

# Springfield CONNECTION

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## Show off Your Civic Pride

NEWS, PAGE 3

## 'Stuff the Bus' Campaign Helps Feed the Hungry

NEWS, PAGE 8

WELLBEING  
PAGE 11

Martin Solano, 42, of College Park deals in currency, fossils and artifacts, including a dinosaur egg (\$900) and wooly mammoth tusk (\$750). He participated in the annual coin show at Springfield's Holiday Inn Express.

# Coin Show Comes to Springfield

NEWS, PAGE 3

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PHOTO BY TIM PETERSON/THE CONNECTION

FEBRUARY 7-13, 2013

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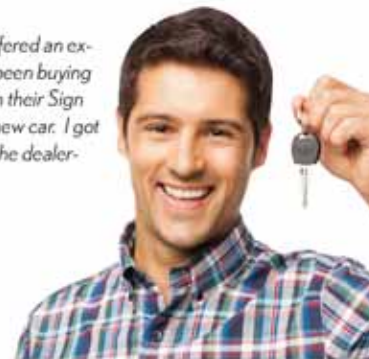
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PHOTO BY TIM PETERSON/THE CONNECTION

Buyers, sellers and collectors browse the rare and historic coins on display at the Alexandria Coin Club's annual show at Springfield's Holiday Inn Express.

## Coin Show Comes to Springfield

**Alexandria Coin Club attracts a younger crowd with money, history.**

BY TIM PETERSON  
THE CONNECTION

According to the Alexandria Coin Club, money may be the root of many things, but evil isn't high on the list. Nearly 1,000 members strong—the American Numismatic Association ranks it near the largest of its kind in the country, if not the world—this group is more focused on sharing and promoting the members' passions for collecting, trading and history. Of course, increasing club membership and exposing youth to the power of the purse, so to speak, are also key objectives. All facets of the organization were on display Saturday, Feb. 2, at their Alexandria Coin Show in Springfield's Holiday Inn Express.

Visitors were greeted by a wide range of collectible currency—gold, bronze, silver, paper—from all over the map, and all over the history books. Joe Riggs, a part-time collector-dealer in town for the show from Virginia Beach, focuses on coins from Ancient Rome. His collection includes a "Tribute Penny" for each of 81 Roman emperors ("I read a book called 'Money of the Bible,'" he said, "and got a Widow's Mite, then there was really a hook") and boasts a coin from the Artaxerxes period in Persia, dated 400 BCE and valued at \$150.

For the several years, the club has hosted its show in Annandale, but decided to change things up for 2013 in an effort to see if the new location would draw a different or larger crowd of currency enthusiasts. At just 50 tables, this show was smaller and much more intimate than others on the east coast, such as Baltimore's Whitman Expo, which takes over a convention center with as many as 500 tables.

ACC president "Boots" Barnes, an Alexandria resident and retired Navy aviator, believes the smaller size is better for facilitating the interactions that drive

the ideals of the study and appreciation of all currency, known as Numismatics. People are less overwhelmed by the sheer number of tables and feel more comfortable spending time conversing with each other.

"This is more for the collector, the membership—for exchanging, collecting, learning," he said. "These are experts that are in there." Some of the tabled experts are club members, some are dealers from Maryland or Pennsylvania; all are here to buy, sell, educate and learn.

Stories are an integral part of the collecting activity, whether it's a hobby or a profession, and the power of the story can add both emotional and financial value to a coin. During the show, the ACC led a demonstration for visitors in the vein of discussions that occur at monthly club meetings in Alexandria's Lee Center: members showed coins and explained how their trading has changed, as well as the impact on history.

"Certain coins from the Civil War are hard to find," said Barnes, "because during that time, soldiers and civilians only carried nickels, dimes and pennies in their pocket. They got worn, lost in the battlefield. You'll find plenty of silver dollars and half dollars, because they didn't carry them." Barnes and the ACC hope this kind of story captures the imagination of adults as well as children, igniting passions for collecting and trading that can continue for years.

As Barnes put it: "It gives a kid—maybe a kid who's not athletically inclined—a chance to learn something else, to learn history. They learn the value of the money, how it was built, how it was minted—and how the US and other countries dealt with currency."

Nowhere was the success of this goal more evident than with brothers Christian and Jeffrey Turner, ages 15 and 13, from Reston. The two have collected and traded coins from a young age, when an Indian Head Penny from their mother first got them interested in the activity as a complement to playing basketball. "We like history, and it keeps us occupied," said Jeffrey. As long as the brothers keep dealing in pennies, this educational hobby shouldn't break the bank.



PHOTO BY VICTORIA ROSS/THE CONNECTION

Supervisor Pat Herrity (R-Springfield) promised to be the first person in line to sign up for the new Fairfax County license plate, and he was. On Wednesday, Jan. 3, Barry Biggar, president and CEO of FXVA, showed Herrity where to sign on the dotted line for his pre-ordered specialty license plate.

## Show Your Civic Pride

**Pre-order Fairfax County license plates now.**

BY VICTORIA ROSS  
THE CONNECTION

Residents of Fairfax County can now pre-order their Fairfax County license plates online at the new Visit Fairfax website—[www.fxva.com/plates/](http://www.fxva.com/plates/).

The Fairfax County Board of Supervisors voted last week to approve the sale of the license plates, in partnership with Visit Fairfax, the nonprofit promotion and tourism arm of Fairfax County, and the Virginia Department of Motor Vehicles.

The license plates feature the county seal, county map and the website addresses of the government and Visit Fairfax. The plate will cost \$25 a year. As mandated by state law, \$10 is retained by the state while the other \$15 goes back to the

license plate sponsor after 1,000 plates are ordered.

The DMV requires 350 commitments from the community in order to make the specialty plate available for purchase at all Virginia DMV locations.

Revenue from the plates will support the World Police and Fire Games—the largest sporting event in the world after the Summer Olympics—which the county will host in 2015. In following years, proceeds will be dedicated to tourism.

"We've already had numerous calls about the specialty plates," said Barry Biggar, president and CEO of Visit Fairfax, when Supervisor Pat Herrity (R-Springfield) arrived at the Visit Fairfax office last week to pre-order his license plate. Herrity, who initiated the plan, estimated that Fairfax County could generate roughly \$250,000 per year from the plates.

"I don't think we're going to have trouble getting 350 residents to purchase these license plates," Herrity said.



# THE COUNTY LINE

## Making the Difference Between Struggle and Success

BY CARMEN JORDAN

All youth need stability and loving parents to give them the best chance for success in life. This is why finding adoptive homes and permanent traditional foster homes for our youth is so critical. Over the last six years, as a Fairfax Families4Kids mentor, I have seen foster youth struggle, especially when circumstance has caused them to be moved frequently from foster care placement to foster care placement (including traditional foster homes and foster group homes).

