@connectionnewspapers.com

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

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Victoria Ross
Community Reporter
301-502-6027
rosspinning@yahoo.com

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

Jon Roetman
Sports Editor
703-778-9410
jroetman@connectionnewspapers.com
@jonroetman

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

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

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

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

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
@MaryKimm

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores
Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

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

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

THURSDAY/JULY 12

English Conversation Group. 7 p.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria. Adults.

SATURDAY/JULY 14

Dog Adoptions. 1-4 p.m. PetSmart, 12971 Fair Lakes Center, Fairfax. Every Saturday. Sponsored by Lost Dog & Cat Rescue Foundation. www.lostdogrescue.org.

Brain Training Center's Grand Opening and Open Classes. 9:30 a.m. and 1:30 p.m. Power Brain Training Center, 3903 Fair Ridge Dr, Suite 217, Fairfax. Experience fitness, focus and fun through physical, cognitive and relaxation exercises. 703-359-7282 or info@powerbrainedu.com.

Friends Book Sale. 10 a.m. Kingstowne Library, 6500 Landsdowne Centre, Alexandria.

MONDAY/JULY 16

Senior Fall Prevention Classes. 2 p.m. The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes designed to work on balance and core muscles to prevent injuries and falls; Instructor certified in back and hip rehab. Every Monday and Friday in a heated indoor pool. \$10. Registration required at 703-667-9800.

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JULY 16—JULY 20.....ALVIN AND THE CHIPMUNKS (G)
 JULY 23—JULY 27.....MEGAMIND (PG)
 JULY 30—AUGUST 3.....RIO (G)
 AUGUST 6—AUGUST 10.....SHREK (PG)
 AUGUST 13—AUGUST 17.....KUNG FU PANDA (PG)

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Home Life Style



David Vogt of Case Design Remodeling, Inc. created an open kitchen and dining area in this Falls Church home. Local contractors say developing a list of everything that one might want in a dream home is a good starting point when remodeling.

PHOTOS COURTESY OF CASE DESIGN/REMODELING, INC

Home Remodeling 101

PHOTO COURTESY OF SUN DESIGN/HADLEY PHOTOGRAPHY

Experts offer suggestions for a timely and efficient renovation.

BY MARILYN CAMPBELL
THE CONNECTION

Whether expanding a home or just remodeling an existing interior space, building projects can be daunting, especially if the goal is to be finished by a certain date.

"If you wanted to get going on a project and your goal was to be done by Thanksgiving, the planning process and permit process is

probably as long as the building process, but you don't want to rush through those aspects of it and then wish you'd done something differently," said David Vogt of Case Design/Remodeling, Inc.

LOCAL CONTRACTORS say there are a few things that homeowners can do before the first nail is hammered to ensure a smooth and an efficient construction process. Creating a list of everything that one might want in a dream home is a good starting point.

"A client can benefit from doing their homework and being engaged in the selection process early on," said Vogt. "Maybe start by collecting photographs and magazine articles of things you like. That will help paint an overall picture of the feel that you want for the space."

Bob Gallagher, president of Sun Design Inc., in Burke, says a good source for ideas is the Houzz Interior Design website www.houzz.com as well as the iPad and iPhone applications. "It is phenomenal. There are many amazing photos on there."

The next important step in the process say experts is determining a budget. The National Association of the Remodeling Industry advises homeowners to decide how much they are going to spend before calling an architect or contractor. "The truth is not many people enjoy establishing a remodeling budget," said Dean

Herriges, National Association of the Remodeling Industry National President in a statement. "Many homeowners prefer to call a contractor and expect him or her to create the budget for them, which is not the best way to begin."

"I'd love for a client to have some numbers of how much they want to spend," said Jeff Pregman of Two Poor Teachers in Annandale. "I'd rather have a client that has a little bit of knowledge, a budget and a timeline so I can come in and give them everything they need."

The National Association of the Remodeling Industry recommends that homeowners decide how long they plan to live in their home before deciding how much to spend on remodeling costs. "If you are going to stay in the home for more

"A client can benefit from doing their homework and being engaged in the selection process early on."

