

Springfield CONNECTION

Franconia ♦ Kingstowne ♦ Newington

HOME &
LIFESTYLE

PAGE 10

(Back row) Sama Dawani, John Wilder, Ranim Nairouz and Ameer Kawwa ride "The Berserker" at Kings Dominion this summer. Palestinian youth came to the U.S. this summer to work with youth from Grace Presbyterian Church in Springfield.

County Sounds
Alarm Over
Transportation
Funding

NEWS, PAGE 3

'A Morning Just
Like This One'

NEWS, PAGE 8

Bridging a Cultural Divide

NEWS, PAGE 13

FOLLOW ON TWITTER: @SPRCONNECT

ENTERTAINMENT, PAGE 14 ♦ CLASSIFIED, PAGE 16 ♦ SPORTS, PAGE 17

PHOTO BY ALAN GOLDSTEIN/THE CONNECTION

SEPTEMBER 13-19, 2012

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Happening Now In A Park Near You: Bow Hunting in Fairfax County Parks



- > Should families, hikers, joggers, cyclists, dog walkers & other park visitors have to dodge arrows intended to kill wildlife for 5 months each year?
- > Should Fairfax County waste our tax dollars on ineffective lethal "deer control" when proven effective humane methods exist?
- > Should hunters be allowed in our parks to exacerbate deer-vehicle collisions, which increase when deer flee in fear from danger?
- > Should we have to witness suffering, dying, or dead deer in our parks or surrounding neighborhoods?
- > Should animals be subjected to suffering & slow death when humane methods exist?

> Should Fairfax County cater to bow hunting special interest groups OR fairly represent the interests of our 1.3 million residents?

Fairfax County has mismanaged the deer issue & used our tax dollars for a one-sided, useless, lethal program for decades. The results? INEFFECTIVE. FAILURE. WASTED TAX \$\$\$.

There are numerous proven effective alternatives that the County has not pursued:

4-poster bait stations, roadside deer warning systems, wildlife migratory passages, fencing/barriers, herding methods, immunocontraception, etc.

Please contact your representatives & demand responsible, efficient, sustainable, & humane solutions!

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Braddock District	John Cook	703-425-9300
Mount Vernon District	Gerald Hyland	703-780-7518
Dranesville District	John Foust	703-356-0551
Providence District	Linda Smyth	703-560-6946
Hunter Mill District	Catherine Hudgins	703-478-0283
Springfield District	Pat Herrity	703-451-8873
Lee District	Jeff McKay	703-971-6262
Sully District	Michael Frey	703-814-7100

URGENT - CALL NOW



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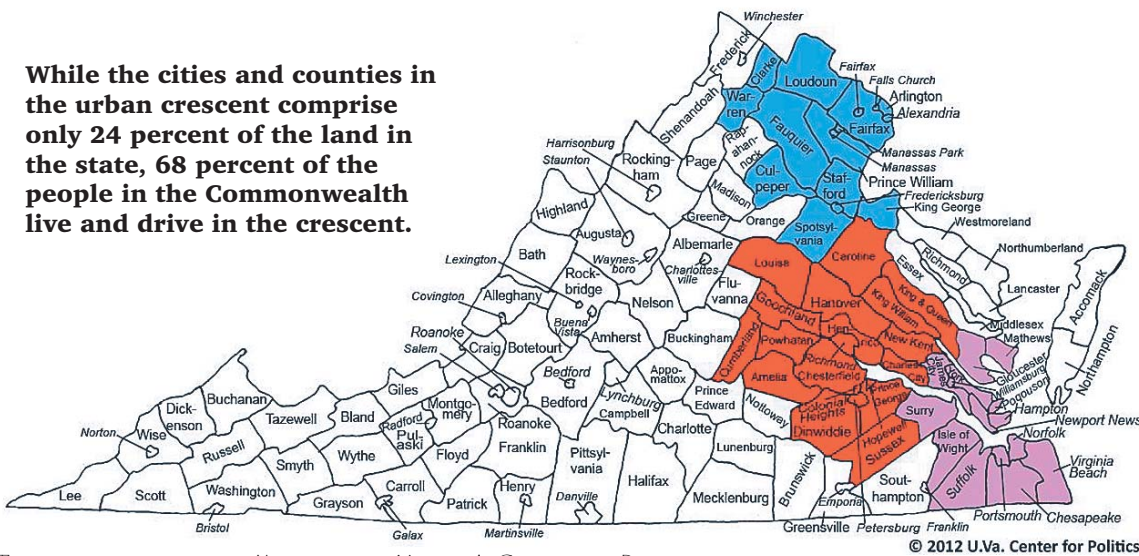
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While the cities and counties in the urban crescent comprise only 24 percent of the land in the state, 68 percent of the people in the Commonwealth live and drive in the crescent.



THE MAP COURTESY OF THE UNIVERSITY OF VIRGINIA'S CENTER FOR POLITICS.

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Local Leaders to Virginia Governor: Time to Fund Transportation is 'Now'

Officials form historic 'Urban Crescent' coalition to press governor for transportation funding.

BY VICTORIA ROSS
THE CONNECTION

Local government leaders from urban centers across the state joined together last week in an unprecedented effort to pressure Governor Robert McDonnell and the General Assembly to head off the state's looming "transportation crisis."

Fairfax County Board of Supervisors Chairman Sharon Bulova (D-at-large) led 54 mayors and county chairs of Virginia's "Urban Crescent"—the state's 46 most populous regions stretching from Northern Virginia to Richmond and Hampton Roads—in sending a letter to top Commonwealth leaders on Sept. 4, urging them to adequately fund Virginia's "crumbling" transportation system.

Bulova said state leaders were putting Virginia's business-friendly reputation at risk by failing to meet the state's responsibility to fund transportation.

"This is an economic issue, a jobs issue," Bulova said, referring to the recent CNBC rankings of America's "Top States for Business," which lowered the Commonwealth's overall ranking in state competitiveness from one to three, and dropped its ranking for infrastructure and transportation from 10 to 33.

"The cost of inaction will no doubt be higher than the cost of addressing this crisis now," Bulova said.

THE COALITION of Urban Crescent officials is bipartisan, broad and historic, according to county officials. It includes City of Fairfax Mayor Scott Silverthorne; Town of Vienna Mayor Jane Seeman; Herndon Mayor Lisa Merkel; Alexandria Mayor William D. Euille; Prince William County Chairman

Corey Stewart and Loudoun County Chairman Scott York.

"I don't think I've ever seen regional cooperation this broad," said Supervisor Jeff McKay (D-Lee). "This is unprecedented."

McKay said elected leaders in Virginia's economic heartland formed the coalition this summer, specifically because they were tired of Governor McDonnell and state legislators "pitting regions against one another."

"We all have the same interests, and by presenting a united front, it forces the governor to realize that we can't be manipulated," McKay said. "We want the governor and General Assembly on the hook. We want results. This is a problem the state created and the state needs to fix."

"In a nutshell, the letter makes the case that crumbling transportation infrastructure is harmful to businesses and to commuters across Virginia," said Bulova. "Where the Urban Crescent goes, so goes the Commonwealth."

While the cities and counties in the urban crescent comprise only 24 percent of the land in the state, 68 percent of the people in the Commonwealth live and drive in the crescent. They provide nearly 72 percent of Virginia's employment, and generate nearly 80 percent of the state's gross product.

But the state's political clout rests with elected officials in Virginia's rural areas, which encompass a bigger swath of land—nearly 76 percent of the state.

On June 7, 2012, the urban crescent's top elected officials met in Henrico County for the first and only time. They vowed to come together to leverage their considerable economic influence, and pressure state legislators to provide new, long-term funding for the state's aging highways and transit systems.

"The consensus at that meeting was that Virginia's transportation system is significantly underfunded and the situation continues to deteriorate, as evidenced by some startling facts," according to leaders in the Sept. 4 letter.

They painted a bleak picture of the state's trans

SEE ALARM, PAGE 15

"We want the governor and General Assembly on the hook. We want results. This is a problem the state created and the state needs to fix."

—Supervisor Jeff McKay (D-Lee)



PHOTOS BY LINDSEY SMITH

Supervisor John Cook and McGruff wave to Laurel Hill Elementary School students Monday morning after talking with children and their parents about safe driving.

Combating Speeding

McGruff leads anti-speeding effort as school year begins.

Laurel Ridge Elementary School students got a surprise Monday morning, when they were met by McGruff the Crime Dog, Supervisor John Cook (R-Braddock) and Officer J.T. Frey of the Fairfax County Police Department (FCPD) in Kings Park West.

The trio was there to remind student and their parents of the importance of driving safely and especially following the posted speed limits in school zones. The outreach effort, in support of the police department's Operation Blue Guardian, is part of Supervisor Cook's ongoing campaign to combat speeding and unsafe driving in our communities.

"I have heard a high level of concern and anxiety from residents regarding unsafe driving through their neighborhoods," Cook said. "It is clearly an issue that deserves our full atten-

tion and requires especially heightened awareness now that our kids are back out walking to school."

Cook said the beginning of the school year is the perfect time to remind drivers to slow down on neighborhood streets.

"When our streets become raceways, people become hesitant to walk down the sidewalk, ride their bikes, or let their children play in the front yard, and that's just unacceptable," Cook said.

On June 19, the board of supervisors unanimously passed a measure to launch a public information campaign on traffic and safety concerns, particularly speeding in neighborhoods and school zones. The board's carryover package is expected to contain \$200,000 for traffic-calming measures.

—VICTORIA ROSS



(From left) Supervisor John Cook, Shirley Hanson, the Laurel Hill Elementary School crossing guard, McGruff and J.T. Frey of the West Springfield Police Station.



PHOTOS BY DEB COBB/THE CONNECTION

Festival-goers got a surprise on Sunday when a senior citizen flash mob started dancing.

Burke Centre Hosts Fall Festival

Festival-goers treated to senior flash mob and family fun.

Burke hosted its biggest block party last weekend as the community welcomed friends and neighbors of all ages for the 35th annual Burke Centre Fall Festival.

The two-day event—hosted by the Burke Centre Conservancy (BCC)—kicked off on Saturday, Sept. 8, as Supervisor John Cook (R-Braddock) and Brian Engler, president of the BCC, welcomed the crowds. But a severe afternoon storm, which brought winds of nearly 60 mph, caused the BCC to cancel the Wine Garden on Saturday evening. The event will be rescheduled later this month.