There is one 14-year-old youth in particular that I recall that was originally removed from his biological home, then lived with another biological family member for a time, then was moved into a traditional foster home, then to a group foster facility—all of this taking place over a few short years. This youth has been participating at group FF4Kids mentoring events for several years. I remember the poor behavior demonstrated at times by this youth at the group events, including not following the rules, speaking out of turn in an effort to gain attention, occasional physical outbursts due to not being able to control his anger, actually teasing other foster youth in an effort to get them to chase him around the room.

This behavior was his way of crying out for the love and attention he was not receiving at “home.” He wanted so desperately to be seen and heard by anyone in his life. This foster youth was just recently placed in a loving, adoptive home. The youth’s behavior at the group mentoring events has made a complete turnaround. He no longer needs to be the center of attention, always has a smile on his face, and demonstrates positive interaction with both mentors/volunteers and the other foster youth. This is due to him finally feeling safe and knowing that there are loving adults that he can trust to protect and take care of him. There is no amount of support from the county, school system, programs, and organizations that can replicate the day in and day out support that a child receives from a loving family.

**MY HOPE** is that as a community, we do more to seek out Fairfax County families that are willing to provide loving adoptive and long-term foster homes for foster youth. There is a reason that the name of our program is “Fairfax Families4Kids.” It is our mission to find Fairfax County families for these foster kids. Mentoring through the program helps prepare these youth for placement. The county’s ability to more effectively find long-term, loving homes for foster youth is the key to a foster youth’s ability to grow to become mature, responsible, independent adults.

I have mentored many foster youth both through their years in foster care and their transition out of foster care. Though many foster youth have positive transitions out of foster care into independent, adult lives, there are many foster youth whose outcomes are less successful.

I can tell you stories about Fairfax County foster youth that transition out and become homeless within weeks or months. They share with me the “life skills” they have learned to survive.

“The metro trains/buses run all night except 3 to 6 a.m., so if you have metro money, you can ride all day and night to stay warm. Then you just need to walk the streets during those hours.

\* Another youth said he sleeps on the floor of a



**Carmen Jordan, mentor for Fairfax Families4Kids: “My hope is that, as a community, we do more to seek out Fairfax County families that are willing to provide loving adoptive and long-term foster homes for foster youth.”**

### About the Author

Carmen Jordan of Reston has been a mentor for Fairfax Families4Kids for six years. She is considered one of the most experienced mentors in the program. In addition to working full-time as a marquee account manager at Deltek in Herndon, Jordan makes herself available to “trouble-shoot” for the children and families she mentors. In the following column, she details her experiences with the program, and at-risk foster youth.

friend’s motel room or catches a few hours of sleep at the 24-hour McDonald’s until the police ask him to leave.

❖ They can tell you about their stays at the various community homeless shelters. “The crack heads and heroin addicts will steal from you so you need to keep your stuff with you at all times.”

❖ They will tell you where they can find public computers where they can apply online for jobs. They can make enough money to feed themselves but not enough to find permanent housing. They live with health ailments because they no longer have health insurance.

**AT TIMES** it is painful to witness, but as mentors, our mentoring does not cease just because they transition out of foster care. Through FF4Kids mentoring, a trusting relationship is formed, allowing foster youth to be receptive to the advice and counseling that we have to offer. This is key: if there is no trust, it is difficult for foster youth to accept advice and counseling.

For many of these foster youth, the relationships they have with their mentor is the longest term relationship they have with a responsible adult. I can’t tell you how many times a social worker, case worker, life skills coach or foster parent has said “Carmen, you have known him longer. Talk to him and explain how important it is for him to stay in school, obtain his high school diploma.”

It has been an honor and privilege to mentor many of the foster youth within our Fairfax County community. They have taught me more about perseverance through adversity than I could ever teach them. Mentoring can be difficult at times, they will make missteps along the way but they will also surprise you with their ability to accomplish goals they have set for themselves in an effort to become mature, independent young adults. Mentoring is about being there for them through the ups and downs!

## Building Blocks for Success

**Fairfax Families4Kids: a community of hope.**

BY SUPERVISOR MICHAEL FREY

When it comes to building buildings or fixing things, Fairfax County does a great job. Schools, fire stations, parks—the county has a proven track record of exemplary projects.

Building or fixing families and people—that’s tougher to evaluate.

Fairfax is probably no better or worse than most local governments. Fixing people is hard. There is no plan that, if followed to the letter, results in a split family being made whole, or a person with mental illness or substance abuse issues being cured. People are different than buildings.

Maybe that’s why I was so excited about the Fairfax Families4Kids program when I was introduced to it, and became such a huge supporter of it immediately.

Kids in foster care really have the deck stacked against them. For whatever reason their family situation didn’t work and someone—typically the courts—stepped in and forced change. They are left looking to total strangers to do what their family should have done but couldn’t. That’s a lot to ask. They are dependent on government programs to find them temporary housing, maybe a permanent foster home, and for some of the luckier kids, a family.

FF4Kids is a partnership between the county and a whole lot of people who really believe these kids in foster care deserve more help. The program offers the kind of opportunities and experiences that the county can’t possibly provide by itself. Without the volunteers, who serve as mentors, friends, teachers and occasionally substitute parents, most of these kids would bounce from one temporary situation to the next, usually aging out of foster care with little skills, no love, and little chance for future success.

I have been so impressed with everyone I have met who is involved with the program. It has increased my sense of optimism about the chances that more of



**Supervisor Michael Frey (R-Sully)**

these kids will find forever homes with adoptive families. Clearly, there is a positive effect on the kids when they see the mentors devoting so much time and effort to them. Many of these kids have never had the love and attention they get within this program. Certainly they have never had the life education they get, and for the first time many of them begin to believe in themselves. Self-confidence and optimism are not qualities you find in many foster children. A program that gives them those two things, in my mind, can’t help but benefit them.

There have been success stories for kids in this program, including adoption of some of the children by some of the mentors. Of course, not every child has been so lucky. Some still age out of the system with no family back-up to catch them if they fall. But they do have the FF4Kids family, and that in itself is a confidence-builder. They also have life skills and social skills that they likely would not without the FF4Kids programs. There are no guarantees in life, but there is no doubt in my mind whether or not they find the adoptive family we all hope that they will, they will be much better prepared young adults.

As long as there are incredibly caring and dedicated people like the FF4Kids mentors and volunteers, I will be doing all I can to help support them.