— David Vogt
of Case Design Remodeling, Inc.

than 10 years, you should spend as much as you are able to create the home of your dreams," said Herriges. "However, if you are planning on moving in the near future, you should take care not to over-build for your neighborhood."

AFTER A BUDGET is established, experts say homeowners must tackle the task of interviewing and



Bob Gallagher, president of Sun Design in Northern Virginia remodeled the kitchen and dining area of this Fairfax Station home. Local contractors say coming up with a budget can help ensure a smooth and efficient construction process.

selecting a contractor. Contractors can be found through the National Association of Home Builders and the National Association of the Remodeling Industry. Homeowners should ask prospective contractors for references and proof of insurance. The National Association of the Remodeling Industry also suggests checking with the government Consumer Affairs Office and the Better Business Bureau for complaints on record for the contractor.

Once a decision is made about who will do the construction, it is time to seal the deal. "The contract is a critical step in any remodeling project. This is the one item that holds the job together and ensures

that all parties involved agree to the same vision and scope for the project," said Herriges.

The contract should detail what the contractor will and will not do, and should include a list of materials for the project, including size, color, model, brand name and product, said Herriges. Homeowners are advised to make sure financial terms, including final price and payment schedule, are spelled out in the contract.

"The homeowner could and should ask questions about the process for the project's development. They should make sure they understand the sequence of things that are being done so that decisions needed are made when they are

needed," said Potomac resident Susan Matus of Case Design/Remodeling, Inc. "Don't design while you are under construction. Spend the time in the beginning so that you are not making changes constantly during construction. A good remodeler will have helped you make the right decisions before the project starts."

Maintaining a good relationship with a contractor is paramount to bringing a project to fruition. "The key to a good homeowner-contractor relationship is open communication," said Herriges. "Start a dialogue over issues you have, no matter how small you think they are. Chances are the problem can be overcome."

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OPEN HOUSES SATURDAY/SUNDAY, JULY 14 & 15

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

Arlington
4110 40th Place N.....\$1,799,999...Sun 1-4.....Beckie Owen...Long & Foster...703-328-4129

Burke
7006 Veering Ln.....\$589,950...Sun 1-4.....Kathleen Quintarelli.....Weichert...703-862-8808

Centreville
8243 Battalion St.....\$334,900...Sun 1-4.....Marguerite Roland.....RE/MAX...703-577-4538

Chantilly
42344 Astors Beachwood Ct. \$899,900...Sun 1-4.....Chris Pezzana.....Weichert...703-447-1662

Clifton
12129 Beaver Creek Rd.....\$950,000...Sun 1-4.....Diane Lenahan.....Wolf Run...703-283-7328
12404 Shari Hunt Grv.....\$1,500,000...Sun 1-4.....Carol Hermandorfer...Long & Foster...703-503-1812
13201 Johnny Moore Ln.....\$600,000...Sun 1-4.....Scott MacDonald.....RE/MAX...703-727-6900
7700 Kincheloe Rd.....\$1,395,000...Sun 1-4.....Carol Hermandorfer...Long & Foster...703-503-1812
7802 Blackacre Rd.....\$675,000...Sun 1-4.....Cyndee Julian...Long & Foster...703-201-5834

Fairfax
4038 Heatherstone Ct.....\$494,900...Sun 1-4.....Jonna Quadt...Long & Foster...703-668-1816

Fairfax Station
8515 Heron Pond Ln.....\$765,000...Sun 1-4.....Tony Araj...Samson Proprs...703-209-3535

Kingstowne/Alexandria
6204 Gum St. N.....\$479,900...Sun 12-3.....Frank Freeman...Avery-Hess...703-451-3007
6233 Cockspur Dr.....\$500,000...Sun 1-4.....Susan Mekemey.....RE/MAX...703-283-6881

Lorton
8496 Silverview Ct.....\$749,900...Sun 1-4.....Kathy Peters...Long & Foster...703-915-2165

Manassas
10655 Moselle Ct.....\$499,500...Sun 1-4.....Crystal Sarno...Long & Foster...703-927-6264

Springfield
8238 Taunton Pl.....\$449,900...Sun 1-4.....Carol Hermandorfer...Long & Foster...703-503-1812
8723 Stone Hill Pl.....\$415,000...Sun 1-4.....Jorge Martinez...Long & Foster...571-505-4768
9015 Golden Sunset Ln.....\$459,900...Sun 1-4.....Etta Gabel...Long & Foster...703-425-5163

To add your Realtor represented Open House to these weekly listings, please call Steve Hogan at 703-778-9418 or e-mail the info to shogan@connectionnewspapers.com
All listings due by Tuesday at 3 P.M.