In addition to community favorites, such as the arts & crafts show, face-painting, pony rides, funnel cakes and live music, festival-goers got a surprise on Sunday when a senior citizen flash mob started dancing.

“I’ve wanted to do something like a flash mob at the festival for several years,” said Jeanne Winslow, the administration director of the BCC, “and Cora Foley with the Burke Senior Center Without Walls made it happen. It was great.”

“Awesome” is the word I heard often with folks at the Burke Centre Festival after our Flash Mob,” said Foley. To see the seniors in action, go to <http://www.youtube.com/user/CoraSandovalFoley/videos>.

“Our goal is to make sure that people walk away smiling after having a great time with all members of their family,” Winslow said.

—VICTORIA ROSS



From left, Connor and Harrison Campbell of Burke enjoy slushies at the Burke Festival on Sept. 9.



Robert Munson of West Springfield gets assistance across a rope bridge or “Monkey Bridge” by Boy Scouts Tony Kresslein (left) and Zayn Khurshid of the Burke Boy Scout Troop 1345.



Red Kalema (left) and Dwain Ketch prepare burgers and dogs for the Burke Rotary Club booth at the Sept. 9 Burke Festival.

SCHOOLS

PHOTOS BY MICHELE NEVILLE



Flag bearers unfurl the American flag. Susan McKittrick, teacher, and others look on.



Sixth graders create a model of the Freedom Flag.

Garfield Community Remembers 9/11

On Tuesday, Sept. 11, 2012, a bright, clear day similar to memories and photos of the same day in 2001, Garfield Elementary students, staff and community members gathered for their annual Sept. 11 Remembrance Ceremony. Garfield Elementary School started the ceremony in 2004 after they purchased the Freedom Flag, Virginia's official sym-

bol for 9/11 remembrance. The simple ceremony began with the Pledge of Allegiance and The Star Spangled Banner. As students assembled a model of the Freedom Flag, readers explained the significance of its parts. Students wore red, white and blue and posted the flags at half-staff in honor of Patriot Day and the individuals who lost their lives on Sept. 11, 2001.

Inspired to Run

Burke runners to compete in Disney World races.

BY ANDREW MADIGAN

Kelly Kavanaugh is an energetic young trainer who's getting spectacular results.

She works for Potomac River Running as head coach of the Burke Training Programs. In one of her classes, Running 101, a group of women has taken it upon themselves to travel down to Florida and compete in a series of races at Disney World. Potomac River isn't sponsoring the event—the students have simply been inspired to run.

Some of these women will run the Disney Princess Half Marathon; others have entered the 5K Royal Race. What's remarkable is that, before joining the class, some couldn't run more than 30 seconds at a time. "This is great," Kavanaugh said, "real women balancing life and families and doing something for themselves."

Rosie Bombaugh, one of Coach Kavanaugh's students, reflected on her experience: "I just started running in February and took my first 101 class in March. The friends that I have made and the things that I have learned from my coach not only have improved my running, increased my

time but also made running fun!"

Bombaugh has now ran a number of 5Ks, a triathlon and is training for the Disney Half Marathon.

POTOMAC RIVER RUNNING offers a variety of classes—advanced courses, triathlon training, youth programs—but it also has summer camps, retail stores and a race series. Races typically feature food, drinks, live bands, DJs and giveaways. They also raise money for charity, encourage families to get involved and provide a social atmosphere for people to meet and keep fit together. The trainers are all seasoned athletes. Kavanaugh, who currently runs for George Mason University, holds the 1,000-meter record at Robinson Secondary School.

Running 101 is for anyone, regardless of age, experience or fitness level. Each eight-week course meets twice a week for an hour. Sessions include warm-up, stretching, endurance running, speed work, drills and core work (exercises to strengthen the abs and back). Kavanaugh also likes to discuss technique. With a little guidance, she says, we can tweak our running style and, as a result, avoid injuries and run more efficiently.

No one has ever dropped out of Kavanaugh's class or failed to achieve solid results. Why is that? For starters, she's tough but flexible. She encourages students to "take small steps" toward realistic, short-term goals. Some of her students are "walkers," which means they can't run at all or



PHOTO CONTRIBUTED

They even train on holidays—a fun workout with an egg dash and chocolate bunnies to take home: (from left) Christine Erbacher, Alix Shutello, Coach Kelly Kavanaugh, Andrea Wood, Jennifer Cavendish.

for more than a few seconds at a time. "Breathe, believe and achieve," Kavanaugh tells them. Do your best and, after a week or two, you'll be running for a full minute. After that, you might be running a 5K or competing in a triathlon. The important thing is to train consistently, work hard and reach your potential.

Although Kavanaugh likes to push her students, she also provides the emotional and personal support they sometimes need. If someone is having a bad day or doesn't feel well, she says, "Come talk to me first." Long-term goals, she argues, are even more important than day-to-day success. We all have bad days, so she encourages students not to get frustrated with minor setbacks.

THE COACH isn't the only one offering

moral support. The class itself is an extended family. Kavanaugh explained how her students step in to motivate each other. Jill Fox "leads with toughness and a smile," while Rosie Bombaugh "motivates and helps inspire the others by yelling things of encouragement and also honesty to push them." Lisa Robinson enjoyed the class so much she invited her daughter Rebecca to join, and now they train together.

Kavanaugh is a senior at GMU where she majors in English literature and writes in her spare time. In addition to training for Potomac Running, she's assistant coach for the Centerville High School cross country team. Her mom, an Olympic kayaker, has been her greatest inspiration, and now Kavanaugh is inspiring the women of Running 101.

Remembering Those Lost on Sept. 11

Eleven years after terrorist attacks.

On Sept. 11, 2001, 9:37:46 a.m., American Airlines Flight 77 crashed into the Pentagon.

The Pentagon's on-site firehouse responded immediately to the crash. Firefighters from nearby Reagan National Airport and Arlington County Fire Department arrived within minutes.

One-hundred-and-eighty-four lives were lost at the Pentagon that day. Nearly 3,000 people died that day in the nearly simultaneous attacks in Arlington, New York and Pennsylvania. Since Sept. 11, 2001, more than 6,400 U.S. military service men and women have died in support of the wars in Iraq and Afghanistan.

The following list of people who lived in Connection Newspapers coverage area and died in the Sept. 11, 2001 terrorist attacks is compiled from multiple sources, including news reports, and is likely not complete. The Pentagon Memorial website offers photos and biographies of most people who died at the Pentagon. <http://pentagonmemorial.org/explore/biographies>.

- ❖ Spc. Craig Amundson, 28, Fort Belvoir, employed by U.S. Army, died in Pentagon
- ❖ Lt. Col. Canfield D. Boone, 54, Clifton, employed by U.S. Army, died in Pentagon
- ❖ Charles Burlingame, 51, Herndon, employed by American Airlines, died on AA Flight 77
- ❖ Rosa Maria Chapa, 64, Springfield, employed by Defense Intelligence Agency, died in Pentagon
- ❖ Eddie A. Dillard, Alexandria, employed by Philip Morris, died on AA Flight 77
- ❖ Capt. Robert Edward Dolan, 43, Alexandria, employed by U.S. Navy, died in Pentagon
- ❖ Charles A. Droz III, 52, Springfield, employed by EM Solutions Inc., died on AA Flight 77

EDITORIAL

- ❖ Gerald P. Fisher, 57, Potomac, Md., employed by Booz Allen Hamilton, died in Pentagon
- ❖ 1st Lt. (Ret.) Richard P. Gabriel Sr., 54, Great Falls, employed by Stratin Consulting, died on AA Flight 77
- ❖ Diane M. Hale-McKinzy, 38, Alexandria, employed by U.S. Army, died in Pentagon
- ❖ Stanley R. Hall, 68, Centreville, employed by Raytheon, died on AA Flight 77
- ❖ Brady K. Howell, 26, Arlington, employed by U.S. Navy, died in Pentagon
- ❖ Lt. Col. Stephen Neil Hyland Jr., 45, Burke, employed by U.S. Army, died in Pentagon
- ❖ Bryan C. Jack, 48, Alexandria, employed by Department of Defense, died on AA Flight 77
- ❖ Steven D. Jacoby, 43, Alexandria, employed by Metrocall, died on AA Flight 77
- ❖ Ann Judge, 49, Great Falls, employed by National Geographic Society, died on AA Flight 77
- ❖ Norma Cruz Khan, 45, Reston, Plumbing-Heating-Cooling Contractors Assn., died on AA Flight 77
- ❖ Terence M. Lynch, 49, Alexandria, employed by Booz Allen Hamilton, died in Pentagon
- ❖ Ada L. Mason-Acker, 50, Springfield, employed by U.S. Army, died in Pentagon
- ❖ Lt. Gen. Timothy J. Maude, 53, Fort Myer, employed by U.S. Army, died in Pentagon
- ❖ Mark McGinly, 26, Vienna, employed by Carr Futures, died in World Trade Center
- ❖ Patricia E. Mickley, 41, Springfield, employed by Department of Defense, died in Pentagon
- ❖ Khang Ngoc Nguyen, 41, Fairfax, employed by Navy contractor, died in Pentagon
- ❖ Barbara K. Olson, 45, Great Falls, attorney, died on AA Flight 77
- ❖ Maj. Clifford L. Patterson Jr., 33, Alexandria, employed by U.S. Army, died in Pentagon
- ❖ Capt. Jack D. Punches, 51, Clifton, retired

- from U.S. Navy, died in Pentagon
- ❖ Lisa J. Raines, 42, Great Falls, employed by Genzyme Corp., died on AA Flight 77
- ❖ Todd H. Reuben, 40, Potomac, Md., attorney, died on AA Flight 77
- ❖ Charles E. Sabin, 54, Burke, employed by Department of Defense, died in Pentagon
- ❖ Marjorie C. Salamone, 53, Springfield, employed by U.S. Army, died in Pentagon
- ❖ Cmdr. Robert Allan Schlegel, 38, Alexandria, employed by U.S. Navy, died in Pentagon
- ❖ Mark E. Schurmeier, 44, McLean, employed by Federal Home Loan Mortgage Corp., died in World Trade Center
- ❖ Janice M. Scott, 46, Springfield, employed by U.S. Army, died in Pentagon
- ❖ Michael L. Selves, 53, Fairfax, employed by U.S. Army, died in Pentagon
- ❖ Diane M. Simmons, Great Falls, died on AA Flight 77
- ❖ George W. Simmons, Great Falls, retired from Xerox, died on AA Flight 77
- ❖ Lt. Col. Gary F. Smith, 55, Alexandria, retired U.S. Army, died in Pentagon
- ❖ Norma Lang Steuerle, 54, Alexandria, died on AA Flight 77
- ❖ Lt. Col. Kip P. Taylor, 38, McLean, employed by U.S. Army, died in Pentagon
- ❖ Leonard E. Taylor, 44, Reston, employed by XonTech Inc., died on AA Flight 77
- ❖ Sandra C. Taylor, 50, Alexandria, employed by U.S. Army, died in Pentagon
- ❖ Sandra D. Teague, 31, Fairfax, employed by Georgetown University Hospital, died on AA Flight 77
- ❖ Karl W. Teepe, 57, Centreville, employed by Defense Information Agency, died in Pentagon
- ❖ Meta L. Waller, 60, Alexandria, employed by U.S. Army, died in Pentagon
- ❖ Ernest M. Willcher, 62, North Potomac, Md., employed by Booz-Allen Hamilton Inc. died in Pentagon
- ❖ Maj. Dwayne Williams, 40, Lorton, employed by U.S. Army, died in Pentagon
- ❖ Vicki C. Yancey, 43, Springfield, employed by Vredenburg Co., died on AA Flight 77.