BONNIE HOBBS/THE CONNECTION



# NEWS

From left: Christine Donohue (chief of staff, FCPS), Jay Garant (coordinator, Business and Community Partnerships-FCPS), Jim Van Valkenburg (McDonald's owner/operator), Ronald McDonald, Neva Van Valkenburg (McDonald's owner/operator), Kyu Rhee (McDonald's owner/operator). The owners/operators in this picture own restaurants in Fairfax County and contributed to the total donation.



PHOTO CONTRIBUTED

## McDonald's Donates \$4,200 to Fairfax County Schools

On Friday, Jan. 18, the McDonald's Family Restaurants of Greater Washington, D.C., presented Fairfax County Public Schools with a check for \$4,200. This donation is from the first ever DMV-wide McTeacher's Night Fundraising event that was held

in late fall of 2012. To celebrate McDonald's longstanding history of supporting local schools, teachers, school administrators, parents and students visited their local McDonald's for dinner, where a percentage of the evening's sales went back to local education.

Fairfax County Public Schools is just one of many school districts in the Greater Washington, D.C., area that will receive a monetary donation from the event. The total amount raised through the donations from McDonald's restaurants is \$45,000.

## Community to Discuss Boundary Changes

At its business meeting on Thursday, Jan. 24, the Fairfax County School Board voted to conduct a boundary study to address overcrowding at Fairfax High School and Lanier Middle School. The board also approved the inclusion of Chantilly High and Rocky Run Middle, Falls Church High and Jackson Middle, Oakton High and Franklin Middle, Woodson High and Frost Middle, and Robinson Secondary Schools in the boundary study.

Approximately 300 students from Fairfax High and 150 students from Lanier Middle will need to move in order to relieve overcrowding at those schools. Students who reside in the City of Fairfax will not be impacted by the proposed boundary changes. Boundary adjustments are being considered only for middle and high schools; elementary school attendance areas will not change as a result of this boundary study.

Three community dialogue meetings have been scheduled in February for citizens to discuss how to address overcrowding at Fairfax High and Lanier Middle Schools. Parents and residents can review the proposed scenarios and provide their feedback at the following community dialogue meetings. All meetings will be from 7 to 9 p.m. and will be identical in format and information presented. The following meetings will be held:

- ❖ Tuesday, Feb. 19—Oakton High School cafeteria (snow date is March 7).
- ❖ Wednesday, Feb. 20—Lanier Middle School cafeteria (snow date is Feb. 27).
- ❖ Tuesday, Feb. 26—Woodson High School cafeteria (snow date is March 6).

Those who plan to attend the dialogue sessions are asked to register. Parents and residents can also find more information, and submit questions and comments online.

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**Free Remodeling & Design Seminars!**

**Sat, Feb 9th — 10am-2pm**

**Where:** 5795B Burke Centre Pkwy, Burke, VA 22015 (behind Kohl's)

Thinking of remodeling? This event is the perfect opportunity to take advantage of free expert advice with no obligation. Learn about the hot topics you should consider when remodeling.

**Saturday's Seminars:**

- From Concept To Completion
- Paint Colors Made Easy
- Opening Up Your Floor Plan

Seminars run from 10am-Noon. Lunch to follow. Please arrive at 9:45am for check-in.

**Seating is limited. Call Sabrina at 703.425.5588 to reserve your seats!**

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# OPINION

# Homeless, Not Hopeless

BY PAM MICHELL  
EXECUTIVE DIRECTOR, NEW HOPE  
HOUSING, INC.

**G**eorge and Mary spent many years homeless and unsheltered in Fairfax County. Yes, Fairfax County, one of the wealthiest counties in the country. But in Fairfax County, homeless persons such as George and Mary are generally hidden. They live in the woods, behind dumpsters, and in shopping centers. Out of sight, out of mind.

For many years, local non-profit partners have been working with county staff day in and day out to offer persons who find themselves homeless a chance to start anew. When given the stability of housing and the support of professionals and volunteers, homeless adults—including those who have lived many years on the streets and in the woods—can and do change and become stable, contributing members of our community. We non-profit homeless services providers can tell story upon story of what a difference stable housing and supports can make in a life of someone whom others have given up on, whom others have discarded as “hopeless.”

In January 2012, 697 single adults were counted as homeless in Fairfax County and 51 percent of them (353) were chronically homeless—12 consecutive months or four separate incidences of homelessness in the past three years; 24 percent of homeless adults were unsheltered. These numbers are going up.

This month you can help us find out who is “out there.” You can hear their stories and you can help provide them the housing they need.

As part of a nationwide effort to put a name and a face to each



PHOTOS  
CONTRIBUTED

**Homeless camp: In January 2012, 697 single adults were counted as homeless in Fairfax County and 51 percent of them (353) were chronically homeless.**

number, the Fairfax-Falls Church community is participating in a national campaign—100K Homes—that will help us understand who is homeless, why they are homeless and how we can get them housed.

Join us on Feb. 25, 26, and/or 27, as a part of a volunteer team visiting campsites to interview homeless individuals. On March 1 we will give a detailed report to the community about who we found and where we go from here. See <http://www.fairfaxcounty.gov/homeless/100khomes/> for details.

Help us help everyone in Fairfax County find a way home.

For more information on New Hope Housing in Alexandria, go to [www.newhopehousing.org](http://www.newhopehousing.org).



**The Fairfax-Falls Church community is participating in a national campaign—100K Homes—that will help in understanding who is homeless, why they are homeless and how we can get them housed.**

## We Are a Family

To the Editor:

Thank you for the wonderful articles highlighting the positive impact of Fairfax Families4Kids and the relationships and families that have come about because of the program.

As a mentor, I know firsthand how important mentoring programs such as Fairfax Families4Kids can be in a child's life.

Initially I got involved with

FF4Kids because I wanted to give back. In other words, I wanted to be there for children because I have had adults in my life that have mentored me and helped to mold me into the person I am today.

Also, my grandparents and my mother have been foster parents and I have seen the impact on foster kids of hav-



**Shavonne Hayes**

ing loving/caring adults in their lives.

What I have realized is that spending time with the kids has had a tremendous impact on me. I think of the various experiences of the kids—multiple foster homes, aging out without a place to live or no job. It always reminds me to remember how

truly blessed I am no matter what happens. If they can survive the

hand life has dealt to them then there is nothing I cannot overcome. I continue to be amazed and humbled by their resiliency.

To see the challenges they have aging out of the system makes me want to do all I can to ensure they have the support they need. We are more than mentors and mentees. We are a family.

