

## Shopping With Sheriff

NEWS, PAGE 4

## Helping Heroes in Need

NEWS, PAGE 11

## The Little Red Schoolhouse That Could

NEWS, PAGE 3

Fairfax County Sheriff's deputy Nathan Smith helps Kebron pick out back-to-school items on a shopping spree for disadvantaged children during the 19th annual Shop with a Sheriff event at the Burke Target on Wednesday, Aug. 29



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## SCHOOL NOTES

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

**Jeff Blevins** of Burke has been named to the President's list at James Madison University for both the fall and spring semesters of his sophomore year. Jeff is a junior majoring in public administration with an Asian minor. He is a 2010 graduate of Lake Braddock Secondary School.

**Robyn Gianiny** of Burke was on the dean's list fall 2011 and the President's List Spring 2012 at West Virginia University. She graduated from Lake Braddock Secondary School in 2011. She will be attending George Mason University this fall.

**Christian Kosko** of Burke has been named to the dean's list at Radford University. He is a sophomore majoring in Criminal Justice and is a 2011 graduate of Lake Braddock Secondary.

**Michael McVay** of Burke has been named to the fall 2011 dean's list at the University of Northwestern Ohio in the College of Applied Technologies. He is a 2009 graduate of Lake Braddock Secondary School.

**Monica Zinn** of Burke has been named to the fall 2011 dean's list at the Savannah College of Art and Design, Savannah, Ga.

**Natchanon Ketram** of Burke is among the Marymount University undergraduate students who have been selected as national outstanding campus

leaders and are included in the 2012 edition of Who's Who among Students in American Universities and Colleges. Ketram is majoring in Biology.

**Kelsey Zinck** of Burke has been named to the fall 2011 dean's list at The College of New Jersey of Ewing, N.J.

**Jonathan Austin Kilbourn** of Burke has been named to the fall 2011 dean's list at Clemson University of Clemson, S.C. Kilbourn is majoring in history.

**Franklin Shakespeare** of Burke was named to the fall 2011 dean's list at Bryant University of Smithfield, R.I. He is a senior accounting major.

**Caitlin Landsman** of Burke has been named to the fall 2011 dean's list at Marist College of Poughkeepsie, N.Y. She is majoring in communications/public relations.

**Alexandra Marie Froede** of Burke has been named to the fall 2011 dean's list at Miami University, Oxford, Oh.

**Mohit Nagaraja Iyyer** of Burke has been named to the fall 2011 dean's list at Washington University School of Engineering and Applied Science in St. Louis, Mo.

**Michael Del Toral** of Burke has been named to the fall 2011 dean's list at Randolph-Macon College in Ashland. He is the son of Mr. and Mrs. Jose Del Toral.

**Joanna Peter** of Burke has been named to the fall 2011 dean's list at Geneva College, Beaver Falls, Pa.

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# The Little Red Schoolhouse That Could

Springfield one-room schoolhouse gains historic status on National Register.

BY VICTORIA ROSS  
THE CONNECTION

**N**early four years after deciding to shut down the popular elementary school because of shrinking enrollment, mounting parental pressure and ardent emotional appeals swayed Fairfax County's School Board to re-open the rural community school.

That meeting was held in September 1937, when a delegation from the community—led by teacher Albytene Roberts—again requested the reopening of Pohick School #8, commonly known as The Sydenstricker Schoolhouse in Springfield.

A community hub since it was built in 1928, the board agreed to open the school, as long as it could maintain an attendance of at least 20 students. The school closed for the final time in June 1939, when the Works Project Administration (WPA) built the new, larger Burke Elementary School.

"I know. When you read the history, especially the newspaper accounts of the time, it sounds like we're talking about the debate over Clifton Elementary School," said Lisa Friedrich Becker, smiling as she recounts some of the history of what many know today as the "little red schoolhouse."

As president of the Upper Pohick Community League (UPCL), Becker said preserving the schoolhouse has become her "great passion."

Thanks to the efforts of Becker, and other league members, the historic school is undergoing another rebirth.

**ON AUG. 22**, the Sydenstricker Schoolhouse was placed on the National Register of Historic Places, a prestigious honor that helps assure the school's preservation. For nearly four years, Becker researched the history, interviewed descendants, gathered and archived photos, and dotted the i's and crossed the t's for the rigorous National Register application.

"I've told people, and it's the God-honest truth, that other than my son, I feel like the National Register is the greatest accomplishment of my life. I feel like it is my legacy, and I'm so proud of it," Becker said.

"Lisa deserves all the credit for making this happen," said past



PHOTO CONTRIBUTED

**An archival photo taken in 1957 which shows the schoolhouse and the Upper Pohick Community League's "Litter Buggy," which helped clean trash off local roads.**

## How to Help Save the Schoolhouse

- ❖ To find out more about efforts to restore the Sydenstricker Schoolhouse, or to make a donation, go to [www.sydenstrickerschoolhouse.org](http://www.sydenstrickerschoolhouse.org).
- ❖ On Saturday, Sept. 22, The Upper Pohick Community League is hosting a free community coffeehouse, featuring live music. Beverages and desserts will be available for a small donation. For more information, go to [info@sydenstrickerschoolhouse.org](mailto:info@sydenstrickerschoolhouse.org).

UPCL president Manuel Pablo, who has been a member of the league since 1972. "The schoolhouse harkens back to an interesting time. I remember when the first Supervisor Herrity, Jack Herrity, held community meetings here."

"This is a community treasure," said Supervisor Pat Herrity (R-Springfield). "It's where political debates used to be held, and where the Springfield District Council is now holding some of its meetings."

Situated on just under an acre of land, the front-gabled school sits parallel to Hooes Road, once a farm-to-market wagon road, and adjacent to the Sydenstricker Methodist Chapel and cemetery.

"I think the site, the fact that some of the trees are 100-years-old, and it's next to the chapel and cemetery gives it an authenticity that you don't find anymore," Becker said.

The interior of the building, approximately 805 square feet, includes one large room (the original schoolroom) and a small cloakroom, which was converted into a kitchen in the late 1950s.

The one-story building retains many original features, including a combination storage shed and three-hole privy. The simple, clas-

sic architectural traits of the Sydenstricker School are characteristic of other historic Fairfax County schoolhouses, most notably the Legato School, City of Fairfax and the Laurel Grove School in Alexandria.

Becker said her 4-year-old son, Oliver, likes to hear her ring the school bell, which is original to the building.

"This is as original as it gets," Pablo said. "Nearly everything here is in its original condition...We want to restore it as a community asset."

Becker said the UPCL, which purchased the school from Fairfax County in 1954, has launched a "save the community treasure" campaign to do just that.

"We want to preserve the schoolhouse, and to make it a community hub once again. I want to drive by and see the lights on and have this be a special place for events, celebrations, community meetings."

**BUT TO ACCOMPLISH** that, the league needs donations for the laundry list of repairs and replacements, particularly to upgrade the electrical wiring, remove the lead paint and replace the HVAC system. Becker said the cost could



PHOTO BY VICTORIA ROSS/THE CONNECTION

**Lisa Friedrich Becker and Manuel Pablo, of the Upper Pohick Community League, stand at the Methodist Chapel, built in 1911, which is adjacent to the one-story historic Sydenstricker Schoolhouse, built in 1928. The league has launched an effort to preserve the schoolhouse.**

## Glimpses of Sydenstricker's Past

February 17, 1932 (from the meeting minutes of the School Board):

"The clerk presented a letter from the school's teacher, Miss Elizabeth Gates, suggesting the suspension of twelve year old, Ewing Crawn. Miss Gates stated that Ewing 'refused to stay in one day, and when I started to whip him he broke the switch and struck me.' The boy was suspended, and the board expressed their belief that it was generally bad policy to suspend such young children; however, in small schools such as Pohick, it would do more harm than good to keep such a child in school."