County Seeks Citizen Input on Transportation

If Fairfax County is going to pay for the roads, we ought to own and control them.

BY SUPERVISOR JOHN COOK
(R-BRADDOCK)



CONTRIBUTOR

This fall, residents of Fairfax County will have an unprecedented opportunity to offer input on one of the principal policy issues facing the County—whether we should assume a greater role in secondary road maintenance and construction. I urge all County residents to

take advantage of this important opportunity.

The state owns almost every road in Fairfax County, and every one of us has seen what years of state cutbacks in road maintenance have wrought. Our already awful congestion will get worse as the state has stopped, permanently, all secondary road construction. Secondary roads are those like Braddock and Guinea (not interstates or

those with route numbers under 600, such as Little River Turnpike and Ox Road). With a quarter of a million new residents expected in the coming 20 to 30 years, continuing to ignore our road maintenance and construction needs will have a devastating impact on our County.

County staff believes we need \$8 billion to meet our principal transportation needs in the coming decade (this includes items like new construction, road widening and

transit—but not maintenance). At current rates, state and federal funding will cover about \$5 billion, leaving a gap of \$3 billion, or \$300 million per year. Should the County ask the General Assembly for authority to raise new funds for transportation? That is the question before us.

County transportation staff has already begun conducting a number of town hall meetings to lay out our needs and the options before us, and to solicit input. Braddock's meeting will be held on Oct. 11, at 7:30 p.m. in the Kings Park Library Meeting room and

SEE COOK, PAGE 7

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Fairfax to Host Small Business Summit

The Virginia Small Business Partnership announced that the third annual Virginia Small Business Summit will be held on Friday, Sept. 21, 2012 at the Mason Inn Conference Center & Hotel in Fairfax.

"Continuing our long tradition of hosting the Virginia Small Business Summit in September, we chose to honor the distinction made by the Virginia General Assembly in naming Sept. 21 Small Business Day in Virginia. We believe it is fitting and proper to honor that distinction and highlight the important role small businesses play in Virginia's economy," said M. David Skiles, Chairman, Virginia Small Business Partnership.

The Virginia Small Business Summit is the first of its kind event in the Commonwealth of Virginia and marks the third straight year the Virginia Small Business Partnership has hosted the Summit. The purpose of this event is to provide small business owners and entrepreneurs with the opportunity to discuss commonsense, business friendly ideas to help improve Virginia's small business climate.

The 2012 Virginia Small Business Summit will focus on five issues important to the small business community: Healthcare, Education, Energy, Contracting & Procurement, and Small Business Manufacturing.

Cook

FROM PAGE 6

will also serve as the first quarterly meeting of my new Transportation Policy Advisory Forum. The public is welcomed and encouraged to attend.

There is not a consensus on the board. While some members have expressed a preference for continuing to "demand" a state solution, they ignore the fact that such "demands" have failed for 25 years. The political reality in Richmond is that the rest of the state is not going to send their money up here for our roads. In addition, as I have repeatedly pointed out, a state solution means our money goes to Richmond first, where much of it will be passed around, with only pennies returning back home. Consequently, I have suggested we consider taking control of the roads. If Fairfax County is going to pay for the roads, we ought to own and control them. Most board members, however, would prefer not to have that responsibility.

What do you think? The Fairfax County board and staff want to know. This is your chance for input—take advantage and be an engaged citizen.

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NEWS



Sergio Nava of Springfield, a volunteer firefighter with Station 422, stands with his 10-year-old son, Giomel, at the 9/11 Memorial Grove during a remembrance ceremony at the Fairfax County Government Center on Tuesday, Sept. 11.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Fairfax County supervisors stood as the Fairfax County Carolers sang God Bless America at the 9/11 Memorial Grove during a remembrance ceremony at the Fairfax County Government Center on Tuesday.

THE TEAM LEADER
WHO STEPPED UP
AND INSPIRED OTHERS
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COULD BANKRUPT A NATION.

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RESTON TOWN CENTER | SEPTEMBER 30 | 6:00 PM



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‘A Morning Just Like This One’

Fairfax County pays tribute to victims of 9/11 attacks during ceremony.

BY VICTORIA ROSS
THE CONNECTION

The somber tone of a single bell tolling three times—once for each site that was struck on Sept. 11, 2001—echoed in the Fairfax County Government Center as community leaders, police officers, firefighters and citizens gathered to pay tribute to the 9/11 victims during Tuesday’s Remembrance Ceremony.

“It was a morning just like this one,” recalled Sharon Bulova, chairman of the Fairfax County Board of Supervisors, as she spoke to nearly 100 guests during the Fairfax County 9/11 Remembrance Ceremony. “We had bright blue skies on a crisp fall day on the morning of our national tragedy.”

Bulova said her most poignant memory was the day after, when she went for her morning run on Sept. 12, 2001. “I remember thinking how strange and empty the blue sky seemed, and I noticed people putting flags out...by the end of my run, it looked like the 4th of July, only more so.”

Fairfax County Fire Chief Ronald Mastin and Fairfax County Police Chief David Rohrer also gave brief remarks during the ceremony, which began with Laura Redman of the FCPD singing the National Anthem.

“There are times I wish I didn’t know what I know...We lost a sense of security that day,” said Rohrer in his remarks. “But we became more resolute and more unified....My hope is that we have more respect for others, more tolerance and peace. We’re an incredible tapestry of cultures and diversity in Fairfax County, and that’s our strength.”

After the ceremony, the Fairfax County public safety honor guard led a procession to the 9/11 Memorial Grove, where Rohrer, Mastin and Bulova participated in the laying of the wreath.

The site, located on a ridge above the lake behind the government center, is the first U.S. memorial commemorating the attacks on 9/11 built on public space.

“This is an area that provides an opportunity for



The Fairfax County public safety honor guard prepared for the Presentation of Colors during a 9/11 remembrance ceremony at the Fairfax County Government Center on Tuesday, Sept. 11.

contemplation and meditation,” said Michael McMahon, a Fairfax County tree commissioner who designed the memorial.

Sergio Nava, a Springfield volunteer emergency medical technician with Fire Station 422, said he took his 10-year-old son, Giomel, out of school to attend the ceremony.

“This is the first ceremony we’ve attended, but I think it’s important to remember what happened, the lives lost and what price we pay for our liberties,” Nava said. Nava, a single parent, said he was going to school later this month to become a Fairfax County firefighter.

“I’m proud of my father,” Giomel Nava said. “Firefighters always have to try to save people’s lives, no matter what. I think I’d like to be one too.”

Michael Buditus, who was working at Fairfax County’s 911 center 11 years ago, said he always attends the ceremony to salute the “unsung heroes, the police officers, firefighters and first responders” of 9/11.

As he stood reading the memorial inscription, he shook his head. “The most real piece is the weather today. It takes me back to that day...it’s a day you never forget.”

The ceremony concluded with the Fairfax County Carolers singing God Bless America.

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NEWS

Rabid Beaver Chases Children

No Injuries Reported.

Animal Control officers from the West Springfield Police District responded to a report of a beaver that was chasing children at the Hidden Pond Nature Center on Saturday, Sept. 8 around 11:30 a.m.

The children had just finished a fishing competition when they noticed a beaver in the water swimming towards the dock they were standing on. The beaver leapt out of the water onto the dock and was seen acting aggressively and chasing the children. An animal control officer responded to the scene, cleared the area, and shot the beaver.

No one was bitten and there were no injuries, according to police. However, because of another rare

incident in which an 83-year-old woman was attacked by a beaver while she was swimming in Lake Barcroft last week, Animal Control officers decided that the animal should be tested for rabies. Officials were notified that the beaver was rabid on Tuesday, Sept. 11.

In an unrelated incident, officials were also notified of a rabid raccoon in the Lake Barcroft area on Sunday, Sept. 9. It was seen acting strangely and walking up towards people near their homes around 2:30 p.m. in the 6300 block of Lakeview Drive, police said. Due to the concern of the previous beaver incident, animal control officers will again canvass the area with educational flyers on the rabies virus.

For more information on rabies, see <http://www.fairfaxcounty.gov/police/animal/rabies.htm>.

WEEK IN SPRINGFIELD

Fatal Crash in Franconia

Police responded to a crash on Franconia Road near the intersection of Governors Pond Circle on Sunday, Sept. 9 shortly after 9:30 a.m.

The preliminary investigation determined that a 1994 Infiniti J30 was traveling eastbound on Franconia Road and crossed the

double yellow line near the intersection of Norton Road. The Infiniti passed another vehicle and then re-entered the eastbound traffic lane. The driver of the Infiniti, 65-year-old Billy Ray Allen of 5501 Justis Place in Alexandria, lost control of his vehicle, entered the westbound lanes of Franconia Road and struck a 2002 Cadillac Deville being driven by a 53-year-old Alexandria man. After the ini-

tial impact, the Infiniti continued onto the gravel shoulder and into a culvert where it struck several large rocks and flipped over before coming to rest.

Allen was transported to a local hospital and was pronounced dead approximately three hours later.

Speed is believed to be a factor in this crash; alcohol is not.

The investigation continues.