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Gainesville • 703-368-1919
6895 Wellington Rd., Gainesville, VA

PHOTO COURTESY OF CASE DESIGN/REMODELING, INC

This bathroom, in a Potomac home, was remodeled by Case Design/Remodeling, Inc. The National Association of the Remodeling Industry advises homeowners to develop a budget before calling an architect or contractor.

Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Top Sales in May 2012



1 7640 Kincheloe Road, Clifton — \$1,800,000

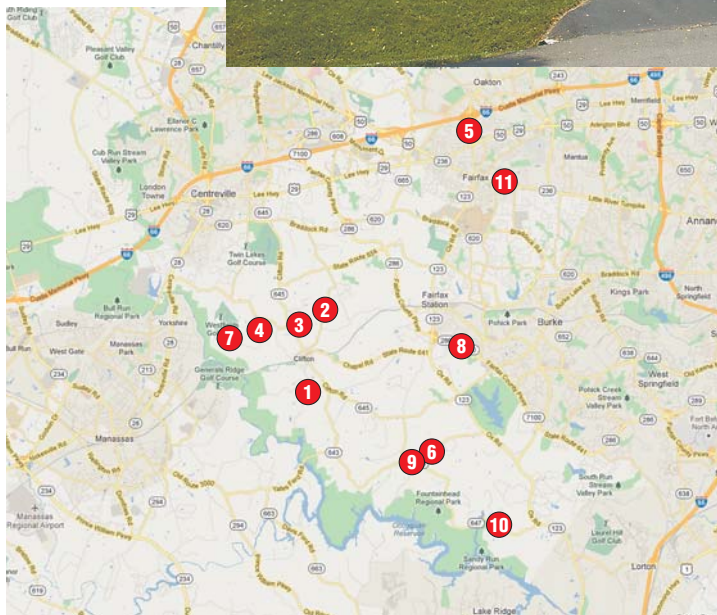


2 12522 Knollbrook Drive, Clifton — \$1,650,000

5 3502 Mavis Court, Fairfax — \$1,175,000



11 4098 Orchard Drive, Fairfax — \$906,000



© Google Map data

Address	BR	FB	HB	Postal	City	Sold Price	Type	Lot AC	Postal Code	Subdivision	Date Sold
1 7640 KINCHELOE RD	4	.5	.1	CLIFTON		\$1,800,000	Detached	5.00	20124	WYCKLAND	05/24/12
2 12522 KNOLLBROOK DR	5	.5	.1	CLIFTON		\$1,650,000	Detached	5.00	20124	FERGUSON KNOLLS	05/15/12
3 12809 WYCKLOW DR	5	.4	.1	CLIFTON		\$1,300,000	Detached	5.00	20124	WILGUSON HILLS	05/09/12
4 13308 IVAKOTA FARM RD	6	.4	.1	CLIFTON		\$1,245,000	Detached	2.45	20124	BALMORAL GREENS	05/25/12
5 3502 MAVIS CT	6	.5	.1	FAIRFAX		\$1,175,000	Detached	0.50	22030	COBDDALE	05/11/12
6 7780 KELLY ANN CT	5	.4	.0	FAIRFAX STATION		\$1,052,000	Detached	5.02	22039	BRIARLYNN ESTATES	05/15/12
7 7412 UNION RIDGE RD	5	.4	.1	CLIFTON		\$1,030,000	Detached	1.41	20124	BALMORAL GREENS	05/31/12
8 10605 FOURNIER DR	4	.3	.1	FAIRFAX STATION		\$975,000	Detached	3.00	22039	HUNT AT FAIRFAX STATION	05/25/12
9 11204 DEVEREUX MANOR LN	4	.4	.1	FAIRFAX STATION		\$920,000	Detached	5.00	22039	DEVEREUX STATION	05/31/12
10 10121 HAMPTON RD	5	.3	.1	FAIRFAX STATION		\$911,300	Detached	5.77	22039	SANDY RUN	05/02/12
11 4098 ORCHARD DR	6	.5	.0	FAIRFAX		\$906,000	Detached	0.25	22032	HALEMHURST	05/17/12

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CALENDAR

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.