\*Lindy Neish, a lifelong resident of Springfield, attended the Pohick School (which by then had come to be known as the Sydenstricker School) in the 1930s. In 1989, he recalled that the boys had to collect firewood for the stove and fresh wa-

ter from the spring. A 1933 report in "The Herndon Observer" notes that the community appealed to the school board for a well at the schoolhouse, so the children would not be forced to carry water "through rain and mud, year in and year out." This well was never constructed.

\*In 1943, "The Fairfax Herald" reported that the "Old School House" at Sydenstricker had been converted into a center for making surgical dressing to support the war effort: "The bell at the little old school house near Sydenstricker rang this past week for the first time in a number of years. This time it was not calling to children, since it is no longer needed for school purposes, but calling to the adults in the community who have dedicated this quaint building to a need of the hour—a center for Red Cross surgical dressing."

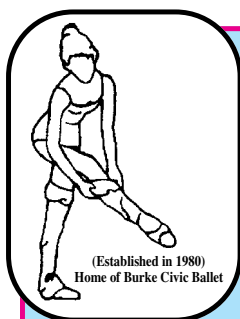
easily be more than \$100,000, because many of the replacements need to be historically authentic. For example, the tin roof needs to be replaced by a tin roof.

"We had a mother's playgroup that wanted to meet here, but before we can do that, we have to remove the lead paint, and that costs \$15,000," Becker said.

Both Becker and Pablo are passionate about the schoolhouse, and confident of its return.

"When I come here, I feel like I'm connected to the people who have been here. We desperately want to save this building," Becker said. "We see the vision for what we can do, but we can't get there without a lot of help."





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PHOTO BY LINDSEY SMITH

From left, Fairfax County Police Officer Nick Andariese; Supervisor John Cook (R-Braddock); Fairfax County Sheriff Stan Barry; Ben Migliaccio and Shanita Tisaby (holding check) from Liberty Mutual Insurance's Alexandria branch; and Fairfax County Police Officer Marijana Raden. Children Dylan and Noosha stand on the side of the check.

## Shop With the Sheriff

**Fairfax County partners with Target to help homeless children purchase school supplies.**

**N**early 30 children and their parents got the chance to "Shop with the Sheriff" on Wednesday, Aug. 29. The annual shopping spree pairs deputies and volunteers from the Fairfax County sheriff's office with local homeless children who need a little help with back-to-school supplies.

For the past 19 years, the sheriff's office has partnered with Target in Burke to help homeless school-age children and their families shop for school supplies and clothes. These children reside at either the Patrick Henry Family Shelter or the Katherine K. Hanley Family Shelter.

Fairfax County supervisors, sheriff's deputies and volunteers met the children at the Fairfax County Courthouse cafeteria for a hearty breakfast, donated by Panera Bakery and other community partners. Each child will receive a \$325 gift certificate to use toward their purchases.

Chairman Sharon Bulova (D-at-large) also helped distribute school supplies at the Backpack Drive, an event put on by the Fairfax County Fire Department and local volunteers, who distribute approximately



PHOTO CONTRIBUTED

**Fairfax County Board of Supervisors Chairman Sharon Bulova and Fairfax County Police Officer Nick Andariese with Justin (left) and Dylan (right) during the 19th annual Shop with a Sheriff event at the Burke Target.**

2,500 backpacks to needy children.

"Children should not have to worry about affording school supplies. We want to make sure that every child in Fairfax County has the opportunity of a great education," Bulova said.

Volunteers included military personnel and employees of large and small companies, including CEOs. The classroom-ready backpacks were distributed to teachers from respective schools on Thursday, Aug. 30, at Fire Station 11.

—VICTORIA ROSS

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## BULLETIN BOARD

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

### SATURDAY/SEPT. 8

**Dog Adoptions.** 1-4 p.m. PetSmart, 12971 Fair Lakes Center, Fairfax. Every Saturday. Sponsored by Lost Dog & Cat Rescue Foundation. [www.lostdogrescue.org](http://www.lostdogrescue.org).

**The Lake Braddock Secondary School Marching Band** and Color Guard will be visiting homes in their district to request tax-deductible contributions to help support band activities. Rain date for the annual Tag Day fundraiser is Sept. 15. For information, contact Cathy Harrington, band Tag Day coordinator, at [TagDay@lbband.org](mailto:TagDay@lbband.org).

### TUESDAY/SEPT. 11

**Senior Fall Prevention Classes.** 1:30 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 Tuesday and Thursday in a heated indoor pool. \$10. Registration required at 703-667-9800.

**Telephone Support Group.** 7-8 p.m. Fairfax County offers a free telephone support group for family caregivers of older adults. Contact Michelle Smith at 703-324-5484.

### WEDNESDAY/SEPT. 12

**Faith Communities in Action Networking Meeting.** 2-4 p.m., at Fairfax County Government Center, 12000 Government Center Pkwy., Conference Center Rooms 2 and 3, Fairfax. Attend a small facilitated group discussion on affordable housing, economic self-sufficiency, health, positive living for older adults and individuals with disabilities and more. Register by Sept. 10. 703-324-3453 or [NCSInterfaith@fairfaxcounty.gov](mailto:NCSInterfaith@fairfaxcounty.gov).

### FRIDAY/SEPT. 14

**Dog Adoptions.** 6:30-8:30 p.m. PetSmart, 12971 Fair Lakes Center, Fairfax. Every Friday. Sponsored by Lost Dog & Cat Rescue Foundation. [www.lostdogrescue.org](http://www.lostdogrescue.org).

### SATURDAY/SEPT. 15

**Homeless Animals Rescue Team Dog Adoptions.** 12-3 p.m. Petco, 13053 Lee Jackson Memorial Highway, Fairfax. Every Saturday. 703-817-9444 or [www.hart90.org](http://www.hart90.org).

### THURSDAY/SEPT. 20

**Senior Fall Prevention Classes.** 1:30 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 Tuesday and Thursday in a heated indoor pool. \$10. Registration required at 703-667-9800.

**Are you 50 or Better?** 12-2 p.m. Fairfax Presbyterian Church, 10723 Main Street, Fairfax. \$8. RSVP Faye Quesenberry 703-620-0161, by Sept. 13.

### FRIDAY/SEPT. 28

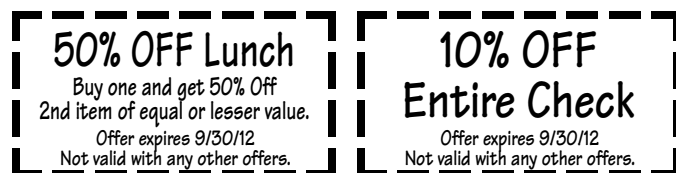
**Senior Fall Prevention Classes.** 2 p.m. The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. Classes designed to work on balance and core muscles to prevent injuries and falls; Instructor certified in back and hip rehab. Every Monday and Friday in a heated indoor pool. \$10. Registration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



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## Registered to Vote at Current Address?