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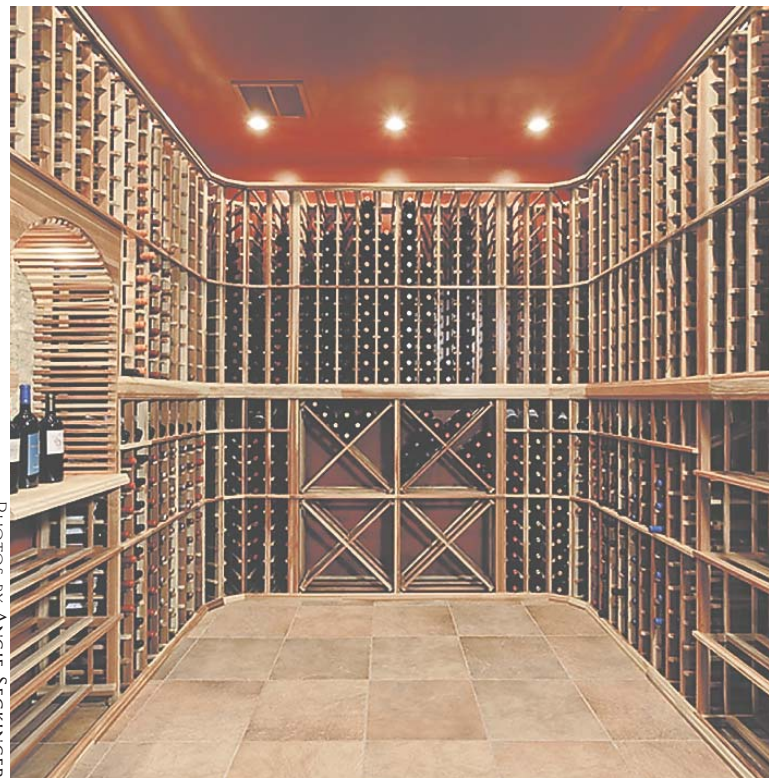
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PHOTOS BY ANGIE SECKINGER

The wine cellar in this McLean home opens to the adjacent billiard room. Designers say homeowners should create a style for the cellar that is consistent with the rest of the home.

Uncorking the Possibilities

Local builders say wine storage options are almost limitless.

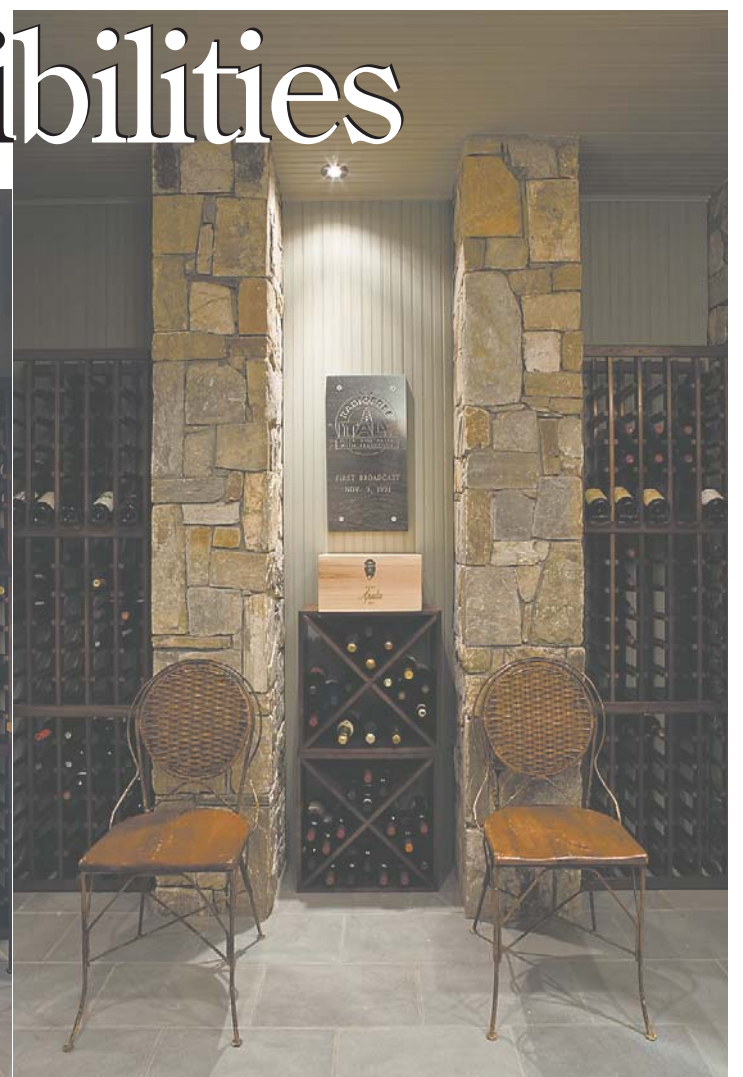
BY MARILYN CAMPBELL
THE CONNECTION

From those who sip an occasional glass of Chianti with friends to enthusiastic oenophiles, the notion of owning a wine cellar is fascinating to many people. In fact, a recent U.S. Luxury-Home Market survey by Wine Trends, a wine consulting firm, showed that 67 percent of respondents were interested in incorporating wine storage into their homes.

“With wine cellar design, the sky is the limit. In fact, the sky is actually the starting point.”

— Jason Kirkpatrick

Local designers say they are now catering to a new breed of wine collector and are creating cellars equipped with perks ranging from full kitchen and dining spaces to rare art and LED lighting. Jason Kirkpatrick, of Kirkpatrick’s Construction in



PHOTOS COURTESY OF NATIONAL ASSOCIATION OF THE REMODELING INDUSTRY

Jason Kirkpatrick of Centreville-based Kirkpatrick’s Construction won a Contractor of the Year Award from the National Association of the Remodeling Industry for a McLean project that included a wine cellar with a tasting area.

Centreville, says creative options are virtually boundless.

“With wine cellar design, the sky is the

limit. In fact, the sky is actually the starting point,” he said. “There are so many neat things that you can do with architecture,

racking and lighting. You can turn a relatively small space into a gorgeous wine cellar.”

SEE OPTIONS, PAGE 11

Limitless Options for Wine Storage

FROM PAGE 10

DESIGNERS SAY that when planning a wine cellar, there are a few basic factors to consider.

The first item that those who want to build a wine cellar should think about is a system of organization. "You have to not only think about how many bottles you have in your collection, but also how much you think your collection will grow over the next five to 10 years," said Kirkpatrick, who lives in Clifton. "You don't want to make this kind of investment in your home and then a year or two later say, 'Gosh, we need to make an addition onto our wine cellar.'"

Local interior designer Marika Meyer of Marika Meyer Interiors says homeowners should create a style for the cellar that will be consistent with the rest of the home, something she and the design team did when creating the cellar in a McLean home.

"We ... developed a sophisticated space that was reflective of the home and the collection," she said. "For example, the flooring is the same slate that is used in the exterior patio. We wanted to use the cherry cabinet that is featured in the center of the two front columns, so we designed the room around this piece. Each stone column was designed to work around the room based on the proportion established by this piece of furniture. We also wanted the space to feel open to the billiard room, which is attached. To that end, we widened the door enclosure and added side-lights to make the space open."

HOW THE SPACE WILL BE used is another important consideration. "Are you planning to use it for strictly for utilitarian storage or would you like for there to be a space for entertaining in it as well?" said Kirkpatrick, who won a Contractor of the Year Award from the National Association of the Remodeling Industry for a McLean project that included a wine cellar with a tasting area. "Which do you drink more of: White or red? Do you prefer large format bottles or standard-sized bottles?"

Designers say the style and features of the rest of the home

should be factored into the cellar's design: "What are the spaces that are adjacent to the wine cellar? You can incorporate them into the design for a better flow," said Kirkpatrick.

Kirkpatrick says he integrated a wine bar into the design of a south Arlington kitchen during a recent renovation. "We used interesting frosted glass cabinets and really designed the space for wine tasting, there was even a space for tasting cheese or chocolate. The plan was integrated into the design of the kitchen and the whole space flowed."

When remodeling a kitchen in Alexandria, Kirkpatrick created two spaces for wine. "We used open storage where wine can be stored for easy accessibility and built-in wine storage under the cabinets. But one of the most cost-

effective things you can is to buy a glass-front refrigerator that is specifically designed for holding wine with so you can display the wine nicely," said Kirkpatrick.

In fact, Potomac, Md.-based designer Susan Matus of Case Design/ Remodeling says that there are budget-friendly options for wine storage. "[Kitchen] cabinet-makers are now making cabinets that incorporate wine storage in base cabinets or wall cabinets. There are also wine refrigerators that have two cooling zones that are appropriate for red and white wine, but are not outrageous in terms of price."

According to National Association of the Remodeling Industry spokesperson Nikki Golden, "Wine cellars are still very popular for people to put into their home during a remodel."

HOW TO GET YOUR ORGANIZATION'S SPECIAL EVENTS IN THE CONNECTION

Calendar Listings

The Connection Newspapers contain a Calendar of Upcoming Events every week. While we cannot guarantee that every event we receive information about will be listed, here is the information we need for your upcoming event to be considered for the Calendar. We welcome photographs of similar events held previously, which sometimes appear with Calendar items.