**Shavonne Hayes**  
Sterling

## Springfield CONNECTION

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PHOTO BY JESSICA MCKAY

**Pete Snyder discusses his ideas as a candidate for lieutenant governor.**

## Greenspring Republicans Host Pete Snyder

Last year, the Greenspring Republican Club hosted Pete Snyder as the chairman of the Virginia Victory 2012 campaign, a coordinated campaign in support of Republican candidates across the Commonwealth of Virginia. On Tuesday, Feb. 5, Snyder was invited again to speak to the Greenspring Republican Club, but this time as a candidate for lieutenant governor.

In November 2012, Snyder announced that he would run for lieutenant governor, which would be his first bid for elected political office. Snyder was one of the pioneers of social media marketing at New Media Strategies, and currently is the CEO of Disruptor Capital, which according to the company's website is "a Virginia-based seed and angel capital investment company focused on funding and growing disruptive technologies, ideas and entrepreneurs."

"I'm not a Richmond insider," said Snyder, to a group of approximately 50 residents at Greenspring. "I'm an entrepreneurial outsider."

Snyder focused the discussion at Greenspring on what he calls his three "Big Ideas":

- ❖ Education Reform
- ❖ Ending Runaway Government Spending

Spending

❖ Firing up Virginia's Economy  
In discussing education reform, Snyder referenced ending the teacher tenure system that is in place in Virginia and replacing it with a performance-based system. "The education laws in Virginia read as if the teacher's union wrote them," said Snyder.

In response to a resident's question regarding school safety in Virginia, Snyder said, "we need better safety in our schools, but I think the local school districts can find a local solution. We don't need a federal TSA-type solution."

Snyder also focused on government spending and, if elected, intends to "reign in the size and scope of government" in Richmond by 10 percent.

Snyder strongly encouraged anyone who supports his campaign and believes in his initiatives to join him at the Republican Party of Virginia's state convention in May, where the 2013 statewide GOP nominees will be selected.

More information about Snyder's campaign can be found by visiting his website at <http://www.petesnyder.com/>. Additional information about Greenspring retirement community can be found at [www.ericksonliving.com](http://www.ericksonliving.com).

## 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.

**Matthew Isaias Oclander** of Springfield made the Seattle Pacific University 2012 Autumn Quarter Dean's List.

**Andrew Poirier** of Springfield has been named to the Deans List for the spring 2012 and fall 2012 semesters at Radford University.

**Allison M. Willner** of Springfield has been named to the deans list for the fall 2012 semester at East Tennessee State University.

High school senior **Nnamdi Enechionya**, of Springfield, was named to the Saint James School Honors List for Trimester 1.

Saint James School, founded in 1842, is a co-educational boarding school serving students in grades 8-12 dedicated to the development of mind, body and spirit. The school is located south of Hagerstown, Md.

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## 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:

**[springfield@connectionnewspapers.com](mailto:springfield@connectionnewspapers.com)**  
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**Irene Bak, with FastTran, and Glenn Padeway, with Fairfax County's Neighborhood and Community Services Department, brave chilly weather on Saturday, Feb. 3, to promote Fairfax County's "Stuff the Bus" campaign at the Fairfax Wal-Mart.**



**Juliet Reyes of Herndon, a Wal-Mart employee, donated to help restock Our Daily Bread's pantry shelves during a "Stuff the Bus" stop on Saturday, Feb. 3, at the Fairfax store.**



**(From left) Angie Carrera of Op3; Chris Garris, Our Daily Bread's food program manager and volunteer coordinator; Sharon Bulova, chairman of the Fairfax County Board of Supervisors and Wendy Lemieux of OP3 encourage shoppers to purchase gift cards.**

PHOTOS BY VICTORIA ROSS/THE CONNECTION

# 'Stuff the Bus' Campaign Helps Feed the Hungry

**Donations continue to increase as campaign enters third year.**

BY VICTORIA ROSS  
THE CONNECTION NEWSPAPERS

**L**ocal grocery stores were packed this weekend with shoppers stocking up on Super Bowl snacks for the annual football fan party. At the Wal-Mart in Fairfax, shoppers were greeted with colorful displays of chips, dips and other party favorites.

They were also greeted by volunteers from Our Daily Bread (ODB), who were handing out flyers and encouraging shoppers to donate gift cards or specific items to restock ODB's pantry shelves. A Fairfax nonprofit for nearly 30 years, ODB provides food and other critical services to the working poor, the elderly and the disabled. More than half of ODB's clients are local children.

Dianne Hon, a Vienna resident, said "Stuff the Bus" makes it easy to donate. "I am already here for groceries and other items, especially since it's the day before the Super Bowl, so it's very convenient to pick up a few extra items for a worthy cause," Hon said.

"Thank you for doing this," Hon said to the volunteers. "You made this so easy."

Jonathan and Roxanne Daley of Fairfax donated a gift card to the campaign. "It's too easy to forget that there are people in Fairfax County who go hungry," Roxanne Daley said. "I love the gift card idea. It's easy and you know you're helping someone get what they want."

**FAIRFAX BOARD OF SUPERVISORS CHAIRMAN** Sharon Bulova, who greeted shoppers and encouraged them to donate on Saturday, Feb. 2, said gift cards are especially helpful for a number of reasons.

"There's a dignity about it," Bulova said. "You don't stand out from other shoppers with a gift card, and you can purchase what you want for a special recipe, or if you have specific dietary needs."

Chris Garris, ODB's food program manager and volunteer coordinator, said they are encouraging more people to donate gift cards, particularly because they help clients purchase fresh food. "A \$20 gift card

helps families supplement our pantry's non-perishable food with milk and meat."

Garris said the timing of the Stuff the Bus campaign—which is intentionally scheduled between Martin Luther King Day in January and Presidents Day in February—is important for local pantries because it occurs after the seasonal dose of good will.

"During the fall and holiday season, Our Daily Bread's food pantry is overwhelmed with donations from the community," she said. "But by February, our supplies are often running low even though the need for food is greater than ever."

"Stuff the Bus is an important component in restocking pantries after the holidays," Bulova said. "The need for healthy food is ever growing and the interest for Fairfax County residents to help is there, so we are happily providing the bridge to bring them together."

**THE CAMPAIGN**, now in its third year, is a partnership between Fairfax County Office of Public Private Partnerships (OP3); MV Transportation Inc., which operates the FASTRAN buses and provides volunteers; local nonprofits; and grocery store chains. All donations go directly to local nonprofit organizations that help feed needy families and individuals in the Fairfax-Falls Church Community.

"The residents of Fairfax and our partners, like MV Transportation and Frank & Co., have really come out in support of Stuff the Bus this year. Each year, we get more donations," said Michael Artson, chief planner with the county's Neighborhood and Community Services (NCS) Department, one of the food drive's organizers.