FRIDAY/JULY 13

Little Red & The Renegades. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Zydeco. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

SATURDAY/JULY 14

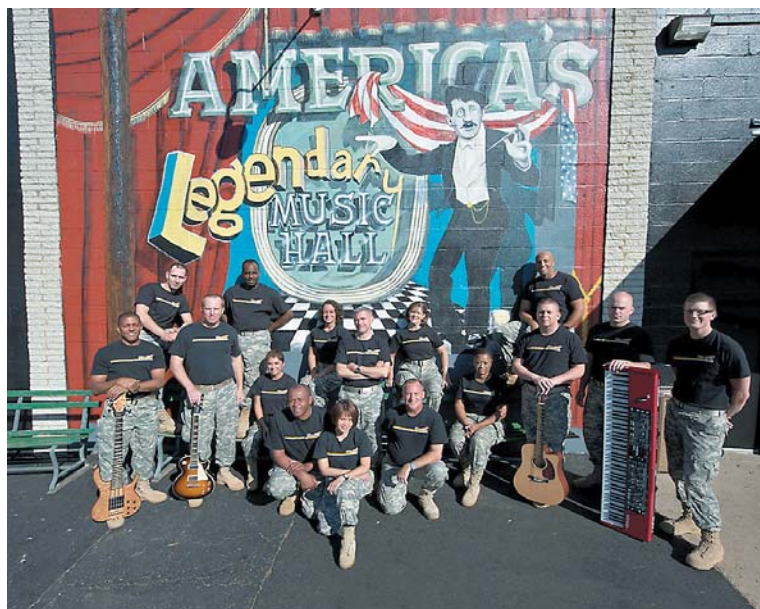
2nd Saturday Art Walk. 6-9 p.m. Workhouse Art Center, 9601 Ox Road, Lorton. Meet each building's featured artist, a reception in W-16 from 6-7 p.m. and more. www.WorkhouseArts.org.

The David Kitchen Band. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Pop/Rock. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

31st Obon Festival. 5:30 p.m. Ekoji Buddhist Temple, 6500 Lake Haven lane, Fairfax Station. Traditional Japanese folk dancing, a memorial candle ceremony, children's games and a taiko performance by Nen Daiko. 703-239-0500 or www.ekoji.org.

2nd Saturday Art Walk. 6-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse showcases the diverse work of more than 100 visual artists in a unique historic venue. Free. www.workhousearts.org.

New Hope Church Christmas in July Craft and Bake Sale. 9 a.m.-2 p.m. 8905 Ox Road, Lorton. A day of fun, food, crafts and an opportunity to plan ahead on



The United States Army Band "Downrange" will perform in a Lee District Nights series on Wednesday, July 25, 7:30 p.m. at Lee District Park Amphitheater, 6601 Telegraph Road, Franconia.

Christmas shopping. www.fmsc.org

FRIDAY/JULY 20

Tommy Lepson Band. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Blues/Soul. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

SATURDAY/JULY 21

Sunset Cruise. 7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Cruiser the shores of Lake Accotink. Beverages served. \$6. Register at 703-569-0285.

Jah Works. 7 p.m. Workhouse Arts

Center, 9601 Ox Road, Lorton. Reggae. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

Flea Market. 8 a.m.-4 p.m. VRE Commuter Rail Parking Lot, 6900 Hechinger Drive, Springfield. Sponsored by Springfield-Franconia Lions Club. Vendor fee \$20 per parking space. Proceeds benefit local charities. 703-569-3074 or http://sfhostlions.org/fleamkt.html.