Name of Event:

Day of the Week, Date and Time:

Name of the Place Event will Be Held:

Address of the Place Event Will Be Held:

Name and Phone Number for More Information:

Three Sentences Describing the Event:

Please submit your calendar information at least two weeks before your event. Clear photographs from similar previous events are always welcome. All events should be open to the public. We give first priority to free events. E-mail listings to:

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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

4011 40th Pl. N. \$1,799,999 Sun 1-4 Beckie Owen Long & Foster .. 703-328-4129

Burke

10925 Carters Oak Way ... \$529,000 Sun 12-4 Jay Ribler Nova Star .. 703-507-7644

Chantilly

13709 Southernwood Ct. \$449,900 Sun 1-4 Cristina Dougherty Long & Foster .. 703-969-0471

Clifton

6305 Oak Stone Ct. \$899,000 Sun 1-4 John Purvis Jr. Keller Williams .. 703-927-6802
6419 Woodland Run Ct. \$850,000 Sun 1-4 Jennifer Young Keller Williams .. 703-674-1777
6601 Newman Rd. \$850,000 Sun 2-4 Pat Fales RE/MAX .. 703-503-4365
8104 Flossie Ln. \$799,900 Sun 1-4 Joan Lovett Keller Williams .. 703-964-1290

Fairfax

5312 Windsor Hills Dr. \$575,000 Sun 1-5 Lena Restivo Weichert .. 703-855-7341

Fairfax Station

10817 Windermere Ln. \$1,398,000 Sun 1-4 Carol Hermandorfer Long & Foster .. 703-503-1812
11125 Henderson Rd. \$839,000 Sun 1-4 Carol Hermandorfer Long & Foster .. 703-503-1812
8515 Heron Pond Ln. \$748,000 Sun 1-4 Tony Araj Samson Props .. 703-209-3535
8451 Lake Mist Way. \$719,999 Sun 1-4 Jim Agnew Avery-Hess .. 888-420-4554
9720 South Park Cir. \$689,950 Sun 1-4 Kathleen Quintarelli Weichert .. 703-862-8808
11215 September Ln. \$642,500 Sun 2-4 Pat Fales RE/MAX .. 703-503-4365

Lorton

5941 Kentia Trl. \$649,900 Sun 1-3:30 Patrick Coen Keller Williams .. 703-564-4000
8104 Arcade St. \$537,500 Sun 1-4 Charlene Bayes Prudential .. 703-281-8854
9628 Eaton Woods Pl. \$339,000 Sun 1-4 Dan Mleziva RE/MAX .. 703-380-9915

Manassas

7078 Token Valley Rd. \$399,000 Sun 1-4 Danny Samson Samson Props .. 703-378-8886
7075 Yates Ford Rd. \$345,000 Sun 1-4 Patrick Kessler/Charter Wells Keller Williams .. 703-405-6540

Manassas Park

9316 Michael Ct. \$418,990 Sun 1-4 Kevin Fennell Samson Props .. 703-594-1850

Springfield

6408 Japonica St. \$415,000 Sun 1-4 Jorge Martinez Long & Foster .. 571-505-4768
8891 Eagle Rock Ln. \$411,000 Sun 1-4 Vici Bogueess McEneaney .. 703-447-2829
9192 Forest Breeze Ct. \$319,000 Sat/Sun 1-4 James Givens Weichert .. 703-691-0555

To add your Realtor represented Open House to these weekly listings, please call Erin Peck at 703-778-9449 or E-Mail the info to epeck@connectionnewspapers.com All listings due by Tuesday at 3 P.M.

Local REAL ESTATE

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

Top Sales in July 2012

1 6501 Clifton Road, Clifton — \$1,795,000



6 6490 Trillium House Lane, Centreville — \$945,000

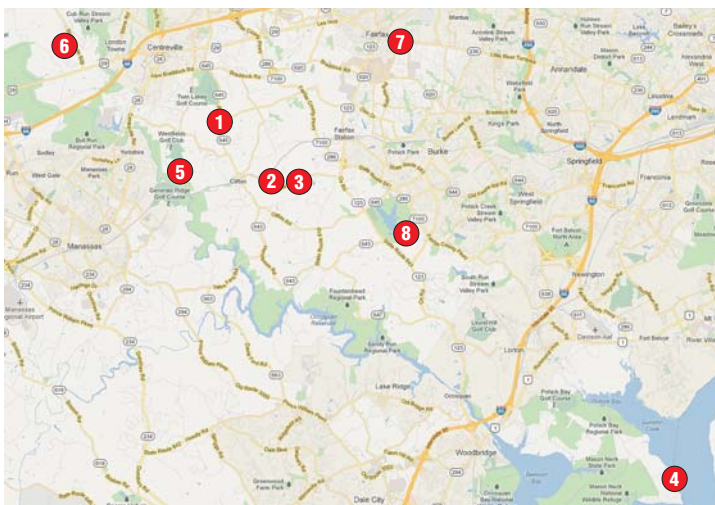


2 12160 Sangsters, Clifton — \$1,365,000

7 4026 Colonel Mendez Way, Fairfax — \$943,232



8 7209 Laketree Drive, Fairfax Station — \$902,500



© Google Map data

Address	BR	FB	HB	..	Postal City	Sold Price ...	Type	Lot AC	..	PostalCode	Subdivision	Date Sold
1 6501 CLIFTON RD	5	..	4	1	CLIFTON	\$1,795,000	Detached ..	9.49	20124	CLIFTON	07/31/12
2 12160 SANGSTERS	5	..	4	2	CLIFTON	\$1,365,000	Detached ..	5.00	20124	SANGSTERS STATION	07/17/12
3 11721 CHAPEL RD	6	..	10	1	CLIFTON	\$1,250,000	Detached ..	5.02	20124	WALNUT ACRES	07/03/12
4 5758 MALLOW'TRL	6	..	4	1	MASON NECK ..	\$1,190,000	Detached ..	0.36	22079	GUNSTON MANOR	07/05/12
5 7513 DETWILLER DR	4	..	5	1	CLIFTON	\$975,000	Detached ..	0.89	20124	BALMORAL GREENS	07/28/12
6 6490 TRILLIUM HOUSE LN	5	..	5	1	CENTREVILLE	\$945,000	Detached ..	5.11	20120	HUNT'CHASE	07/30/12
7 4026 COLONEL MENDEZ WAY ..	4	..	3	1	FAIRFAX	\$943,232	Detached ..	0.17	22032	CLARKS CORNER	07/27/12
8 7209 LAKETREE DR	5	..	4	1	FAIRFAX STATION ...	\$902,500	Detached ..	0.68	22039	SOUTH RUN	07/23/12

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Ameed Kawwa, one of the Palestinian youth, writes on a mirror the group displayed at the Tri-Cities Work Camp. Kawwa, a student from St. Phillip's Episcopal Church in Nablus, Palestine, came to the U.S. this summer to work with youth from Grace Presbyterian Church in Springfield.



Bridging a Cultural Divide

Grace Presbyterian Church in Springfield hosts Palestinian students this summer.

BY VICTORIA ROSS
THE CONNECTION

For many, the concept of “peace in the Middle East” is a distant dream bordering on fantasy.

But for a group of teens at Grace Presbyterian Church in Springfield, who worked alongside Palestinian youth building homes this summer, it’s a dream within reach. And the first steps, they say, are tolerance and understanding.

“Meeting these students, it felt like we were more alike than different. It’s hard to understand the conflict until you see the real faces behind it. Once you get to know people as people, it becomes easier to bridge that cultural divide,” said John Wilder, 18, a member of the church youth group. Wilder, who graduated from West Springfield High School this year, is planning to study foreign policy at James Madison University.

For two weeks this summer, Grace Presbyterian hosted seven teens and their Anglican priest, Father Ibrahim Nairouz, of St. Philip’s Episcopal Church in Nablus. Grace Presbyterian has a partnership with two Palestinian Christian congregations on the West Bank.

“It’s part of our goal of building stronger connections and understanding. The entire visit was a wonderful experience, and some lifelong friendships were made,” said Rev. Susan Wilder, chair of the church’s Middle East Working Group.

During their visit, the Palestinian teens toured historic sites in Washington and Fairfax County, went tubing at Burke Lake Park and shopping at Tysons Corner. They also took part in the Tri-City Work Camp in Petersburg, Va. with the church’s youth group. About 200 youth from churches along the East Coast participate in the camp each year, during which students work with adults to help renovate and rebuild homes for those who cannot

afford the repairs.

“What is ironic is that the youth are doing work here they would be allowed to do in the West Bank,” said Marty Martje Post Goldstein of Grace Presbyterian. She said the teens and their pastor had to travel 10 hours to Jordan to catch a flight to Palestine, because they aren’t allowed to use the airport an hour from their West Bank home.

“Life is hard in most places of the world,” said Rev. Jay Click, pastor of Grace Presbyterian Church. “And these teens have experienced hardship that’s difficult for most of us to understand.”

Despite the harsh political realities of their lives in Palestine, the visit—according to the teens—was an eye-opening success that helped them build new friendships and cultural understanding.

“I think people are surprised that there are Christians in Palestine, but it’s the Holy Land. We’re all the same the world over; we want the same things. Now I have more best friends on Facebook,” said 16-year-old Ranim Nairouz.

Fourteen-year-old Sama Dawani, who was on her first trip to the U.S., said she wanted to be remembered for helping other people. “I came here to help and to have fun and make new friends,” she said.

“I think helping our youth learn about different cultures is a good way to increase harmony and peace,” said Rev. Wilder.



Father Ibrahim Nairouz, priest of St. Phillip's Anglican Church in Nablus, Palestine, presents Rev. Dr. Jay Click, pastor of Grace Presbyterian Church in Springfield, with a crèche made from the wood of Palestinian olive trees. The clergy are flanked by Ranim Nairouz, Father Ibrahim's daughter, and Mary Martje Post Goldstein, liturgist.



John Wilder of Springfield and new friend, Ameed Kawwa of Palestine, arrive back at Grace Presbyterian Church in Springfield after a week rebuilding homes for the poor in Petersburg, Va.



Rev. Susan Wilder hugs Father Ibrahim and his daughter, Ranim Nairouz, as they prepare to depart for Jordan on their way to Palestine.