"Food pantries address a critical need which is especially acute after the holidays, the Stuff the Bus campaign helps us help our community. Its importance to helping stock the shelves can't be overstated," said Roxanne Rice, executive director, Food for Others.

Last year, more than 25,000 lbs. of food was collected for local pantries, all benefiting local nonprofits that help feed needy families in the Fairfax community.

At the end of Saturday's Stuff the Bus campaign, Juliet Reyes of Herndon, a Wal-Mart employee, who was in the middle of her shift as a cashier, asked ODB volunteers if she could donate cash. "I've been listening to people talk about this, and I want to help too. People here shouldn't go hungry."



**Dianne Hon, of Vienna, donates a bag of food items to restock Our Daily Bread's pantry shelves during a "Stuff the Bus" stop on Saturday, Feb. 3, at the Fairfax Wal-Mart. Fairfax County's "Stuff the Bus" campaign is a partnership between Fairfax County Government, local grocery stores and nonprofits.**



# CALENDAR

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/FEB. 9

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

**Have a Heart Project.** 6-9 p.m., in Studio 4 at the Workhouse, 9601 Ox Road, Lorton. An art installation with a mission to help Food for Others displays empty lunch bags featuring original art works created by John Gascot, Mary Gallagher-Stout and Denise Philipbar as well as by guest artists; all proceeds from each work featured in the exhibit up from Wednesday, Feb. 6 to the end of the month benefit Food for Others. As the artists replace each sold piece of art with food, the instillation evolves. \$10 donation suggested per piece. [www.WorkhouseArts.org](http://www.WorkhouseArts.org).

**For Money or Love.** 8 p.m., in the W-3 Theatre at the Workhouse, 9601 Ox Road, Lorton. Mestey Films Productions screens the film about Patrick, a wealthy man that finds himself wondering whether his fiancé is with him for love or money, and his brother Sean, who, known for being a playboy, changes his ways when he falls in love with a woman who has an 8-year-old girl named Ashley. \$10. [WorkhouseArts.org](http://WorkhouseArts.org).

## SATURDAY/FEB. 10

**Live Onstage: The Amazing Gospel Souls.** 11:30 a.m., in the W-3 Theatre at the Workhouse, 9601 Ox

## Celebrate Valentine's

*Wax romantic or celebratory on an outing with your Valentine.*

### ♥ Thursday/Feb. 7

**Valentine Steampunk Jewelry.** 7 p.m., at Kingstowne Library, 6500 Landsdowne Centre Drive, Alexandria. Create your own edgy, romantic and trendy jewelry in a workshop combining influences from Scott Westerfeld, the Hunger Games and the Victorian and Industrial eras. [www.fairfaxcounty.gov/library/branches/kn/](http://www.fairfaxcounty.gov/library/branches/kn/).

### ♥ Friday/Feb. 8

**Dinner & a Movie Nights: Carmen Jones.** 8 p.m., at the W-3 Theatre, 9601 Ox Road, Lorton. Combine culinary and cinema arts in an evening featuring the 1954 film directed by Otto Preminger (his spin on Carmen) and a three-course dinner designed to complement the film's theme. Reservations (small parties may share tables). \$45 per person. [www.WorkhouseArts.org](http://www.WorkhouseArts.org).

### ♥ Saturday/Feb. 9

**Be My Valentine.** 10:30 a.m., at John Marshall Library, 6209 Rose Hill Drive, Alexandria. Join Cody & BJ for a fun, lively show celebrating Valentine's Day with lots of singing and dancing; all ages. 703-971-0010 or [www.fairfaxcounty.gov/library/branches/jm/](http://www.fairfaxcounty.gov/library/branches/jm/).

### ♥ Wednesday/Feb. 13

**Be My Valentine.** 10:30 a.m., at Richard Byrd Library, 7520 Commerce St., Springfield. Join for Valentine's stories, songs and activities for children ages 3-5 accompanied by an adult. [www.fairfaxcounty.gov/library/branches/rb/](http://www.fairfaxcounty.gov/library/branches/rb/).

Road, Lorton. The gospel band conceived inside the notorious Lorton prison system in the early 1980s is comprised of ex-offenders from the Washington, D.C., area who have collectively served 200-plus years in correctional facilities. \$15. [www.WorkhouseArts.org](http://www.WorkhouseArts.org).

## WEDNESDAY/FEB. 13

**Women of Excellence Luncheon.**

11:30 a.m.-1:30 p.m., at the Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. Luncheon with complimentary childcare accompany Thirty-One products to help keep life organized and an inspirational speech from Faye Parson on how to stay balanced. \$17. [SpringWmConn@yahoo.com](mailto:SpringWmConn@yahoo.com).  
**Life Behind Bars.** 7:30 p.m., at the McGuireWoods Gallery in the

Workhouse, 9601 Ox Road, Lorton. To chronicle the story of the Workhouse from the Progressive movement of the late 1800s to the social upheaval of the 1960s, the series presents a panel of former inmates depicting life at the Workhouse, moderated by a retired prison chaplain. [WorkhouseArts.org](http://WorkhouseArts.org).

## SUNDAY/FEB. 17

**Display and N Gauge Trains.** 1-4 p.m., at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road in Fairfax Station. The Northern Virginia NTRACK members will have a display and N gauge trains running. \$3 for adults; \$1 for children. 703-425-9225 or [www.fairfax-station.org](http://www.fairfax-station.org).

## WEDNESDAY/FEB. 20

**Marduk.** 5-11:30 p.m., at Empire, 6355 Rolling Road, Springfield. Marduk plays on their "Voices From the Dark" tour with Moonspell, Inquisition, The Foreshadowing, Deathwolf and Helgardh. \$20. [www.empire-nova.com](http://www.empire-nova.com).

## SATURDAY/FEB. 23

**Speed Stacking Tournament.** 9 a.m.-1 p.m., at North Springfield Elementary School, 7602 Heming Court, Springfield. Single and double (parent and child) cup stacking competitions held concurrently with prizes; food for sale to benefit the school \$4. 703-658-5563 or [semetz@fcps.edu](mailto:semetz@fcps.edu).

## SATURDAY/ MARCH 2

**Springfield Art Guild Opening Reception.** 7-9 p.m., at Northern Virginia Community College, Richard J. Ernst Community Cultural

Center—Building CE 2, 8333 Little River Turnpike, Annandale. The Springfield Art Guild, in collaboration with the Annandale Campus of the Northern Virginia Community Colleges, presents a month long exhibit and sale in the Ernst Auditorium lobbies.