Clifton Film Festival. 3-11 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Showcasing original films made by the surrounding community. \$5 day showings, \$10 evening showing, \$20 for 3 day showings and evening showings.

www.workhousearts.org.

SUNDAY/JULY 22

Canine Cruises. 7 p.m. Lake Accotink Park, 7500 Accotink Park Road, Springfield. Cruiser the shores of Lake Accotink with your dog. Limit one dog per person. \$6. Register at 703-569-0285.

NOVA-Annandale Symphony Orchestra. 7:30 p.m. Performs Rhapsody in Blue with pianist Christopher Johnston. Ernst Community Cultural Center, 8333 Little River Turnpike, Annandale. Adults \$15, seniors and teens \$10, children free. 703-569-0973.

MONDAY/JULY 23

Vacation Bible School. 9-11:30 a.m. Fellowship Baptist Church, 5936 Rolling Road, Springfield. Activities will include a Bible Lesson, Missions Emphasis, Crafts, Snacks and Games. Free. Register at www.honoringGod.org or 703 569-5151.

FRIDAY/JULY 27

The ATOMIC Swing Club. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Swing. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

SATURDAY/JULY 28

Public Reception: Workhouse Clay National Ceramics Exhibition. 6-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. "Open Call" for ceramic artworks. Mixed media entries acceptable, but clay must be the primary medium. Exhibit open

July 25-Aug. 26. www.workhousearts.org.

Mariachi Los Amigos. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Mariachi. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

Flea Market. 8 a.m.-4 p.m. VRE Commuter Rail Parking Lot, 6900 Hechinger Drive, Springfield. Sponsored by Springfield-Franconia Lions Club. Vendor fee \$20 per parking space. Proceeds benefit local charities. 703-569-3074 or http://sfhostlions.org/fleamkt.html.

FRIDAY/AUG. 3

Dinner and Whiskey Tasting at George Washington's Distillery. 6:30 p.m. George Washington's Distillery & Gristmill, 5513 Mount Vernon Memorial Highway, Alexandria. Reception, dinner, distillery tour and more. \$150. MountVernon.org.

Incendio. 7:30 p.m. Grist Mill Park, 4710 Mount Vernon Memorial Highway, Alexandria. Latin. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

SATURDAY/AUG. 4

Toho Koto Society of Koto Players/Dancers. 7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Japanese. Free. 703-324-7469 or www.fairfaxcounty.gov/parks/performance.

Flea Market. 8 a.m.-4 p.m. VRE Commuter Rail Parking Lot, 6900 Hechinger Drive, Springfield. Sponsored by Springfield-Franconia Lions Club. Vendor fee \$20 per parking space. Proceeds benefit local charities. 703-569-3074 or http://sfhostlions.org/fleamkt.html.

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.

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.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or www.st-andrew.org.

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is at 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or www.poplc.org.

Church of the Nativity offers a free general bereavement support group open to all adults on the first and third Thursday of each month 7:30-9 p.m. The church is located at 6400 Nativity Lane, Burke. Call 703-455-2400, ext. 17.

COMMUNITIES OF WORSHIP



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www.BurkePresChurch.org

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Antioch Baptist Church... 703-425-0940

Clifton Baptist Church... 703-263-1161

Community Baptist Church... 703-250-9060

Fairfax Baptist Temple... 703-323-8100

Harvest Assembly Baptist Church... 703-799-7868

Hope Baptist Church... 703-799-5155

Jerusalem Baptist Church... 703-278-8166

Shiloh Baptist Church... 703-550-8557

Virginia Korean Baptist Church... 703-425-1972



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Worship Service
10:30 AM

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Ekoji Buddhist Temple... 703-239-1200

Catholic

St. Clare of Assisi... 703-266-1310

St. Raymond Penafort... 703-440-0535

Church of God

Church of the Living God of No. Va... 703-250-7980

Congregación La Cena Del Señor... 703-550-1204

Episcopal

St. Peter's in the Woods... 703-503-9210

Pohick Church...