PHOTO BY VICTORIA ROSS/THE CONNECTION

HOME SALES

In July 2012, 166 Springfield homes sold between \$805,000-\$115,000. This week's list represents those homes sold in the \$350,000-\$115,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR .	FB .	HB ...	Postal City	Sold Price ...	Type	Lot AC .	PostalCode	Subdivision
7065 LEESTONE ST	3	2	2	SPRINGFIELD	\$350,000	Townhouse	0.04	22151	LEEWOOD
8939 PARK FOREST DR	3	2	2	SPRINGFIELD	\$350,000	Townhouse	0.05	22152	PARK FOREST
6618 BRIARLEIGH WAY	2	3	1	ALEXANDRIA	\$349,900	Townhouse	0.03	22315	AMBERLEIGH
7030 LEEBRAD ST	3	2	2	SPRINGFIELD	\$349,000	Townhouse	0.03	22151	LEEWOOD
7221 KOUSA LN	3	3	1	SPRINGFIELD	\$345,000	Townhouse	0.04	22152	ROLLING FOREST
6525 SUNBURST WAY	2	2	1	ALEXANDRIA	\$344,950	Townhouse	0.05	22315	AMBERLEIGH
7710 JANSEN DR	3	2	0	SPRINGFIELD	\$340,500	Detached	0.38	22152	WEST SPRINGFIELD
7331 STREAM WAY	3	2	1	SPRINGFIELD	\$340,000	Townhouse	0.04	22152	ROLLING FOREST
6166 FOREST CREEK CT	4	3	1	SPRINGFIELD	\$340,000	Townhouse	0.04	22152	THE TIMBERS
9138 BLARNEY STONE DR	3	2	2	SPRINGFIELD	\$340,000	Townhouse	0.07	22152	KEENE MILL VILLAGE
6047 FORREST HOLLOW LN	3	3	1	SPRINGFIELD	\$340,000	Townhouse	0.04	22152	THE TIMBERS
6587 FOREST DEW CT	3	2	1	SPRINGFIELD	\$338,840	Townhouse	0.04	22152	KEENE MILL VILLAGE
6804 LOIS DR	3	2	0	SPRINGFIELD	\$335,000	Detached	0.25	22150	LOISDALE ESTATES
7906 BIRCHTREE CT	3	2	1	SPRINGFIELD	\$331,000	Attach/Row Hse	0.04	22152	ROLLING FOREST
6833 DARBY LN	4	2	1	SPRINGFIELD	\$330,000	Detached	0.25	22150	LOISDALE ESTATES
7324 LAMAR DR	3	3	0	SPRINGFIELD	\$330,000	Detached	0.60	22150	BEVERLY FOREST
6584 OVERLEIGH LN	2	2	1	ALEXANDRIA	\$330,000	Townhouse	0.03	22315	AMBERLEIGH
6514 BROOKLEIGH WAY	3	3	1	ALEXANDRIA	\$330,000	Townhouse	0.06	22315	AMBERLEIGH
5307 AVALON PL	3	2	1	ALEXANDRIA	\$327,000	Townhouse	0.03	22315	D EVEREUX WEST
5503 INVERCHAPEL RD	3	1	0	SPRINGFIELD	\$325,000	Detached	0.26	22151	RAVENSWORTH
5803 CHANNING RD	3	2	0	SPRINGFIELD	\$323,388	Detached	0.21	22150	LYNBROOK
8302 HARLAND DR	4	3	0	SPRINGFIELD	\$322,500	Detached	0.26	22152	WEST SPRINGFIELD VILLAGE
6722 BOWIE DR	3	2	0	SPRINGFIELD	\$322,000	Detached	0.20	22150	SPRINGFIELD ESTATES
7870 ROLLING WOODS CT #3202	2	2	0	SPRINGFIELD	\$320,000	Garden 1-4 Floors	22152	HIDDENBROOKE
5912 HANOVER AVE	3	1	1	SPRINGFIELD	\$319,000	Detached	0.24	22150	SPRINGFIELD
6603 NETTIES LN #1709	2	2	1	ALEXANDRIA	\$315,000	Townhouse	22315	ISLAND CREEK
5954 ATTEENTEE RD	3	1	0	SPRINGFIELD	\$310,000	Detached	0.29	22150	SPRINGFIELD
8012 DAYSPRING CT	3	3	1	SPRINGFIELD	\$310,000	Townhouse	0.04	22153	SARATOGA TOWNHOUSES
9062 TIFFANY PARK CT	3	3	1	SPRINGFIELD	\$309,800	Townhouse	0.04	22152	KEENE MILL VILLAGE
8150 WILLOWDALE CT	3	2	1	SPRINGFIELD	\$305,000	Townhouse	0.03	22153	NEWINGTON FOREST
8601 SPRING CREEK CT	3	2	2	SPRINGFIELD	\$305,000	Townhouse	0.06	22153	NEWINGTON FOREST
6507 SUNBURST WAY	2	2	1	ALEXANDRIA	\$305,000	Townhouse	0.03	22315	AMBERLEIGH
7550 BLANFORD CT	2	1	1	ALEXANDRIA	\$304,950	Townhouse	0.06	22315	HAYFIELD VIEW
7307 BEVERLY PARK DR	3	2	0	SPRINGFIELD	\$300,000	Detached	0.07	22150	BEVERLY PARK
8626 SPRING CREEK CT	3	1	1	SPRINGFIELD	\$300,000	Townhouse	0.06	22153	NEWINGTON FOREST
8694 BENT ARROW CT	3	2	0	SPRINGFIELD	\$300,000	Townhouse	0.03	22153	NEWINGTON FOREST
6513 GRANGE LN #203	2	2	0	ALEXANDRIA	\$300,000	Garden 1-4 Floors	22315	CHANCERY OF KINGSTOWNE
6924 HIGHLAND ST	3	2	0	SPRINGFIELD	\$295,000	Detached	0.25	22150	LYNBROOK
8556 GWYNEDD WAY	3	2	2	SPRINGFIELD	\$294,000	Townhouse	0.04	22153	NEWINGTON STATION
7707G HAYNES POINT WAY #6G	2	2	0	ALEXANDRIA	\$282,000	Garden 1-4 Floors	22315	CARRDINAL PLACE
7318 BYEFORDE CT	4	3	1	SPRINGFIELD	\$278,000	Attach/Row Hse	0.08	22150	SPRINGFIELD VILLAGE
5231 SAINT GENEVIEVE PL	2	1	1	ALEXANDRIA	\$275,000	Townhouse	0.05	22315	D EVEREUX WEST
6537 GRANGE LN #103	2	2	0	ALEXANDRIA	\$272,500	Garden 1-4 Floors	22315	CHANCERY OF KINGSTOWNE
6607 BURLINGTON PL	2	2	0	SPRINGFIELD	\$270,000	Townhouse	22152	CARDINAL SQUARE
6501 GRANGE LN #301	2	2	0	ALEXANDRIA	\$270,000	Garden 1-4 Floors	22315	CHANCERY OF KINGSTOWNE
7607 TIVERTON DR	3	2	1	SPRINGFIELD	\$265,000	Townhouse	22152	CARDINAL SQUARE
6616 MORNING VIEW CT #202	2	1	1	ALEXANDRIA	\$264,950	Attach/Row Hse	0.03	22315	LANSDOWN
8061 KITTIWAKE CT	3	2	0	SPRINGFIELD	\$264,000	Townhouse	0.04	22153	SARATOGA TOWNHOUSES
8411 LAZY CREEK CT	2	1	1	SPRINGFIELD	\$260,000	Townhouse	0.05	22153	NEWINGTON FOREST
5941 MINUTEMEN RD #256	3	1	2	SPRINGFIELD	\$255,000	Townhouse	22152	CARDINAL FOREST
6101 WIGMORE LN #1	2	2	0	ALEXANDRIA	\$253,000	Garden 1-4 Floors	22315	STRATFORD PLACE AT KINGS
6707 CROCKETT PL	3	2	0	SPRINGFIELD	\$240,550	Detached	0.26	22150	SPRINGFIELD ESTATES
7143 BARRY RD	3	2	0	ALEXANDRIA	\$240,000	Detached	0.50	22315	WINDSOR EST
8368 FORRESTER BLVD #476	3	2	1	SPRINGFIELD	\$239,500	Townhouse	22152	CARDINAL FOREST
7230 JILLSPRING CT	3	2	1	SPRINGFIELD	\$220,000	Townhouse	22152	BENTLEY VILLAGE
6960 ELLINGHAM CIR #81	1	1	0	ALEXANDRIA	\$215,000	Garden 1-4 Floors	22315	ETON SQUARE
6003A ELLESMERE CT #A	2	1	0	ALEXANDRIA	\$212,000	Garden 1-4 Floors	22315	T IERS II AT MANCHESTER LAKE
7702 LEXTON PL #65, UNIT A	2	2	0	SPRINGFIELD	\$172,000	Garden 1-4 Floors	22152	RAMBLEWOOD AT DAVENTRY
5822 ROYAL RIDGE DR #M	1	1	0	SPRINGFIELD	\$130,000	Garden 1-4 Floors	22152	TIVOLI
7091 SPRING GARDEN DR #T13	1	1	0	SPRINGFIELD	\$115,000	Garden 1-4 Floors	22150	SPRINGFIELD GREEN

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‘Home Energy Makeover Contest’ for Area Residents

The Local Energy Alliance Program (LEAP) is sponsoring a Home Energy Makeover Contest in Northern Virginia in order to promote awareness of energy efficiency in the Northern Virginia area.

Area residents are eligible to enter the contest and have the chance to win a home energy makeover worth up to \$3000, \$5000, and even \$10,000 dollars.

The Home Energy Makeover Contest, which is expected to reach thousands of residents in the Northern Virginia area, seeks to promote energy efficiency by educating residents on home energy usage. The contest is free to enter. Area residents can enter the contest online

atwww.novaenergycontest.com. Residents must complete a quick and informative online-report about their home’s energy usage. This report is given to the homeowner whether they win the contest or not, and provides them valuable information.

Sponsors include—The Dominion Foundation, The Local Energy Alliance Program (LEAP), NVRC, Energy Sense: Value Your Power, Arlington County Government, The City of Alexandria Government.

Submissions are accepted through Sept. 21. Winners will be announced in October.

Homeowners without Internet access can enter by calling LEAP at 434-227-4666.

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.

Springfield Has a New Farmer’s Market

“Smart Markets” Farmer’s Market. 10 a.m.-2 p.m., American Legion Post 176, 6520 Amherst Ave., Springfield. Shop on Saturdays for seasonal produce, goods and wares. www.smartmarkets.org.

THURSDAY/SEPT. 13

Anabela Ferguson. 10:30 a.m.-6 p.m., at Huntsman Square Mall, 7553 Huntsman Blvd., Springfield. Art on display through Sept. 23, Mondays through Fridays from 10:30 a.m.-6 p.m., Saturday 9 a.m.-6 p.m. and Sunday noon-5 p.m. <http://www.Anabela-Artist.com>.

Women for Mitt Rally. 7 p.m., at Pat and Nancy Herrity’s house, 13929 South Springs Drive, Clifton. Join Carolyn Wolf and Delegate Barbara Comstock to support Romney. RSVP to TeamVA@mittromney.com or 571-405-5617.

SATURDAY/SEPT. 15

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>

“Great Escape” Prison to Park Festival. 9 a.m.-5 p.m., in the Giles Run Meadow section of the park, 8400 Lorton Road, Lorton. If the weather is inclement, the event will be held Sept. 16; a full day of family-friendly activities including burlap sack slide, horse rides, pond fishing, “SNAG” golf and special wagon tours inside the prison grounds. \$2-10; children age four and under ride wagons free. Register for wagon tours at <http://bit.ly/QuF9wr>.

Kid Fest. Noon-5 p.m., at Clifton Park, 13220 Yates Ford Road, Clifton. Bringing the former Clifton Elementary School boundary families together for food, music, and community. 703-244-6792 or tomvb@me.com.