**Oct. 15 deadline; encourage eligible high school and college students to vote as well.**

It's a key question that must be answered by Oct. 15 in order to vote in this presidential election: Are you registered to vote at your current address? Answering that question early, and voting early, will help ensure that your vote is counted and will contribute to a more orderly Election Day.

Check your registration status online at [www.sbe.virginia.gov](http://www.sbe.virginia.gov).

Voter turnout will be high, and unknown challenges from natural phenomena like earthquake or derecho lurk on Election Day. A significant percentage of the more than 700,000 registered voters in Fairfax County, more than 155,000 in Arlington and more than 140,000 in Alexandria will turn out to vote on Nov. 6. Four years ago in 2008, a record number of voters turned out at the polls, nearly 75 percent of registered voters across the Commonwealth.

If you can wrap your brain around the concept of voting "absentee in-person," you can vote starting Sept. 21.

cept of voting "absentee in-person," you can vote starting Sept. 21.

### BACK TO SCHOOL CIVICS LESSON

If there are high school students in your household who will be 18 by Election Day, encourage them to register and vote. Any person who is 17 years old and will be 18 years of age at the next general election shall be permitted to register in advance, according to the State Board of Elections. Parents should help their children see voting as a right and a responsibility, not something to be left to others. I've heard numerous voting age high school and college students express doubts about voting, mostly based on lack of confidence.

While college students are already away at college, they should also confirm their voter registration and vote absentee. If they will be at home anytime between Sept. 21 and Nov. 3, they can vote "absentee in person," and otherwise they can mail or fax a request for an absentee ballot and then mail or fax the ballot itself. For more, visit [http://www.sbe.virginia.gov/cms/absentee\\_voting/index.html](http://www.sbe.virginia.gov/cms/absentee_voting/index.html).

### LOCAL VOTING INFORMATION

**Alexandria Board of Elections**, 703-746-4050, <http://alexandriava.gov/Elections>  
132 North Royal Street, Alexandria, 22314;  
FAX 703-838-6449; email [tom.parkins@alexandriava.gov](mailto:tom.parkins@alexandriava.gov).

**Fairfax County Board of Elections**, 703-222-0776, [www.fairfaxcounty.gov/eb/](http://www.fairfaxcounty.gov/eb/)  
12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email [voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov).

**Arlington Board of Elections**, 703-228-3456, <http://www.arlingtonva.us/vote>, 2100 Clarendon Blvd. Suite 320, Arlington, 22201; FAX 703-228-3659; email [voters@arlingtonva.us](mailto:voters@arlingtonva.us).

**City of Fairfax General Registrar**, 703-385-7890, <http://www.fairfaxva.gov/Registrar/GeneralRegistrar.asp>

10455 Armstrong Street, Sisson House, Fairfax, 22030; FAX 703-591-8364; email [kevin.linehan@fairfaxva.gov](mailto:kevin.linehan@fairfaxva.gov).

More information at <http://www.connectionnewspapers.com/news/2012/aug/28/how-register-vote-and-vote-early/>.

## Balancing Act: Between Nice-to-Have and Have-to-Have

**Fairfax County needs new financial tools.**

BY SUPERVISOR JEFF MCKAY  
(D-LEE)

We've been lucky in Fairfax County. Spared the worst of the Great Recession with its mortgage crisis and unemployment, the County has still had to balance falling revenue and service delivery. Human services, libraries, and parks have all taken a hit—and our school budget, while not cut—has struggled to meet the needs of a growing student body.

We've emerged from past recessions and fairly quickly returned to the economic status quo, but that's not the case this time. I've done a lot of reading and reflecting this summer and it's clear that the economic trends shaping our financial landscape will be with us for a long time.

In some ways, Fairfax County has become the bank of last resort, picking up programs that the federal and state governments have shed. That's most visible in the area of transportation where we've spent millions on improvements that should have been on the state balance sheet. Most recently in Lee District, the county has assumed the bill for improvements to the congested Telegraph Road/South Van Dorn/South Kings Highway intersections.

Human services is likely to be the next fiscal battleground and we'll see that play out on Sept. 11 when the Board of Supervisors discusses its carryover budget and the Fairfax-Falls Church Community Services Board (CSB) FY2013 shortfall. The CSB's needs are urgent,



McKay

but then so are the needs of education, other human services, public safety, libraries and parks—to name only a few.

Fairfax County is not alone in this. Across the country, counties are feeling the pressure to assume the financial responsibilities that have been the traditional purview of federal and state governments. The fact that most counties, including Fairfax, are largely funded by property taxes with significant additional funding from the federal and state gov-

ernments makes for some very difficult fiscal balancing acts.

ernments makes for some very difficult fiscal balancing acts.

As we move further into this era, we'll need new financial tools to help us continue the services that have made Fairfax County the kind of place that attracts and retains families and businesses. Finding and using those tools won't be easy and we'll have to take a hard look at what we do and how we pay for it. We can talk about our values all we like, but those values must function in the real world. The questions look easy, but they're not. What's so important to us that we are willing to pay more (taxes or user fees) or cut elsewhere? What's nice-to-have and what's have-to-have? And how do we balance one person's nice-to-have against another's have-to-have?

There's opportunity buried in this serious challenge—the compelling need to more creatively deliver the services that our residents depend on. I'm looking forward to meeting that challenge.

### Write Us

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for libel, grammar, good taste and factual errors. Send to:

Letters to the Editor  
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1606 King St.  
Alexandria VA 22314  
Call: 703-917-6444.

By e-mail: [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

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## FAITH

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

**New and Prospective Member BBQ Picnic.** On Sunday, Sept. 9, 5 p.m., at Congregation Adat Reyim, 6949 Conservation Drive, Springfield. Learn about the members of Congregation Adat Reyim. RSVP by Aug. 31 to office@adatreyim.org.

**Adat Reyim Tashlich Service and Ice Cream Social.** on Monday, Sept. 17, 4 p.m., at Lake Accotink Park, 7500 Accotink Park Road, Springfield. Join on Rosh Hashanah to cast off sins. Ice cream treats to follow. RSVP to religiouspractices@adatreyim.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.

**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](http://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.popl.org](http://www.popl.org).

**Kirkwood Presbyterian Church,** 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register at 703-451-5320.

**JCCNV Mother's Circle program,** for women who are not Jewish but are raising Jewish children. Free education in Jewish rituals, practices and values, while respecting the participant's choice to retain her own religious identity. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or [LaurieA@jccnv.org](mailto:LaurieA@jccnv.org).

**Franconia United Methodist Church,** 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. There will be a Terry Hall Concert on Saturday, April 14 at 4 p.m. with old spirituals, classic hymns, southern gospel favorites and more. 703-971-5151 or [admin@franconiaumc.org](mailto:admin@franconiaumc.org) or [www.franconiaumc.org](http://www.franconiaumc.org).

**St. Anthony's American National Catholic Church,** 10383 Democracy Lane, Fairfax, holds mass for Contemporary Catholics every Sunday at 5 p.m. St. Anthony's is an independent Catholic parish, inclusive and accepting of all people. Experience true acceptance and true Catholicism. [www.MySaintAnthonys.org](http://www.MySaintAnthonys.org).



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# WELLBEING

## Living Long, Living Healthy

### Experts offer advice for staving off health deterioration.

BY MARILYN CAMPBELL  
THE CONNECTION

**O**n most days, Springfield-based retiree 69-year-old Mary Sue Garner can be found lifting weights in a fitness center, power walking on a treadmill or breathing in fresh air during a stroll on one of Northern Virginia's nature trails.