## FRIDAY/MARCH 8

**Josh DeWeese Ceramics.** 7-9 p.m., at the Workhouse, 9601 Ox Road, Lorton. Josh DeWeese, assistant professor of art at Montana State University, Bozeman, and former resident director of the Archie Bray Foundation for the Ceramic Arts in Helena, Mont., exhibits ceramic piece that have been thrown then altered, using pottery as an expressive art form in a contemporary context. [www.WorkhouseArts.org](http://www.WorkhouseArts.org).

## SATURDAY/MARCH 9

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

## SATURDAY/MARCH 16

**Fairfax Symphony Orchestra: Masterworks V.** 8 p.m. George Mason University Center for the Arts, 4400 University Drive, Fairfax. Conductor Christopher Zimmerman performs J. Strauss' Emperor Waltz and Tick Tack, Pizzicato, Trisch-Tratsch Polkas and Overture to Die Fledermaus; R. Strauss' Suite from Der Rosenkavalier, Till Eulenspiegel's Merry Pranks and Salomé's Dance. \$25-\$55. 703-563-1990 or [www.fairfaxsymphony.org](http://www.fairfaxsymphony.org).

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## AREA ROUNDUPS

### ATM Skimmer Suspect Arrested

Fairfax County police detectives on Monday arrested a man in connection with the skimming of ATM cards at bank machines at local hospitals. He is Loan Cicio, 39, of 2230 George C. Marshall Drive in Falls Church.

Cicio was charged with three counts of possession of credit card forgery devices (skimmers), three counts of credit card theft, two counts of credit card fraud and one count of money laundering. The investigation is ongoing and there may be more charges, plus additional arrests.

Police tracked down Cicio after he was allegedly identified in a surveillance video linked to a compromised ATM card belonging to the Fairfax City Local 2702 Fire Association in September 2012. With help from detectives from the Fairfax City Police Department and the U.S. Postal Service, the card was tracked purchasing gift cards from a Home Depot in Falls Church and then used to buy custom-made carpeting and high-end faucets.

Detectives executed a search warrant at the suspect's home Thursday, Jan. 24, and recovered items including skimmer devices, cameras and computers. They then arrested Cicio, on Monday, Jan. 28, around noon. Police had received reports from more than a dozen victims who may have had their



Cicio

bank cards compromised at hospital ATM machines in recent months.

"Detectives did an outstanding job of putting together extensive documents, numerous tips and video in this complex investigation," said Lt. Tony Matos, supervisor of the Fairfax County Police Financial Crimes Unit. "It was a tremendous amount of work."

He said financial crimes are on the rise. Last year, the public reported almost 3,000 cases over the agency's Financial Crimes electronic reporting site. The site's used to report cases of identity theft, embezzlement, credit card theft and fraud, plus construction and check fraud.

### Citizens Fire and Rescue Academy

Area residents wanting to learn more about the Fairfax County Fire and Rescue Department may now have the chance. They may participate in a nine-week program showing them what firefighters and paramedics do every day.

Applications to the first-ever Citizens Fire and Rescue Academy will be accepted until Monday, Feb. 18, or until the class of 25 is filled. The free program is open to those at least 18 years old. The academy will begin March 28, meeting for nine consecutive weeks, from 6-9 p.m., at various locations.

Each session will cover different aspects of the organization, providing an in-depth overview of it and its uniformed and civilian workforce. Program topics include fire suppression, emergency medical services, training, recruitment and special operations. Apply at [www.fairfaxcounty.gov/fr/cfa](http://www.fairfaxcounty.gov/fr/cfa).

### Immanuel Bible Church to Launch Job Seekers Training Program

Immanuel Bible Church will launch a Job Seekers training program on Saturday, Feb. 9. Ralph Weitz, pastor of stewardship at Immanuel, says their Job Seekers program is just one of the ways their church is reaching out to the local community. Weitz feels this kind of program meets the need of increasing joblessness, and is a great way for the church to connect with and contribute to the local community.

Immanuel will launch this program with a seminar on Saturday, Feb. 9, from 9 a.m. to 3 p.m. on the church grounds at 6911 Braddock Road. Attendees will be introduced to the skills and knowledge necessary to conduct a successful job search including organizing for a job search, resume preparation, preparing for and undergoing interviews, tools and

techniques for job searching, and how to deal with the emotional challenges of joblessness. The seminar will be facilitated by members of Immanuel Bible Church and include a key note presentation by Anne Hutton, a former human resources executive for Computer Sciences Corporation in Falls Church.

Immanuel Bible Church's community outreach programs include classes teaching English as a second language; weekly distribution of clothes to needy families, a food pantry, and an annual month long service marathon led by their affiliated Immanuel Christian School. To learn more about the Job Seekers seminar and to register for this conference visit the Immanuel Bible Church web site at [www.immanuelbible.net](http://www.immanuelbible.net) or call the church at 703-941-4124.

#### FAITH 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.

**St. Leo the Great Church** in Fairfax offers a program for Catholics who are away from the church, struggling with church teachings or who would like to more fully practice their faith by returning to the Sacraments; the program, Welcome Home, is offered on Sundays, Feb. 3, 10, 17 and 24 and March 3 and 10 at 7 p.m. in the St. John Room, 3770 Old Lee Highway, Fairfax. [csmith@stleofairfax.com](mailto:csmith@stleofairfax.com).

**Life Water Ministries** in Fairfax offers a retreat, Single But Not Alone: Christian Women's Retreat 2013 in Chesapeake Beach, Md., with two days of sessions and activities, a concert featuring Troy Sneed, discussions, a zumba class and fashion show, food, and encouragement for women 18 years and older never married or who are divorced or widowed. \$175. 703-425-4321 or [www.lwministries.org](http://www.lwministries.org).

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service. 7300 Gary Street, Springfield. 703-451-1500 [www.fbcspringfield.org](http://www.fbcspringfield.org).

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# Preserving Mental Health as People Age

Experts say diet, exercise and mental stimulation are key.

BY MARILYN CAMPBELL  
THE CONNECTION

**R**andy Weadon walks six miles each day around the perimeters of his retirement community, Greenspring in Springfield. He also does crossword puzzles daily.

"During tax season, I walk around the halls and mentally do my income taxes in my head," said Weadon, a retired Coast Guard officer. "If I had not started walking, I don't know if I'd be alive. I am 86-and-a-half years old, but I don't feel that age at all."

Geriatric experts say healthy lifestyle habits like regular exercise, eating a nutritious diet and brain challenges can help preserve mental health as we age.

"The one thing that I always tell my patients is that if you don't use it, you lose it. I recommend crossword puzzles, mentally challenging games and reading, especially about current events," said Dr. Lisa Calusic, a psychiatrist at Inova Behavioral Health Services in Alexandria, and an Arlington,

resident.