703-339-6579

Lutheran

Living Savior Lutheran Church... 703-352-1421

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Non-Denominational Grace Bible Church... 703-339-7292

Gunston Bible Church... 703-339-5395

Iglesia La Gran Comision Asambleas De Dios... 703-541-0816

New Hope Church... 703-971-4673
New Jerusalem Temple of Worship... 703-593-6153

The Spirit of The Living Christ Ministry... 703-568-5647

Pentecostal

Christ Pentecostal International Church... 703-339-2119
First United Pentecostal Church... 703-339-2402

Presbyterian

Clifton Presbyterian Church... 703-830-3175
Seoul Presbyterian Church... 703-764-1310

Sikh

Sikh Foundation of Virginia... 703-323-8849

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SPORTS

Verbanic Named Flint Hill School Football Coach

Coached football at Fairfax High, Westfield.

Flint Hill School named Tom Verbanic as the Head Varsity Football Coach for the 2012 season. Verbanic served as Flint Hill's Director of Athletic Operations and as the Defensive Coordinator for the Varsity Football team in 2011. He has been the Head Coach for the Varsity Baseball team since 2010.

Michael Wright had been the Head Coach of the Flint Hill Varsity Football team since the program was restarted in 2003. Under his leadership, the football team won four Mid-Athletic Conference (MAC) Championships, competed in the Virginia State Independent Schools Athletic Association

(VISAA) State Semi-Finals four times, and was the VISAA State Runner-Up in 2008. Wright will continue in his role as Assistant Director of Admission.

Verbanic has coached football at the high school level in Virginia for the past 33 years. He began as the Head Coach at Fairfax High School for 11 years, during which time his teams went 85-32 with five district championships and one regional championship. When Westfield High School opened in 2000, Verbanic became the team's first Head Coach, maintaining that position for ten years. During his tenure, Westfield's football team finished with an overall record of 100-28 and won six district titles, two regional titles, and



Tom Verbanic is Flint Hill's new Head Varsity Football Coach for the 2012 season.

two state championships (2003 and 2008).

Verbanic received the District Coach of the Year award 13 times, the Regional Coach of the Year award four times, and the Virginia State Coach of the Year award three times. Verbanic also received the East Coast

Coach of the Year in 2007 and was named Coach of the Decade for the State of Virginia (2000-2010).

Verbanic takes over a Flint Hill team that finished 2011 with a 7-3 record and placed second in the Mid-Atlantic Conference.

AREA SWIMMING REPORT

Fairfax Station Swims Past Fairfax

Led by strong performances in the boys' and girls' freestyle events, the Fairfax Station swim team beat Fairfax, 242-178, on July 7 in an NVSL Division 2 swim meet in Fairfax.

Fairfax Station won or tied for first in eight of 10 freestyle events. In boys' action, Fairfax Station freestyle winners were: Joshua Renalds (tie, 8U 25-meter, 18.34), Connor Jacoby (11-12 50-meter, 30.93), Tyler Hazard (13-14, 29.34) and Ricky Munch (15-18, 24.05). Girls' winners were: Kelly Broderick (8U, 17.46), Emily Royce (9-10, 37.66), Theresa Boyd (11-12, 32.17) and Katie Munch (15-18, 28.54).

Fairfax freestyle winners were: Kent Coddling (boys' 9-10 50, 33.09) and Anna Ober (girls' 13-14 50, 29.59).

In other boys' action, Fairfax Station backstroke winners were: John Orsa (11-12, 36.06) and Roman Lowery (13-14, 30.6). Fairfax winners were: Daniel Welch (8U, 25.4), Peter Makin (9-10, 43.46) and Chris Megaw (15-18, 29.37).

Fairfax Station breaststroke winners were: James Anderson (9-10, 47.75), Orsa (11-12, 37.89), Lowery (13-14, 37.59) and Ricky Munch (15-18, 31.67). Fairfax's winner was: Welch (8U, 32.77).

Fairfax Station butterfly winner was: Nicholas Allan Stern (13-14, 34.03). Fairfax's winners were: Justin Singletary (8U, 21.84), Kent Coddling (9-10, 16.18), Carl Maahs (11-12, 35.81) and Austin Patteson (15-18, 27).