"When I was teaching I was in this rut...but when I retired, I decided to make changes and get myself fit," said Garner, who spent 45 years as a ninth-grade algebra and geometry teacher in Alexandria's public schools, including T.C. Williams High School.

As part of her self-reinvention, she fills her days with exercise, knitting, crocheting and volunteer work. She also tutors the Fairfax County high school students who

work as servers in the dining room of her retirement community.

"I've made a lot of friends and I socialize with them," said Garner, who lives at Greenspring. "I feel so strongly that as you get older you get slower, so you have to keep moving."

Gerontology experts agree, and are using September, National Healthy Aging Month, as an opportunity to offer aging adults ideas for living healthy lives as long as possible.

"Paying careful attention to the combination of physical, social, mental and financial fitness is powerful in the pursuit of a positive lifestyle, especially as we age," said Carolyn Worthington, executive director of Healthy Aging, a national health initiative to raise awareness about the positive aspects of growing older. "Take stock of where you've been, what you really would like to do. We're encouraging people to find a new passion ... and to know that it's not too late to take control of your health [or] get started on something new."

**WHILE EXERCISE WON'T LEAD** to eternal life, staying active can keep age-induced deterioration at bay. "Research shows that

physical activity can positively affect blood flow and oxygen to the brain, thereby improving mental clarity [and] the part of the brain responsible for learning and memory," emailed Dominique Banville, Ph.D., director of George Mason University's Division of Health and Human Performance.

Banville credits exercise with boosting information-processing skills, and Worthington adds that older adults who exercise regularly are 60 percent less likely to get dementia.

"In our society, most older adults continue to be underactive. They aren't stretching themselves to the level that could actually improve their functioning," said Rita Wong, Ed.D., chair of the Department of Physical Therapy at Marymount University in Arlington. "Your physical capabilities decline as you get older, but it is realistic to believe that you can improve your functioning."

Wong says that even those with limited mobility can get moving: "If a person has a lot of physical difficulties or if they have health issues that have left them with some movement impairment, seeing a physical therapist can be helpful to them at first," said Wong. She recommends the Centers for Dis-



**Mary Sue Garner, of Greenspring retirement community in Springfield, volunteers, spends time with friends and exercises regularly. Experts say physical activity can improve mental clarity by increasing blood flow and oxygen to the brain.**



**In honor of National Volunteer Week, seniors in Springfield decorate items for children at Shelter House in Fairfax. Experts say that social activities like volunteerism can help keep age-induced deterioration at bay.**

ease Control (CDC) and Prevention's Physical Activity Guidelines for Older Adults as sources for exercise ideas.

and find fresh, local produce. They can make food from scratch instead of buying processed foods."

Experts say a few weapons in staving off the ravages of time are often overlooked: "When people think about successful aging, they immediately talk about the physical, but in reality, social and mental wellness are even more important," said Worthington.

### There's No Place Like Home

Andrew Carle of George Mason University's Senior Housing Administration Program says there are three primary factors to consider when deciding whether to age in place or move into a retirement community or nursing home:

#### Safety

"Families and seniors need to assess the overall physical and cognitive needs they are confronting. The average 75-plus-year-old takes anywhere from seven to 12 medications. Half of those over the age of 85 fall each year. Physical limitations make cooking, cleaning and driving difficult."

#### Loneliness

"Rates of depression in the rest of society are 10 percent, but for those 65-plus, it can be 25-50 percent. Suicide rates of those 85-plus and living at home are double that of teenagers. The causes of depression in seniors can be both environmental and physical (chemical imbalances)."

#### Affordability

"Satisfaction rates for those living in assisted living communities are very high, upwards of 90 percent, but it is a mostly private pay industry."

Healthy relationships with family and friends are critical to one's overall health. "Relationships become so important, getting out to interact with others. Showing concern and understanding as well as the willingness to help others is also beneficial because it keeps us connected. Family connections of multiple generations can be invaluable," said Springfield-based social worker Sue Franke.

"Connecting with or finding new friends is important, but how do you do that, especially after the kids have gone and maybe you're out of the workforce?" said Worthington. "Why not go back to school or take continuing education courses where you would not only be stimulating your mind, but also reconnecting with other

people?" She also suggests volunteer activities and travel.

When it comes to safeguarding one's health, money matters. "Good financial wellbeing or health is being able to live a life where people can support themselves and not be dependent upon other people. That happens through planning, and in today's economy when plans don't work out, people have to be creative," said Worthington.

Garner says her greatest inspiration is not research, but her retirement community peers: "There are so many people, some who are in their 80s and 90s, who come to the fitness center in their walkers and scooters and they exercise. I'm just in awe of these people because they're continuing to move and I think that's really important."



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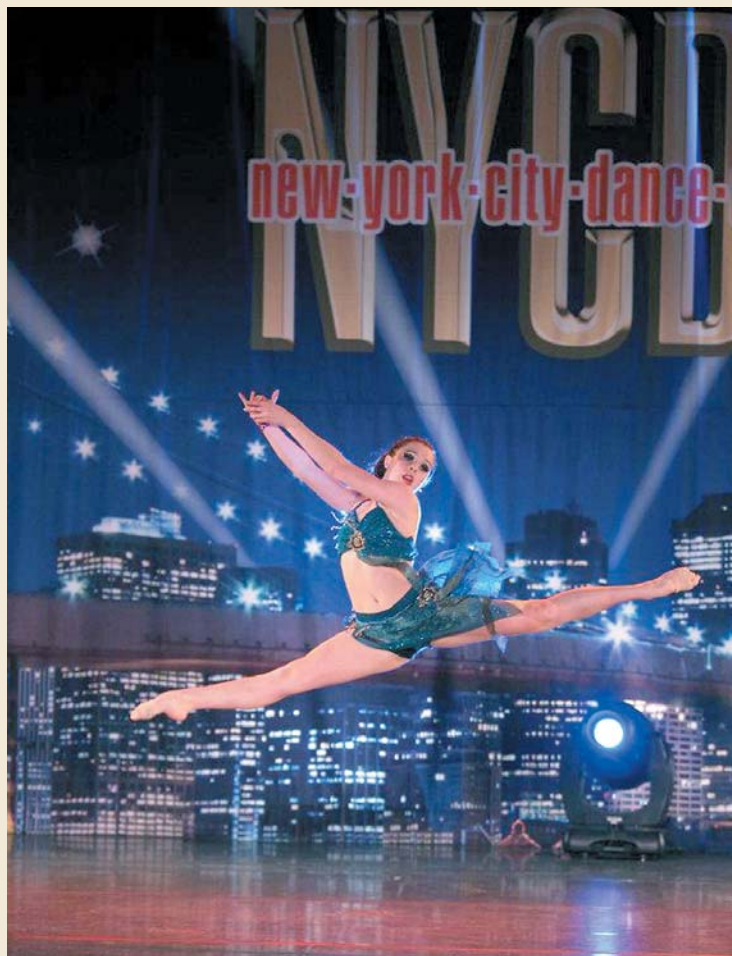
## Burke Dancer Offered Prestigious Scholarships

Emma Bradley from Buffa's Dance Studio in Burke received several scholarships to prominent college dance programs throughout the United States at New York City Dance Alliance's gala in New York City.