Researchers Pamela Greenwood and Raja Parasuraman, professors at the Department of Psychology at George Mason University in Fairfax, have spent more than 20 years studying the way the human brain ages with a focus on Alzheimer's disease. The two wrote a book, "Nurturing the Older Brain and Mind," in which they explore ways middle-aged people can stave off mental deterioration.

"We know that if we can put off dementing illnesses, even by a year or two through lifestyle changes, that will reduce the number of people with Alzheimer's disease, which is reaching epidemic proportions," Parasuraman says.

The duo says that preventing and staving off mental deterioration is more important than ever now that workers are staying employed longer for economic reasons. Physical activity is an important tool as well.

"Exercise [is] the 'lifestyle' factor with the strongest effect," said Greenwood. "A number of different research groups have found benefits of aerobic exercise on both brain structure and function, and on cognitive performance."

Joel Martin, a professor of kinesiology at George Mason, agrees: "Regular exercise has been proven to slow the aging process," he said. "People have their actual age, which



PHOTO CONTRIBUTED

**Randy Weadon, 86, does crossword puzzles and walks six miles each day around the perimeters of his retirement community, Greenspring in Springfield.**

they can't do anything about, and their biological age. Someone could be 40 years old, live a very inactive lifestyle and not eat very well, which may cause them to be closer to 60 in terms of their biological age. Vice versa: Someone who is 60 could be very

"Exercise [is] the 'lifestyle' factor with the strongest effect."

— Pamela Greenwood, Ph.D., George Mason University

active and eat a healthy diet and feel like they are much younger, perhaps a biological age closer to mid-40s."

As an octogenarian, Weadon credits his sharpness to regular mental challenges. Martin agrees. "Regularly engaging in activities requiring cognitive function is important," said Martin. "Most tissues in the body respond to stress placed on it by becoming stronger or adapting to handle the stimulus you place on it. If you lift weights, your muscles get bigger and stronger. If you don't do any sort of physical activity to stimulate your muscles, then they get smaller and become weaker. The brain is the same way, it needs regular stimulation to maintain its function."

Experts also say not to rule out the importance of good nutrition. "The antioxidants in foods, especially fruits and vegetables, can help to preserve and protect tissues from damage that occurs as part of the natural aging process," said Martin.

## COMMUNITIES OF WORSHIP

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# SPORTS

## Butler Too Much for TC

LB Senior totals 29 points, 22 rebounds in OT victory.

BY JON ROETMAN  
THE CONNECTION

**T**he T.C. Williams girls' basketball team this season snapped a nine-game losing streak against West Springfield, twice beating the three-time defending Patriot District champion during the month of January.

Defeating West Springfield for the first time since 2009 gave TC an opportunity to earn the No. 1 seed in this year's district tournament. But the Titans' journey to the top of the district standings was derailed on Tuesday night by Lake Braddock's 6-foot-4 matchup nightmare.

### NATALIE BUTLER

scored 29 points, grabbed 22 rebounds and blocked seven shots as the Bruins defeated the Titans 56-54 in overtime on Tuesday, Feb. 5, at T.C. Williams High School.

Along with being a force in the paint, Butler, a 6-foot-4 senior who will play at Georgetown University next season, made four clutch free throws to help Lake Braddock move into a second-place tie with T.C. Williams. West Springfield sits atop the district standings with an 11-2 record, followed by the Bruins and Titans at 10-3. Lake Braddock would win a head-to-head tiebreaker with TC, having won both regular season meetings with the Titans.

Lake Braddock led 53-52 when junior Caitlyn Mandela went to the free-throw line with 13.6 seconds remaining in overtime. Mandela made her first attempt and missed the second. Butler grabbed the rebound, drew a foul and put the game out of reach by knocking down both foul shots. The Titans added a meaningless bucket in the closing seconds.

"I knew that the crowd was going to be loud and that there was going to be lots of distractions and a lot of pressure," Butler said about her game-clinching free throws. "I just really wanted to win and the team did a great job and I didn't want to let the team down. I sort of blocked everything out and just told myself, they're just two free throws—make them and move on."

Butler also made a pair of free throws to tie the score at 45-all with 41.4 seconds remaining in regulation. She finished the evening seven-for-nine at the foul line.

While Butler came up clutch at the charity stripe, it was her production in the paint during the second half that gave the Bruins a chance to win. After Butler totaled just five points in the first half, including a scoreless second quarter, Lake Braddock coach John Giannelli said the Bruins made an effort to get the ball inside.

"In the first half, we didn't look inside at all and we didn't swing the ball at all," Giannelli said. "We



**Lake Braddock senior Natalie Butler scored 29 points and grabbed 22 rebounds against T.C. Williams on Tuesday, Feb. 5.**

PHOTO BY LOUISE KRAFT/THE CONNECTION

came in at halftime, we talked to Nat and we decided we need to swing the ball quicker and then Nat switches from post to post and then we get the ball inside or we swing it back. Our main goal was to get the ball inside to Nat. The more we swung the ball, the better chance we had to get it into her."

Butler responded with nine points in the third quarter, nine in the fourth and six in overtime.

T.C. Williams head coach Kesha Walton said the Titans tried to keep Butler from catching the ball down low. Six-foot sophomore Grace Patterson and 5-foot-10 senior Baylee Simpson battled in the paint, but it wasn't enough. In the teams' first meeting, Butler scored 40 points and grabbed 31 rebounds during a 76-65 vic-

tory against TC on Jan. 11, according to stats from the Washington Post's website.

"Baylee fought as hard as she could. ... Grace got out there and did the best that she could as far as banging [Butler]," Walton said. "That was our game plan: we knew we had to contain her if we wanted to come out successful tonight. ... She's a legit 6-4. Even if she catches the ball, there's nothing we can do but foul, so our goal is to try to keep it away from her as much as we can."

Junior guard Betsy Gallier scored 11 points for Lake Braddock. Junior guard Aryn Burrage scored six points and sophomore guard Christine McGrath finished with five.

**LAKE BRADDOCK** improved to 14-5 and extended its winning streak to five games. Tuesday was Giannelli's fourth game filling in for head coach Leigh Janis, who recently had a child.

Butler said the Bruins have handled the coaching transition well and she's pleased with the team's success. Lake Braddock finished 7-15 her sophomore season and 9-15 last year.

Giannelli, who came to Lake Braddock from Centreville this season, started the year as a varsity assistant and the head JV coach.

"Being on varsity since [I was] a sophomore, we weren't a threat," Butler said. "It's unbelievable to be a threat now in my senior year. It's great experience. There's a lot of pressure that comes with it, but I love it and I can't wait to play in the next game. Coach G has done a great job with Coach Janis. I think he blended perfectly with the team. There were no issues whatsoever. The girls respected him as a head coach and we all came to practice every day ready to work."