Fairfax Station won four of six relay events: 200 mixed age (Orsa, Anderson, Lowery, Ricky Munch, 1:54.62), 11-12 100 medley (Nicholas Chestnut, Orsa, Jacoby, Stedham, 1:05.8), 13-14 100 medley (Hazard, Crowley, Lowery, Noah Kim, 1:02.93) and Alex Saffran, Bo Ilgenfritz, Hansen and Ricky Munch, 1:54.81). Fairfax's winners were: 8U 100 free (Singletary, Adam Dembicki, Tristan Mocio, Daniel Welch, 1:28.84) and 9-10 100 medley (Peter

Makin, Richie Dudley, Coddling, Liam Weis, 1:17.65).

In girls' action, Fairfax Station backstroke winners were: Elaine Chua (8U, 21.58), Lauren Royce (9-10, 45.58) and Theresa Boyd (11-12, 36). Fairfax winners were: Sarah Ahson (13-14, 35.38) and Leah Rogers (15-18, 32.18).

Fairfax Station breaststroke winners were: Kelly Broderick (8U, 24.43), Faith Lowery (11-12, 42.53), Genevieve Munch (13-14, 39.21) and Katie Munch (15-18, 35.93). Fairfax's winner was: Isabella Manzione (9-10, 47.66).

Fairfax Station butterfly winners were: Elaine Chua (8U, 20.9), Victoria Downing (9-10, 19.59) and Faith Lowery (11-12, 35.93). Fairfax's winners were: Ober (13-14, 31.46) and Leah Rogers (15-18, 30.68).

Fairfax Station relay winners were: 8U 100 free (Maia Elisse Stern, Kelly Broderick, Katherine Klein, Chua, 1:23.24), 200 fixed age (Lowery, Royce, Genevieve Munch, Katie Munch, 2:07.28) and 11-12 100 medley (Theresa Boyd, Mia Buck, Faith Lowery, Caroline Broderick, 1:09.53). Fairfax's winners were: 9-10 100 medley (Ellie Shriver, Carlee Gaboury, Isabella Manzione, Sadie Drummond, 1:20.89), 13-14 100 medley (Sarah Ahson, Meryn Holtslander, Ober, Ellie D'Alessandro, 1:05.4) and 15-18 200 medley (Rachel Ward, Rachel Rogers, Leah Rogers, Hannah Basl, 2:09.4).

Hunt Valley Remains Undefeated

The Hunt Valley (Springfield) swim team improved to 3-0 in Division 4 with a 252-168 victory against Dunn Loring on July 7 during an NVSL meet in Vienna.

In girls' action, Hunt Valley individual winners were: Kalisi Loveridge (8U 25-meter free); Carrie Morrison (9-10 50-meter free); Jessie Zeppieri (15-18 free); Anna Heninger (8U back); Haley Seaward (9-10 back, fly); Kathleen Amann (13-14 back); Sammy Kvartunas (15-18 back); Olivia

Krein (8U breast, fly); Jenny Li (9-10 breast); Claire Meyer-Hagen (11-12 breast); Hannah Hagy (15-18 breast, fly).

Hunt Valley won four of six relay events: 8U 100 free (Ashlyn Miles, Krein, Julia Winslow, Loveridge); 200 mixed age free (Meyer-Hagen, Carrie Morrison, Amann, Hagy); 11-12 100 medley (Alyssa Nagle, Meyer-Hagen, Seaward, Bucker) and 15-18 200 medley (Katie Nirenberg, Mady Sieracki, Hagy, Sammy Kvartunas).

In boys' action, Hunt Valley winners were: Peter Lermo (9-10 free); Jared Nirenberg (13-14 free), Matthew Garstka (15-18 free); Tommy Nagle (9-10 back); Sean Mayer (15-18 back); Finn Gelbach (8U breast); Jerry Li (9-10 breast); Andrew Verdin (11-12 breast) and Luke Baird (8U fly).

Hunt Valley won four of six relay events: 8U 100 free (Gelbach, Thomas Rogers, Bennett Lind, Baird); 9-10 100 medley (Nagle, Li, Lermo, Ian Krein); 13-14 100 medley (Nirenberg, Eamon Mulligan, Verdin, Christopher Veatch) and 15-18 200 medley (Mayer, Ricky Veatch, Jackson Milroy, Garstka).