Bradley auditioned for college scholarships while attending the New York City Dance Alliance's (NYCDA) National Finals. The audition process included a ballet class and a contemporary class while representatives from the universities observed. The New York City Dance Alliance Foundation, Inc. was founded by Joe Lanteri in 2010 and is a program dedicated to helping young performers by providing them with life changing opportunities.

Bradley was awarded a \$40,000 scholarship to Point Park University in Pittsburgh, Pa.; a \$48,000 scholarship to Marymount Manhattan in New York City; and a full tuition scholarship to University of the Arts in Philadelphia, Pa.

Bradley was also congratulated by John C. Cook, the Braddock district supervisor, on her hard work and commitment to academic and athletic excellence.



**Emma Bradley of Buffa's Dance in Burke was awarded several scholarships to prominent college dance programs throughout the United States.**

## CALENDAR

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

### FRIDAY/SEPT. 7

**13 the Musical.** 7:30 p.m. Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. <http://www.metrotheater.org>.

### SATURDAY/SEPT. 8

**Green Breakfast.** 8:30-10 a.m., at Brion's Grille, 10621 Braddock Road, Fairfax. The Potential Green Energy Corridor meets on the second Saturday of every other month. <http://www.fairfaxcounty.gov/nsvwd/announcements.htm>.

**Burke Centre Festival.** 10 a.m.-10 p.m., at the Conservancy Festival Grounds, 6060 Burke Centre Pkwy. Amusement rides, craft show, Mustang raffle, face painting, festival food, flash mob dance, live entertainment (dancers, singers, sorts demos), misting tents, puppet shows, book talks, a wine garden and wildlife shows. [www.burkecentreweb.com](http://www.burkecentreweb.com).

**Fair Oaks Mall Home & Lifestyle Expo.** 10 a.m.-6 p.m., at the Grand Court in Fair Oaks Mall, off I-66 at Route 50, Fairfax. Free and open to the public. 703-359-8302 or [www.ShopFair.Oaks.Mall.com](http://www.ShopFair.Oaks.Mall.com).

**Wakefield Skate Park Opening.** 11 a.m., Wakefield Park, 8100 Braddock Road, Annandale. Watch demos, enjoy light refreshments and live music and hear brief remarks by officials as they cut the ribbon. 703-324-8662 or [www.fairfaxcounty.gov/parks/skatepark](http://www.fairfaxcounty.gov/parks/skatepark).

**13 the Musical.** 4 p.m. Lake Braddock Secondary School, 9200 Burke Lake

Road, Burke. <http://www.metrotheater.org>.

**NOVACO Annual Gala, "A World of Difference: Inspiring Hope."** 6 p.m., at the Hyatt Fairfax, 12777 Fair Lakes Circle. Join the Northern Virginia Coalition for an auction, cocktail and dinner to benefit families left homeless from domestic abuse. Tickets at <http://www.novaco.org>, by calling 703-218-3984 or emailing [benefitmanager@novaco.org](mailto:benefitmanager@novaco.org).

### SUNDAY/SEPT. 9

**Burke Centre Festival.** 11 a.m.-5 p.m., at the Conservancy Festival Grounds, 6060 Burke Centre Pkwy. Amusement rides, craft show, Mustang raffle, face painting, festival food, flash mob dance, live entertainment (dancers, singers, sorts demos), misting tents, puppet shows, a wine garden and wildlife shows. [www.burkecentreweb.com](http://www.burkecentreweb.com)

**Fair Oaks Mall Home & Lifestyle Expo.** 11 a.m.-6 p.m., at the Grand Court in Fair Oaks Mall, off I-66 at Route 50, Fairfax. Free and open to the public. 703-359-8302 or [www.ShopFair.Oaks.Mall.com](http://www.ShopFair.Oaks.Mall.com).

**Volunteers for Change Orientation.** Noon-1 p.m., at the Volunteer Fairfax Office, 10530 Page Ave., Fairfax. A volunteer program for busy professionals, students, stay-at-home moms/dads or anyone with limited time featuring a flexible calendar of fun weekend and weekday evening projects. RSVP at 703-246-3895 or e-mail [jkivlin@volunteerfairfax.org](mailto:jkivlin@volunteerfairfax.org).

**"Rebuilding the Pentagon."** 2 p.m., at the Fairfax Museum and Visitor Center, 10209 Main Street, Fairfax. Construction Project Manager Walker

SEE CALENDAR, PAGE 11

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# CALENDAR

FROM PAGE 10

Lee Evey will discuss the massive rebuilding project in the year following the September 11, 2001 terrorist attack on the Pentagon. 703-385-8414.

**U.S. Air Force Band—Singing Sergeants.** 3 p.m., at Burke United Methodist Church, 6200 Burke Centre Pkwy., Burke. This free concert is offered as a public service. 202-767-5658 or [www.usafband.af.mil](http://www.usafband.af.mil).

## MONDAY/SEPT. 17

**Children's Music Performance Series.** 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or [www.fairfaxarts.org](http://www.fairfaxarts.org).

## SATURDAY/SEPT. 22

**Fairfax Symphony Orchestra: Masterworks I.** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman and pianist Jeffrey Biegel perform Adams' The Chairman Dances, Zwilich's Shadows for Piano and Orchestra, Bernstein's Three Dance Episodes from "On the Town" and Gershwin's Piano Concerto in F Major. \$25-\$55. 703-563-1990 or [www.fairfaxsymphony.org](http://www.fairfaxsymphony.org).

## SUNDAY/SEPT. 23

**Solo Guitarist David Rogers.** 8 p.m. Epicure Cafe 11213-A Lee Highway, Fairfax. 703-352-9193.

## MONDAY/OCT. 1

**Children's Music Performance Series.** 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or [www.fairfaxarts.org](http://www.fairfaxarts.org).

## MONDAY/OCT. 15

**Children's Music Performance Series.** 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or [www.fairfaxarts.org](http://www.fairfaxarts.org).

## MONDAY/NOV. 5

**Children's Music Performance Series.** 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or [www.fairfaxarts.org](http://www.fairfaxarts.org).

## SATURDAY/NOV. 17

**Fairfax Symphony Orchestra: Masterworks II.** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Ken Woods and violinist Benjamin Beilman perform Beethoven's Overture to Coriolan, Op. 62, Symphony No. 2 and Violin Concerto. \$25-\$55. 703-563-1990 or [www.fairfaxsymphony.org](http://www.fairfaxsymphony.org).

## MONDAY/NOV. 19

**Children's Music Performance Series.** 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or [www.fairfaxarts.org](http://www.fairfaxarts.org).

## MONDAY/DEC. 3

**Children's Music Performance Series.** 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. First and third Mondays of each month. Free admission. 703-352-2787 or [www.fairfaxarts.org](http://www.fairfaxarts.org).

**Dick Stohr of Springfield, right, volunteers with the Veterans Transportation Service to take disabled veterans to and from medical appointments. He is one of only 14 drivers that VTS has to cover Maryland, Washington, D.C., and Virginia routes.**



PHOTOS BY VICTORIA ROSS/THE CONNECTION



**Peter Brown of Alexandria, a disabled veteran, holds a photo of him with his wife, Mildred Louise, who died in 2004.**

# Helping Heroes in Need

**Volunteer drivers "urgently" needed to transport local veterans to medical appointments.**

BY VICTORIA ROSS  
THE CONNECTION

**W**hen he is feeling well, 87-year-old Peter Edisal Brown enjoys tending the flowers and vegetables he grows in the garden of his Alexandria home he has owned since 1946.