“Great Escape” Prison to Park Festival. 9 a.m.-5 p.m. at Laurel Hill Park, Giles Run Meadow, 8400 Lorton Road, Lorton. Witness the former Lorton Reformatory site with wagon tours inside the prison grounds, fishing, farm animals, children’s games, live music, a giant sack slide, guided nature walks and disk golf and mountain bike demonstrations. \$2-10. 703-451-9588.

Ballroom Social Dance. 7:30-10:30 p.m., in the McGuire Woods Gallery in Building W-16, 9601 Ox Road, Lorton. \$5 per person for the social dance. www.lortonarts.org.

Date Night: Chef’s Table. 8-10 p.m., Building W-16 in the Vulcan Gallery, 9601 Ox Road, Lorton. Bring someone special and join for an evening of cooking and fun. \$80. Reservations. www.lortonarts.org.

SUNDAY/SEPT. 16

Train Display. 1-4 p.m., at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Cost is \$3 for adults; \$1 for children. www.fairfax-station,

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.

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>.

SATURDAY/SEPT. 29

Public Reception: Washington Landscape Painters. 5-7 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Works of The Washington Society of Landscape Painters on display in the Workhouse Gallery. Exhibit open Sept. 28-Oct. 21. www.workhousearts.org.

SATURDAY/OCT. 6

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>.

SATURDAY/OCT. 13

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.

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>.

Elisabeth von Trapp Concert. 7 p.m. Franconia United Methodist Church, 6027 Franconia Rd, Alexandria. Free. <http://www.franconiaumc.org/>”<http://www.franconiaumc.org/>

FRIDAY/OCT. 19

Slide Lecture/Closing Reception: Robert and Gail Piepenburg Ceramics. 7-9 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. Raku and smoke-fired sculptures and vessels, in conjunction with a raku workshop Oct. 20-21. www.workhousearts.org.

SATURDAY/OCT. 20

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>.

SATURDAY/NOV. 3

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>.

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Alarm Over Transportation Funding

FROM PAGE 3

portation crisis, pointing out that:

*Within five years, no state funds will be available for highway construction, and the Commonwealth will be unable to fully match federal funds.

*Approximately 26 percent of roadways statewide are in poor condition, according to the Virginia Department of Transportation (VDOT), which maintains the roads. However, that number jumps to 34 percent for the Urban Crescent, including 39 percent in Northern Virginia, 36 percent in Hampton Roads and 31 percent in Richmond.

*State secondary and urban system construction funds have been eliminated.

*Only 66 percent of Virginia's secondary roads currently meet pavement performance targets. Using VDOT's estimates, the cost of meeting VDOT's goal of 82 percent of secondary roads in fair or better condition could be \$1.3 billion to \$1.8 billion.

*In the Richmond area, commuters waste 20 hours per year stuck in traffic; in Hampton Roads, commuters waste 34 hours; in Northern Virginia, commuters waste 74 hours per year.

*The morning and evening rush hours in the Urban Crescent last as long as two and a half to seven hours each day.

With nearly 58,000 miles of roads, Virginia

currently operates the nation's third-largest state highway network, and the state government is responsible for virtually all Virginia's main and local roadways.

The Virginia Department of Transportation's annual budget for 2012 is nearly \$4.8 billion. However, almost \$1.3 billion of that money is borrowed, according to state officials.

State Sen. Chap Petersen (D-34) said state funds for transportation have disappeared in the past 10 years due to a number of factors.

"The most obvious is the fact that we have a fixed 17.5 cents per gallon tax on gasoline," Petersen said.

According to state officials, every 1-cent increase in Virginia's gasoline tax would generate about \$50 million for transportation. But state legislators historically have been reluctant to propose new taxes or new funding mechanisms.

THE LAST MAJOR INFUSION to the state's transportation funding stream was in 1987.

That reluctance, Petersen said, is unacceptable.

"Now that cars are far more efficient, less gasoline is purchased at the pump. So less revenue is collected, even though more cars are on the road. It's a vicious cycle that

won't be solved until we go to an indexed tax—or simply replace all taxes with tolling," Petersen said.

Though various efforts have been made in recent years to address the Commonwealth's transportation needs, adequate and sustainable solutions have not been achieved, according to Urban Crescent officials.

"We believe that the time for action is now, and that inaction is a 'traffic tax' on our localities, our residents, our visitors, and our businesses through decreased productivity, diminished quality of life, higher fuel costs, higher maintenance costs, and increased pollution," the leaders wrote.

The letter isn't the final product of the Urban Crescent efforts. Bulova said it is part of a sustained effort and a "call to action" for the General Assembly and the administration to provide the funding Urban Crescent leaders say is needed in the Commonwealth to address the backlog of road and infrastructure maintenance needs, and funding for transit and road construction.

"Transportation is one of the state's fundamental responsibilities," Bulova added. "By shifting the responsibility to local government, it is essentially a tax increase on localities. When the state doesn't invest in transportation improvements, it costs the commuting public lost time and productivity."

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.

Living Water Jubilee. On Friday, Sept. 14 at 7 p.m., at Silverbrook United Methodist Church w, 8616 Silverbrook Road, Lorton. Free bluegrass concert, dinner and a special worship service lead by the Rev. Pat Watkins of Creation Care. 703-690-4159 or www.silverbrook-umc.org.

"Under the Tent" Chicken BBQ, Bake Sale and Yard Sale. On Saturday, Sept. 15 at 10 a.m., at Silverbrook United Methodist Church w, 8616 Silverbrook Road, Lorton. Proceeds go to send needy children to summer camps. Enjoy face painting, cake walk, games, moon bounce, music, environmental workshops and hands-on water mission project.

Homecoming Celebration. On Sunday, Sept. 16 at Silverbrook United Methodist Church, 8616 Silverbrook Road, Lorton. A potluck luncheon with Rev. Kenneth Jackson; all are invited to be a part of this celebration. 703-690-4159 or www.silverbrook-umc.org.

Divine Blessing Celebration. On Sunday, Sept. 16 from 11 a.m.-12:30 p.m., Fairfax Church, 4280 Chain Bridge Road, Fairfax. Special service with Reverend Johnson A. Edosomwan. Apostle@OneGodMinistry.org or 703-591-6161.

Franconia United Methodist Church Fall Bible Studies. Various times, beginning Monday, Sept. 17 at 6037 Franconia Road, Alexandria. Check website for full listing. <http://www.franconiaumc.org>.

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21 Announcements

21 Announcements

Notice of Request for Proposals (RFP)
for Food Service Vendor(Contractor)

The Capital Area Food Bank invites Contractors to submit sealed bids for providing food services for its sites. The Institution participates in the Child and Adult Care Food Program. Specifications and proposals may be obtained at the address below beginning on September 7, 2012 from 8:30 AM until September 21, 2012 at 3:00 PM. Please go to our website to access the RFP and for answers to questions:

<http://www.capitalareafoodbank.org/accepting-vended-meal-bids/>

Proposals presented in triplicate will be received by The Capital Area Food Bank at 4900 Puerto Rico Avenue, NE, Washington, DC 20017 until August 17, 2012 at 3:00PM for the period October 9, 2012 through June 21, 2013 inclusive.

Proposals from those bidders meeting qualifications criteria will be opened on September 24, 2012 at 3:00 PM with award to be made on or about September 26, 2012 at 11AM. The Institution reserves the right to check all outside references. The Institution reserves the right to accept or reject any or all bids and to waive any informalities in proposals received. All awards are made pending Virginia Department of Health approval for USDA regulatory compliance.

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21 Announcements

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SUPER NOVA TRANSIT/TDM PLAN UNVEILED

Join the Virginia Department of Rail and Public Transportation (DRPT) Sept. 18, 24 or 27 at a public meeting to discuss the Super NoVa Transit/TDM Vision Plan Draft Recommendations for bus, rail and TDM programs to connect VA, MD, WVA and D.C. DRPT strives to provide reasonable accommodations and services for persons who require special assistance to participate. Contact the Title VI Compliance Officer at (804) 786-4440 or TDD 711. Public comments on the plan will be accepted until October 18, 2012 www.SuperNoVaTransitVision.com

**SUPER
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Transit/TDM Vision Plan
Visioning Mobility Beyond Boundaries



21 Announcements

21 Announcements

21 Announcements

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21 Announcements

21 Announcements

21 Announcements

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West Springfield's Caroline Alcorta finished second at the Monroe Parker Invitational on Sept. 8 at Burke Lake Park.



Lake Braddock's Nick Tuck finished second at the Monroe Parker Invitational on Sept. 8 at Burke Lake Park.



Lake Braddock senior Sophie Chase, right, pulled out midway through the Monroe Parker Invitational on Sept. 8 due to lower body discomfort. Chase is the defending AAA state girls' cross country champion.



Hannah Christen's individual championship led the Lake Braddock girls' cross country team to a first-place finish at the Monroe Parker Invitational on Sept. 8 at Burke Lake Park.

Christen, Lake Braddock Girls' XC Win at Monroe Parker

Defending state champ Chase withdraws due to lower-body pain.

BY JON ROETMAN
THE CONNECTION

Hannah Christen and the Lake Braddock girls' cross country team overcame the loss of defending state champion Sophie Chase and a strong effort by West Springfield's Caroline Alcorta to take home top honors at the Monroe Parker Invitational on Sept. 8 at Burke Lake Park.

Chase, ranked among the nation's top 10 high school harriers by milesplit.com, pulled out midway through the race due to lower body discomfort. Despite the loss of their top runner, the Bruins won the team competition with a score of 83. Battlefield (108) placed second and Madison (120) finished third.

Christen, ranked in the top 15 nationally by milesplit.com, held off Alcorta to win the individual title with a time of 17 minutes, 40 seconds, 6 seconds faster than her Spartan opponent. Alcorta led toward the end of the race, but Christen battled back.

"It felt really good, especially because I had to fight for it at the end, which made it seem more worthwhile," Christen said about finishing first as an individual. "... I was actually surprised [we won the team title] in a good way because Sophie didn't have her best day today, and so it made me happy that we can still win as a team even though we don't have our top runner, which looks good for in the future."

Lake Braddock coach Michael Mangan said it was his choice for Chase to withdraw from the race and "it's not a big deal." He said Chase's stride looked off and he told her to stop.

"I'm a bad coach if I let her keep going," Mangan said. "Had she not listened to me, I'm not very fast anymore, but I probably could have summoned 25 [or] 30 meters of a sprint and I would have hooked her."

AN EMOTIONAL CHASE was disappointed she wasn't able to finish.