Little Rocky Run Beats Lee-Graham

The Little Rocky Run (Clifton) swim team defeated Lee-Graham, 227.5-192.5, in a Division 2 NVSL meet on July 7 in Falls Church.

In boys' action, Myles Brown was LRR's lone freestyle winner, finishing first in the 11-12 50-meter event with a time of 28.12 seconds. LRR backstroke winners were: Daniel Rojas (8U 25 meter, 22.01), Brown (11-12, 34.56) and James Murphy (13-14, 28.42). Breaststroke winners were: Peter Rantis (8U, 29.22) and Kyle Cassidy (11-12, 38.85). Butterfly winners were: Cassidy (11-12, 35.03) and Murphy (13-14, 27.5).

Little Rocky Run won four of six relay events: 8U 100 free (Joseph Rowzie, Ethan Birkholz, Evan Parrott, Rojas, 1:21.4), 200 mixed age (Brown, Jakob Robinette,

Murphy, Jonathan Clark, 1:57.71), 11-12 100 medley (Brown, Cassidy, Scott Ruelle, Colin Boll, 1:07.47) and 13-14 100 medley (Murphy, Ryan Boll, Samuel Jackmore, Brent Rushing, 59.14).

In girls' action, LRR freestyle winners were: Ava Soong (8U, 19.72), Emily Drakopoulos (9-10, 34.35) and Rachel Anderson (15-18, 29.22).

Backstroke winners were: Hannah Charters (8U, 24.17), Drakopoulos (9-10, 40.78) and Logan Ross (15-18, 35.89).

Breaststroke winners were: Soong (8U, 25.56) and Ross (15-18, 37.61).

Butterfly winners were: Samantha Rojas (8U, 23.1), Lexi Benton (9-10, 19.54) and Abby McCranie (15-18, 30.53).

LRR won four of six relay events: 8U 100 free (Rojas, Sofia Krstolic, Brooke Canavan, Soong, 1:25.82), 200 mixed age (Katherine Bennett, Drakopoulos, Murphy, Rachel Anderson, 2:06.31), 9-10 100 medley (Rylie Kiefaber, Caitlin Birkholz, Benton, Drakopoulos, 1:18.12) and 15-18 200 medley (Anderson, Ross, McCranie, Brooke Worley, 2:12).

Burke Station Improves to 2-1

Led by Sophie Chase, who won two individual events and helped two relays to victory, the Burke Station swim team improved to 2-1 in Division 15 with a 229-189 victory against Rolling Valley on July 7 in an NVSL meet in Burke.

Chase finished first in the girls' 15-18 50-meter freestyle (29.72) and the 50 breast (36.18), and helped the 200 mixed age freestyle (Victoria Cecchetti, Bridget Patterson, Kirsten Chase, 2:21.58) and 15-18 200 medley (Rachel Beck, Sarah Beck, Mary Pollin, 2:27.24) relay teams to victory.

Townsend Tripple (boys' 9-10 free, fly), Harvey Brashier (boys' 11-12 free, fly), Tom Gregorits (boys' 13-14 free, fly) and Elizabeth Fitzpatrick (girls' 13-14 free, breast) also won multiple events for Burke Station.

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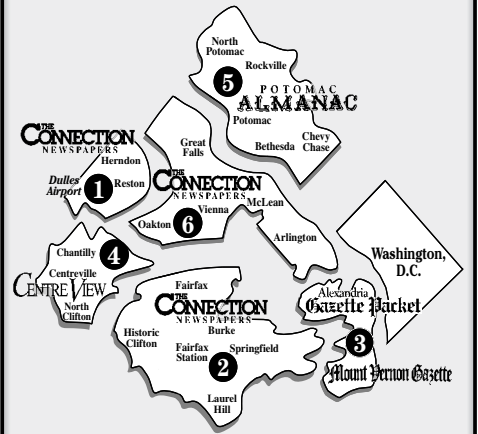
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