"I like to garden, and I wish I could still go dancing. Me and my wife, we used to love going to supper clubs like the Dipsy Doodle," Brown said.

But chronic pulmonary problems and degenerative joint disease make most physical activities difficult for the former World War II U.S. Navy pilot. Driving long distances, he said, is out of the question. When his wife, Mildred Louise, died in 2004, Brown had few options for getting to his medical appointments at the Veterans Affairs (VA) Medical Center in D.C.

Like many disabled vets living alone, he frequently had to reschedule or miss doctors' appointments. "Taxis are kind of expensive, and I don't like to impose on people," Brown said. A few years ago, he learned about a free transportation service for sick and disabled veterans offered through the Department of Veterans Affairs

Veterans Transportation Service (VTS).

He now gets to make—and keep—critical medical appointments at the VA center. "It makes my life easier," said Brown. "If these guys didn't come and pick me up, I'd be in bad shape. It's saved me a lot of time and money."

Dick Stohr, a Springfield resident and retired U.S. Navy captain, is one of Brown's drivers. For the past five years, Stohr, 72, has volunteered to drive disabled vets in the Disabled American Veterans (DAV) van. He often spends all morning at the hospital, while patients go to doctor's appointments, radiation treatment or other therapies.

"There are patients that go every day for radiation treatment for cancer that lasts for weeks," Stohr said. "Some have PTSD or brain injuries that preclude driving," Stohr said.

Since 2007, Stohr has logged more than 1,000 hours as a volunteer driver. Stohr said he learned about the transportation program through his local DAV chapter, the Arlington-Fairfax Chapter #10.

"So many of the veterans can't or should not drive, and I can do that for them. It's an honor for me to do that for them," Stohr said.

**AN ELDER AT HIS CHURCH,** Stohr volunteers for numerous

programs. He is a facilitator with the church's Aging with Grace program and also drove the church's bus, until he turned 71 last year and insurance would not cover him.

He is also an enthusiastic advocate for the VTS transportation program. According to Maureen Flynn, the VTS coordinator for volunteers, there are only 14 drivers for the thousands of disabled vets in the Washington, D.C. metropolitan area.

"We have an urgent need for drivers...I can't emphasize that enough," Flynn said. "Unfortunately, some veterans go without medical care because we simply don't have the drivers to meet the demand," Flynn said. "Our goal is to make sure no veteran is left behind."

## More Information

For more information, call the Veterans Transportation Service Volunteer Office at 202-745-8320 or go the DC VA Medical Center website at [www.washingtondc.va.gov](http://www.washingtondc.va.gov) and click on "services."

Flynn said the VTS program is flexible, but volunteers must commit to one day each week, have a clean driving record and go through a simple training program. "If someone would like to volunteer, I can promise I will schedule them for an interview within the next week," Flynn said.

Flynn said the program is a great example of "veterans helping veterans."

"Our drivers are often the first person veterans see in the morning for a long day of medical ap-

pointments. We want all our drivers to be safe and compassionate, like Dick Stohr," Flynn said.

According to Ron Minter, the national director of voluntary services, the Disabled Americans Veterans started the program 25 years ago to meet a substantial community need when the federal government cut travel benefits for vets.

"These are men and women who answered our country's call in times of war," Minter said. "Some may live a great distance from a Veteran's Hospital, and because so many exist on small fixed incomes, they find the cost of transportation too high."

Minter said they are often left with two choices: go without the treatment they need, or skimp on food or other necessities to pay for transportation. "Vets disabled in our nation's service should never face such dire options," Minter said. "Our nation's heroes need your help."

**ACCORDING TO DAV** national statistics, in 2011, volunteers drove more than 29,000 miles, donated nearly 2 million volunteer hours and transported 754,000 vets to the VA's 172 medical centers across the country.

"This is one of the most rewarding things you can do as a vet," Stohr said. "And think about the injuries younger veterans are suffering in Iraq and Afghanistan. The need is only going to increase."





Lake Braddock quarterback Caleb Henderson throws a pass against Centreville on Aug. 31 at CHS.



Lake Braddock's Kyle Shanahan intercepted a pass against Centreville on Aug. 31 at CHS.

PHOTOS BY CRAIG STERUTZEL/THE CONNECTION

## Centreville Edges Lake Braddock in Season-Opening Thriller

**Wildcats score in final minute to beat Bruins, 28-27.**

BY JON ROETMAN  
THE CONNECTION

Centreville and Lake Braddock, winners of the last three Division 6 Northern Region championships, opened their 2012 seasons on Aug. 31 with the high school football equivalent of a heavyweight boxing match.

Centreville landed some early punches as the Wildcats used a punishing ground game to build a 14-0 lead. Lake Braddock countered, using its big-play ability to score 27 unanswered points. The Bruins' barrage was nearly enough to win the fight. But in the contest's final minute, the Wildcats delivered the decisive blow.

Centreville quarterback Scott Walter connected with A.J. Turner for a 14-yard touchdown pass with 42 seconds remaining in the fourth quarter, lifting the Wildcats to a 28-27 victory at Centreville High School. Lake Braddock reached the Wildcat 33-yard line during the game's final possession, but the Bruins came up empty.

Centreville, which graduated five first-team all-region athletes from its state runner-up team in 2011, trailed 27-14 in the fourth quarter.

"These kids are fighters, they're competitors, they're gamers," Centreville head coach Chris Haddock said. "The youth in them and the inexperience in them are going to create some mistakes, but our heart and our toughness and our guts are hopefully going to make up for a few of those things."

**LAKE BRADDOCK LED 27-21** and had possession at Centreville's 25-yard line with about four minutes remaining. Facing third-and-10, Henderson threw downfield and

was intercepted by Turner at the 8-yard line. The Centreville sophomore returned the pick 36 yards to the Wildcats 44, and caught the game-winner 11 plays later.

"I saw [Henderson's] eyes when he turned and cocked [to throw]," Turner said, "... so I just ran that way and tried to pick the ball off or even swat it down, but I had a chance for a pick, so I got it."

Centreville led 14-0 early in the second quarter thanks to a 32-yard touchdown run by Marcel Smith on the Wildcats' first possession and a 12-yard touchdown pass from Walter to Christian Martey on their third series. Lake Braddock quickly dug itself out of the two-touchdown hole, responding with 21 points before the half. After Martey's touchdown reception, Lake Braddock defensive back Aaron Hollins returned the ensuing kickoff 96 yards for a touchdown. The Bruins tied the score on their next possession, when quarterback Caleb Henderson found Jong Yoo for a 15-yard touchdown. The nine-play, 53-yard drive was kept alive when Lake Braddock, facing fourth-and-six on the Centreville 49, executed a fake punt and Tim Coulter raced 22 yards for a first down. Three plays later, the Bruins converted on third-and-16 when Henderson hit A.J. Alexander for a 19-yard gain.

While Lake Braddock had answered Centreville's strong start, the Bruins grabbed momentum by the throat when Henderson launched a deep pass to Alexander for a 58-yard touchdown on the final play of the first half, giving Lake Braddock a 21-14 lead.

"I'm just pleased that our kids fought back the way they did," Haddock said. "You could feel it. The entire momentum had shifted right before the half — we give up a kickoff return, they score on the last play of the half. With the youth that we had and the inexperience we had, they could have very



Lake Braddock receiver A.J. Alexander had seven receptions for 123 yards and a touchdown against Centreville on Aug. 31 at CHS.

easily packed it in, [but] then we score with [42] seconds left in the game. That's fighting until the bitter end."