"I'm not really injured, I just was not feeling good at all," Chase said. "The top part of my [right] hip was really, really hurting ... so coming up that hill I really had an option whether to try to gut it through and possibly ... irritate my legs more [or] stop."

"I was actually surprised [we won the team title] in a good way because Sophie didn't have her best day today, and so it made me happy that we can still win as a team even though we don't have our top runner, which looks good for in the future."

— Lake Braddock's Hannah Christen

It was definitely a really difficult thing to decide because I'm a fighter and I want to do well, but at the end, I have a really long season and I just have to stay focused for the long run."

Along with Christen's first-place finish, Lake Braddock's Katie Roche finished 12th (18:49), Katie Kunc was 19th (19:46), Anne Johnson finished 25th (20:06) and Misha Suresh was 30th (20:16).

West Springfield's Alcorta placed second with a time of 17:46, helping the Spartans to a sixth-place finish (200).

"I didn't think I'd be anywhere near [Christen]," said Alcorta, who placed eighth at states in 2011, her first season competing in cross country. "... [Christen is] really one of the greatest runners in the state. It's really hard trying to fight somebody that's so good. A couple times I thought I could get her, but she's really quick."

Maddie Wittich placed ninth (18:40) for the Spartans, Katie Kennedy finished 38th

(20:28), Abbie Walker was 77th (21:15) and Erin Falk finished 89th (21:28).

Robinson's Macey Schweikert placed fourth (18:04), followed by Chantilly's Alexa Cowne (18:04), Edison's Jennifer Flack (18:08), Robinson's Lauren Berman (18:17), Lee's Bailey Kolonich (18:18), Battlefield's Nicole Carter (18:40), West Springfield's Wittich and West Potomac's

Katie Genuario (18:41). Bishop O'Connell's Devin Nihill finished 11th (18:48), followed by Lake Braddock's Roche, Madison's Amanda Swaak (19:07) and Anna Stone (19:14) and Battlefield's Becca Howe (19:24).

Robinson finished eighth (258) as a team, Woodson was 11th (282) and South County finished 16th (408).

IN BOYS' ACTION, Lake Braddock's Nick Tuck placed second with a time of 15:16, helping the Bruins to a sixth-place team finish. Mangan said Tuck's time was one of the best in school history for the Burke Lake course.

Chantilly senior Sean McGorty cruised to victory, posting a time of 14:50, 26 seconds ahead of second-place Tuck. McGorty placed fourth in the state as a sophomore, second last season, and was ranked in the 2012 preseason national top 10 by milesplit.com. He battled with Annandale's Ahmed Bile the

last two seasons, but Bile came out on top, winning back-to-back state championships. Now that Bile is a freshman at Georgetown, McGorty is focusing on self-motivation.

"You have to be very mentally strong," McGorty said of running with no competitors around him. "I've been working on that coming into this year because I really want to be able to motivate myself during races and not rely on other people or other events. ... It will be a little different not having someone right there with you. Mentally, last year I had to focus on staying with [Bile] or pushing the pace, trying to beat him. This year, it's more pushing myself, keeping myself motivated ..."

McGorty praised Northern Region harriers after the race, but none posed a threat on this day. Edison's Louis Colson placed third (15:18), followed by Battlefield's Haben Zemichael (15:54) and Chantilly's Peter Malander (15:55). Madison's Matthew Calem (15:56) finished sixth, followed by Stone Bridge's Brady Guertin (15:56), Chantilly's Faris Sakallah (15:57), South Lakes' Ashkan Mohammadi (15:58), Marshall's MacKenzie Haight (16:05), Battlefield's Aaron Hill (16:05), Bishop O'Connell's J.J. LaPointe (16:05), Yorktown's Ryan Hart (16:07), Lake Braddock's Alex Corbett (16:07) and T.C. Williams' Anteneh Girma (16:08).

Chantilly finished first as a team with a score of 57. Battlefield finished second (122) and Robinson placed third (134).

Nathan Schulte finished 19th (16:15) for Robinson. John Tolbert was 25th (16:20), Dustin Jutras finished 30th (16:29), Luke Sharkey was 32nd (16:38) and Leif Van Acker finished 33rd (16:38).

West Springfield finished fourth (227), South County was 16th (468), Woodson finished 18th (492) and Lee was 26th (628).

Multiple harriers needed medical attention due to the warm temperature.

"It was really, really hot," Wittich said. "It was brutal."

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21 Announcements

21 Announcements

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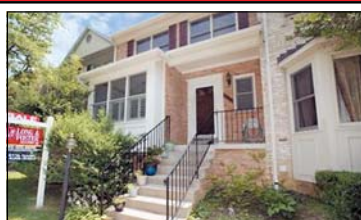


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Greg Isaac 540-661-2019



Burke **\$559,000**
Spacious 5 bedrooms, 3 finished levels, 2 fireplaces, neutral carpet. Finished lower level rec room and den that walks out to lovely serene treed back yard. Family Room off the kitchen that walks out to a lovely deck. Cul-de-sac wooded lot.
Cyndy Patrick 703-851-7198



Alexandria **\$284,750**
Tucked in a secluded enclave, this TH is a commuter's dream—quick hop to 395, 495, Van Dorn Metro! Features 2 BR, 2.5 BA, updated kitchen, HVAC, roof & more! Lovely, enclosed patio, surrounded by trees! Terrific community amenities: pool, tennis courts, volleyball & walking/jogging path.
Kim McClary 703-929-8425

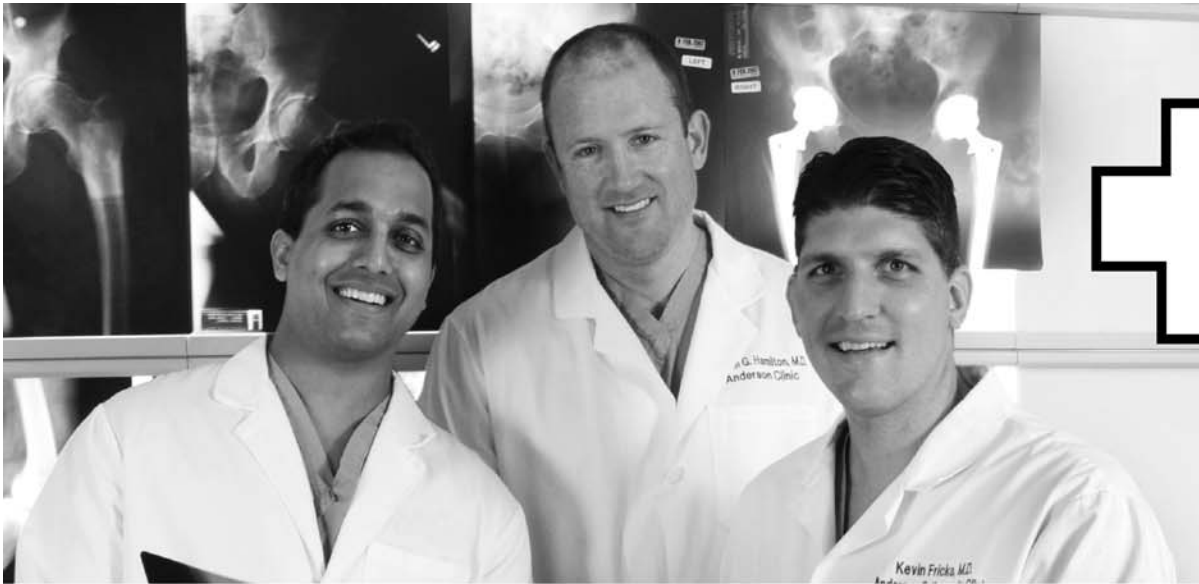


Lake Anna **\$379,900**
Water Access with Slip. Custom 3 BR, 2 BA in Gated Community, open floor plan, stone fireplace, high end upgrades, 2-car attached, 2-car detached garage. Lake Anna Windwood Coves Subdivision.
Liz Wilson 540-226-6475



Fairfax Station **\$839,000**
Beautiful Colonial on private 5 acres with lush landscaping & pool. Offers 4 BRs, 2.5 BAs, fin LL w/ rec rm, wet bar & walk out. Features updated gourmet Kit w/ SS appls, cherry cabts, granite cnters, & MBR w/ stunning MBA.
Carol Hermendorfer 703-503-1812

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



**Ask the Joint Replacement Experts
at Inova Mount Vernon Hospital.
They Can Help.**

**FREE Community Lecture
on Osteoarthritis and the Latest
Advances in Joint Replacement**

**Thursday, September 27, 2012
at 6:30 pm**

**Workhouse Arts
9601 Ox Road
Lorton, VA 22079**

Living with the pain of arthritis can be exhausting. Surgical joint replacement can be a solution. That's when doctors from the Inova Joint Replacement Center (IJRC), a Center of Excellence for joint replacement, can make a difference.

A FREE community lecture to discuss osteoarthritis and the latest advances in hip and knee replacement surgery will be held in your area by one of our experienced joint surgeons. This is an opportunity for you to "Ask the Expert" any questions you may have.

IJRC is the largest joint replacement center in the metro-Washington DC area. Physicians practicing at the Center perform over 2,000 joint replacements annually. Patients from 31 countries and all 50 states have been provided joint replacements at IJRC.

Thanks to new techniques and medical advances, thousands of people are returning to the active lifestyle they deserve. This is your chance to join them.



The Inova Joint Replacement Center has earned a Gold Seal of Approval™ by The Joint Commission for outstanding care in hip and knee replacement.

This seminar is FREE but you must register by calling **1.855.My.Inova (694.6682)** or by visiting our Website at **inova.org/asktheexpert**

Race for a Cause: Come be a Superhero!

We're partnering with Acumen Solutions for their 4th Annual Race for a Cause™ 8K and 1Mile Fun Run race on Sunday, October 14, 2012 in Arlington, VA.

Alexandria and Fairfax Region Boys and Girls Club will be one of 10 charities benefitting from the race and it's up to the runner or walker to pick which charity their donation will benefit. \$2,000 in combined prizes will be awarded to top race winners.

Please choose the Boys and Girls Club – Alexandria Olympic and Fairfax as your charitable preference!

Location: Arlington, VA

Date: October 14, 2012 • **Time:** 8:00 A.M.

The race will be on a fast out-and-back, flat course that begins and ends on North Quincy Street near the intersection of Wilson Boulevard. Runners of all levels, as well as walkers, are encouraged to participate. For more information and to register, visit: <http://communications.acumensolutions.com/Theraceforacause/index.html>



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