Sophomore running back Taylor Boose led Centreville with 17 carries for 78 yards. His 6-yard touchdown run with 6:13 remaining in the fourth quarter cut Lake Braddock's lead to 27-21. Seven Centreville ball carriers combined to rush 45 times for 276 yards.

Junior running back Martey carried eight times for 51 yards and caught two passes for 17 yards and a touchdown, but sat out the second half with a right leg injury.

Walter completed 8 of 20 passes for 88 yards and two touchdowns. He was inter-

cepted twice.

**IN HIS FIRST START** for Lake Braddock, Henderson completed 16 of 27 passes for 212 yards and two touchdowns. He was intercepted once and sacked five times.

"I thought," Haddock said, "the defense did a very solid job tonight against maybe one of the best quarterbacks that we're going to see."

Henderson transferred to Lake Braddock after earning second-team all-region honors as a sophomore signal caller at West Potomac. Trailing by one in the final minute, he led the Bruins down the field and thought they had a chance to win when he connected with Vince Sica for 24 yards down to the Centreville 40.

"I felt like when they scored, we had a great chance to score again," Henderson wrote in a direct message on Twitter. "When Vince caught that ball near our sideline, I thought he was gone."

Alexander had seven receptions for 123 yards and a touchdown. Running back Jon Carrier's 2-yard touchdown run gave Lake Braddock a 27-14 lead with 4:34 remaining in the third, but the point after attempt failed, leaving the door open for Centreville to win by a point.

Kyle Shanahan and Hollins each intercepted a pass for the Bruins.

Lake Braddock will host Annandale at 7:30 p.m. on Friday, Sept. 7.

"This week we are completely different," Henderson wrote, "and we are going to be great this week. I can't wait."

Centreville will travel to face West Potomac at 7:30 p.m. on Friday.

"I think it can really boost our confidence up really, really high," Turner said about beating Lake Braddock. "Coach Haddock was telling us how Lake Braddock really wants to kick our butts, so we just have to step it up and play as a team."



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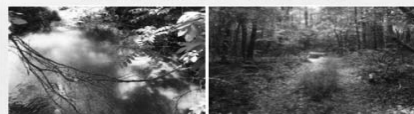
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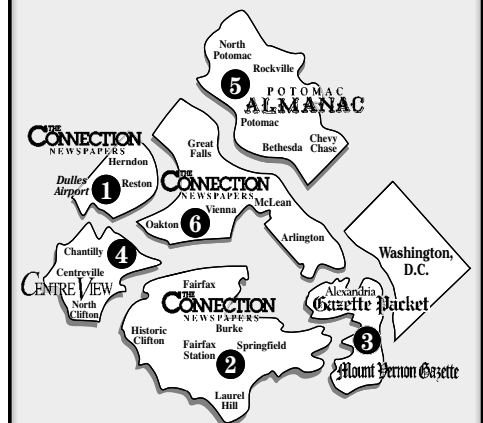
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**0% APR FINANCING AVAILABLE<sup>9</sup>**



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prius goes plural



**ToyotaCare**

Complimentary maintenance plan with roadside assistance.  
• Covers 2 years or 25k miles, Oil and Filter - Tire Rotation - Multi-Point Inspection<sup>5</sup>



The Best New Cars Make The Best Used Cars

- 7YR/100K MILE ROADSIDE ASSISTANCE PLAN<sup>†</sup>
- 160 POINT QUALITY ASSURANCE INSPECTION<sup>††</sup>
- CARFAX VEHICLE HISTORY REPORT
- 2.9% APR FINANCING AVAILABLE<sup>†††</sup>
- 12 MO./12K MI COMPREHENSIVE WARRANTY
- 7 YR./100K MI LIMITED POWERTRAIN WARRANTY

**\$1,000**  
REBATE FOR RECENT COLLEGE GRADS<sup>6</sup>

**\$500**  
MILITARY REBATE INCENTIVE FOR ACTIVE MILITARY PERSONEL<sup>7</sup>

(1) OFFERS INCLUDE VA TAX, FREIGHT, \$399 PROCESSING FEE, ACQUISITION FEE AND \$0 SECURITY DEPOSIT. 36-MONTH LEASE WITH 12K PER YEAR. (2) TOTAL DOWN PAYMENT PLUS TAX, TAGS, FREIGHT AND \$399 PROCESSING FEE DUE AT SIGNING. (3) 0% APR FOR A LIMITED TIME ON SELECT NEW TOYOTA WITH APPROVED TIER1+ CREDIT THROUGH TFS. EXCLUDES \$399 DEALER DOC FEE. (4) BASED ON KELLEY BLUE BOOK FAIR TRADE VALUE MINUS EXCESS MILEAGE AND RECONDITIONING. (5) COVERS NORMAL FACTORY SCHEDULED SERVICE FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET. SEE PARTICIPATING DEALER FOR COMPLETE PLAN DETAILS. VALID ONLY IN THE CONTINENTAL UNITED STATES AND ALASKA. (6) TOYOTA FINANCIAL SERVICE COLLEGE GRADUATE PROGRAM IS AVAILABLE ON APPROVED CREDIT THROUGH A PARTICIPATING TOYOTA DEALER AND TOYOTA FINANCIAL SERVICES. NOT ALL APPLICANTS WILL QUALIFY. REBATE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. REBATE WILL BE APPLIED ON LEASE CONTRACTS, FIRST TOWARD THE AMOUNTS DUE AT LEASE SIGNING OR DELIVERY WITH ANY REMAINDER TO THE CAPITALIZED COST REDUCTION OR TOWARD THE DOWN PAYMENT ON FINANCE CONTRACTS. ONE REBATE PER LEASE OR FINANCE TRANSACTION. (7) REBATE OFFERED BY TOYOTA MOTOR SALES, U.S.A., INC. REBATE WILL BE APPLIED ON LEASE CONTRACTS, FIRST TOWARD DUE AT SIGNING OR DELIVERY, WITH ANY REMAINDER TO THE CAPITALIZED COST REDUCTION, OR TOWARD THE DOWN PAYMENT ON FINANCE CONTRACTS. ONE REBATE PER FINANCE OR LEASE TRANSACTION. NOT COMPATIBLE WITH THE TOYOTA COLLEGE GRADUATE REBATE PROGRAM. SEE DEALER FOR COMPLETE DETAILS. (8) ELIGIBLE CUSTOMERS MUST BE IN CURRENT ACTIVE DUTY STATUS IN THE U.S. MILITARY. (9) 0% APR FINANCING AVAILABLE FOR 36 MONTHS ON SELECT PRIUS MODELS ONLY FOR QUALIFIED BUYERS. (+) WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. (++) FROM DATE OF TCUV PURCHASE. (+++) 2.9% APR FINANCING ON ALL CERTIFIED PRE-OWNED VEHICLES FOR UP TO 36 MONTHS WITH APPROVED CREDIT ON SELECT MODELS THROUGH TFS. \$399 DEALER DOC FEE. SEE DEALER FOR COMPLETE FINANCING DETAILS. ALL OFFERS EXPIRE 9/10/12.

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### Fairfax Station \$1,590,000

Amazing 5 acre estate home with 2-car garage, 4 bedrooms, 4 1/2 baths in the main residence, plus an additional 2 room and full bath guest house over a detached 3-car garage. Stunning, luxurious master suite plus a gorgeous custom kitchen, custom library and separate sunroom. Regulation-sized tennis court, swimming pool, hot tub and 1/4 mile sports tract. Beautiful decking and balcony.



### Fairfax Station \$679,000

4 bedrooms, 3 1/2 baths. Beautiful hardwood floors on the upper two levels. Separate library off the living room. Two fireplaces. Deck and screened-in porch. Huge recreation room with a custom bar/entertainment area. Plus a guest room and full bath. Walk out from the recreation room to a lower patio or from the kitchen to a deck and porch. Two-car side-load garage. Surrounded by trees!



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## Sheila Adams

703-503-1895

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### FAIRFAX STATION \$1,295,000

Incredible, stunning custom home w/soaring ceilings & exciting roof lines - Private, over 5 acre grounds - main level master suite with sitting room & luxury bath opening to deck w/hot tub - 3 gas fireplaces - Beautiful gourmet, granite kitchen w/large butler's pantry - Fam Rm w/wet bar - Study/Library - 3 car garage - PUBLIC WATER - Premier Community.



### FAIRFAX \$559,900

Lovely 5 BR, 3 1/2 Bath beauty in Beautiful Fairfax Club

Estates. Situated on a richly wooded lot on a pretty cul-de-sac. The interior boasts 1st floor FR w/Fireplace, Formal LR/DR, New SGD steps you out to quiet deck, perfect for entertaining, Remodeled Baths, Newer Kitchen, Lower Level w/Rec Room, 5th BR and full Bath, 2-car garage. Call Sheila Adams 704-503-1895.



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**Fairfax \$245,000**  
Adorable 2nd floor, 2 bedroom, 2 bath unit with fireplace, new carpet, stainless steel appliances, granite, and 9' ceilings. Large wrap around balcony, great community amenities and super convenient to transportation, shopping and schools.



## Mary Hovland

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**Cathy DeLoach**  
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### Fairfax \$470,000

Natural light illuminates this stylish home on quiet cul-de-sac in sought after Kings Park West. Features cathedral ceilings, hardwood floors, updated baths, and newly updated kitchen with granite, stainless appliances, and breakfast bar. Light-filled family room has gas fireplace and new neutral carpet. Freshly painted throughout with decorator paints. Spacious patio & private fenced backyard are great for family fun and entertaining. Walk to schools & metrobus stops. Close to VRE, shopping, & restaurants.



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**Lorton \$249,900**  
**Location**  
3 finished levels  
\* 3/4 bedrooms  
\* 3.5 baths  
\* End unit townhome  
\* New paint  
\* New carpet

\* Updated Kitchen \* Large rec room with Walk-out to large fenced yard. Close to transportation & Fort Belvoir \* Call Buzz 703-503-1866

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**Clifton \$559,000**  
Solid all-brick rambler on gorgeous open & sunny 5 acres! Great opportunity to transform this mid-century home! 4 BRs, 3BAs, Robinson SS! Value priced for the lot alone.



**Lake Ridge \$455,000**  
**Sold in 4 days!**



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### Herndon Main Level MBR! \$510,000

Light-filled 3 BR, 3.5 BA with main level master. Updated kitchen and baths. Finished lower level RR w/wet bar, full BA, and office. Close to the heart of Herndon in beautiful Oak Hill.

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### Fairfax Ridges of Glendilough \$719,000

Newly listed elegant colonial featuring many updates and a glorious sun-drenched solarium. Hardwood floors throughout, updated baths, 1/2 acre backing to woods and located in Woodson-Frost School area.

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# Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION



1 10083 Daniels Run Way, Fairfax — \$880,000

July 2012  
Sales in  
\$800,000s



2 12406 Clifton Hunt Drive, Clifton — \$865,000



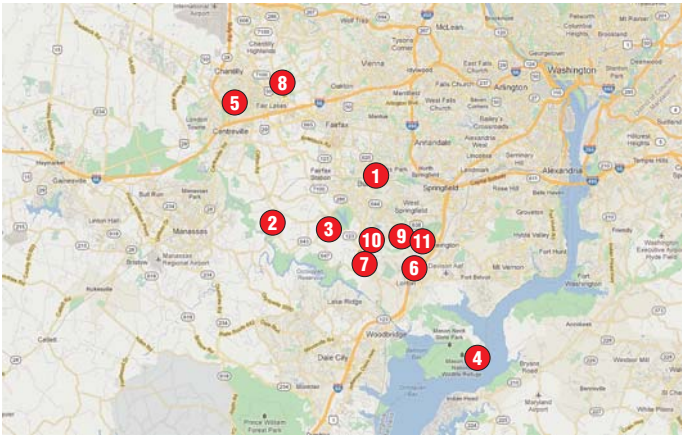
3 10700 Henderson Road, Fairfax Station — \$860,000



5 4823 Autumn Glory Way, Chantilly — \$850,000

Address .....	BR	FB	HB	..	Postal City .....	Sold Price ...	Type .....	Lot AC	..	PostalCode .....	Subdivision .....	Date Sold
1 10083 DANIELS RUN WAY .....	4	..	4	..	1 FAIRFAX .....	\$880,000	..... Detached ..	0.13	.....	22030 .....	FARRCROFT .....	07/16/12
2 12406 CLIFTON HUNT DR .....	4	..	4	..	1 CLIFTON .....	\$865,000	..... Detached ..	5.00	.....	20124 .....	CLIFTON HUNT .....	07/27/12
3 10700 HENDERSON RD .....	5	..	4	..	1 FAIRFAX STATION ...	\$860,000	..... Detached ..	2.00	.....	22039 .....	BURKE LAKE CLUSTER .....	07/03/12
4 6021 RIVER DR .....	3	..	2	..	1 LORTON .....	\$850,000	..... Detached ..	0.85	.....	22079 .....	HALLOWING POINT RIVER .....	07/24/12
5 4823 AUTUMN GLORY WAY ...	5	..	5	..	1 CHANTILLY .....	\$850,000	..... Detached ..	0.39	.....	20151 .....	THE HUNTER PROPERTY .....	07/10/12
6 8891 RHODODENDRON CT ...	5	..	4	..	1 LORTON .....	\$825,000	..... Detached ..	0.32	.....	22079 .....	LAUREL HILL .....	07/06/12
7 8602 WOODWREN TER .....	5	..	3	..	1 FAIRFAX STATION ...	\$820,000	..... Detached ..	0.36	.....	22039 .....	CROSSPOINTE .....	07/31/12
8 12273 HARBOR TOWN CIR ....	4	..	4	..	1 FAIRFAX .....	\$815,000	..... Detached ..	0.19	.....	22033 .....	FAIR OAKS CHASE .....	07/25/12
9 8301 COVINGTON WOODS CT .	5	..	5	..	0 SPRINGFIELD .....	\$805,000	..... Detached ..	0.22	.....	22153 .....	COVINGTON WOODS .....	07/16/12
10 8001 BRANDT CT .....	6	..	5	..	1 FAIRFAX STATION ...	\$805,000	..... Detached ..	0.29	.....	22039 .....	BARRINGTON .....	07/17/12
11 8305 COVINGTON WOODS CT 5	5	..	4	..	1 SPRINGFIELD .....	\$800,000	..... Detached ..	0.21	.....	22153 .....	COVINGTON WOODS .....	07/02/12

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