TC will close the regular season with a road game against Annandale at 5:30 p.m. on Thursday, Feb. 7. Lake Braddock will host West Potomac at 7:30 p.m. on Friday, Feb. 8.

**Former West Springfield standout point guard April Robinson has started every game of her freshman season for the Duquesne women's basketball team.**



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

## Robinson Excelling At Duquesne

West Springfield 2012 grad is Dukes' second-leading scorer.

BY JON ROETMAN  
THE CONNECTION

**A**pril Robinson was a scared freshman when she arrived at Duquesne University in Pittsburgh. The former West Springfield standout was entering the world of Division I college basketball and wasn't sure of her place among her elder teammates.

"When she came on a visit, she was really quiet," said Duquesne junior forward Orsi Szecsi, who was Robinson's host during her visit. "I was the only person that she was talking to. When she came for school, she opened up, but she was a weak freshman, so we always made fun of her. She would just give you the look, the 'What's going on,' just staring at you, blank behind the eyes."

While Robinson's teammates gave her a hard time, and the freshman is still working on the whole "quiet" thing, the 2012 West Springfield graduate has shown the Dukes—and the rest of the Atlantic 10 Conference—there's nothing weak about her game.

Robinson, a 5-foot-8 point guard, earned a starting role and never let it go. Not only did Robinson secure a position of leadership as a true freshman—and the only freshman on the Duquesne roster—she has thrived in it. In 21 games, she's second on the team in scoring (9.0), minutes per game (27.8), assists (2.5) and total steals (31). She has twice been named A-10 Rookie of the Week (Dec. 3, 31) and has played a major role in Duquesne posting a 17-

4 record. As of Wednesday morning, the Dukes were third in the A-10 with a 6-1 record, behind Dayton (7-0) and Saint Joseph's (6-0).

Robinson hasn't been overwhelmed by playing such a prominent role.

"You just play. Starting as a freshman and playing a lot of minutes, it doesn't really mean anything because you go into each practice, each game like it's your last," Robinson said at George Washington University's Smith Center on Wednesday, Jan. 30, after the Dukes beat the Colonials 63-59 in double overtime. "You've just got to do whatever it takes to help your team get the W."

"She's come in, in my mind, and exceeded expectations," said McConnell-Serio, who received the 2004 WNBA Coach of the Year award with the Minnesota Lynx. "She has been tremendous from the beginning and competed. She has always been poised. ... We're better with her as a point guard. She makes plays, she scores, she creates ... she really understands what we're trying to do offensively and defensively and she's amazed me from the beginning of the season until now."

Robinson said the size, quickness and physicality of opponents on the college level are some notable differences from playing high school ball, but the biggest change has been dealing with full-court pressure: "You can't really breathe," she said.

"We basically build on her," Szecsi said. "I'm real proud of her because not many freshmen can do that at her position."



# HOME SALES

In December 2012, 125 Springfield homes sold between \$799,900-\$174,888. This week's list represents those homes sold in the \$350,000-\$174,888 range. For the complete list, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

Address .....	BR . FB . HB ...	Postal City ....	Sold Price ...	Type .....	Lot AC. ....	PostalCode .....	Subdivision .....
7615 MENDOTA PL .....	3 ... 3 ... 0 .....	SPRINGFIELD .....	\$350,000 .....	Detached .....	0.26 .....	22150 .....	SPRINGFIELD .....
7443 HATHERLEIGH CT .....	2 ... 3 ... 1 .....	ALEXANDRIA .....	\$350,000 .....	Townhouse .....	0.06 .....	22315 .....	HAYFIELD VIEW .....
8820 CAMEO SQ .....	3 ... 3 ... 1 .....	SPRINGFIELD .....	\$349,000 .....	Townhouse .....	0.04 .....	22152 .....	CAMEO GLEN .....
6402 JULIAN ST .....	3 ... 1 ... 1 .....	SPRINGFIELD .....	\$345,000 .....	Detached .....	0.28 .....	22150 .....	MONTICELLO FOREST .....
8609 PIN OAK DR .....	3 ... 3 ... 1 .....	SPRINGFIELD .....	\$345,000 .....	Townhouse .....	0.04 .....	22153 .....	SPRINGFIELD OAKS .....
6312 FRONTIER DR .....	3 ... 2 ... 0 .....	SPRINGFIELD .....	\$340,000 .....	Detached .....	0.21 .....	22150 .....	SPRINGFIELD ESTATES .....
9004 KERRYDALE CT .....	3 ... 2 ... 2 .....	SPRINGFIELD .....	\$335,000 .....	Townhouse .....	0.04 .....	22152 .....	SHANNON STATION .....
8908 GUTMAN CT .....	3 ... 2 ... 2 .....	SPRINGFIELD .....	\$335,000 .....	Townhouse .....	0.04 .....	22153 .....	GLENWOOD MANOR .....
8433 KITCHENER DR .....	4 ... 3 ... 1 .....	SPRINGFIELD .....	\$335,000 .....	Townhouse .....	0.05 .....	22153 .....	NEWINGTON STATION .....
7111 DUJOHN COURT DR .....	3 ... 2 ... 1 .....	ALEXANDRIA .....	\$333,000 .....	Townhouse .....	0.03 .....	22315 .....	D EVEREUX WEST .....
8903 GUTMAN CT .....	3 ... 3 ... 1 .....	SPRINGFIELD .....	\$332,000 .....	Townhouse .....	0.04 .....	22153 .....	GLENWOOD MANOR .....
6607 PALAMINO ST .....	4 ... 3 ... 0 .....	SPRINGFIELD .....	\$330,000 .....	Detached .....	0.23 .....	22150 .....	SPRINGFIELD ESTATES .....
6235 RATHLIN DR .....	2 ... 2 ... 2 .....	SPRINGFIELD .....	\$327,500 .....	Townhouse .....	0.04 .....	22152 .....	SHANNON STATION .....
6405 BLARNEY STONE CT .....	3 ... 2 ... 1 .....	SPRINGFIELD .....	\$325,000 .....	Townhouse .....	0.05 .....	22152 .....	SHANNON STATION .....
8095 DONEGAL LN .....	4 ... 3 ... 1 .....	SPRINGFIELD .....	\$325,000 .....	Townhouse .....	0.05 .....	22153 .....	SUMMIT WALK .....
7445 DUDDINGTON DR .....	2 ... 2 ... 2 .....	ALEXANDRIA .....	\$325,000 .....	Townhouse .....	0.04 .....	22315 .....	HAYFIELD VIEW .....
8014 SLEEPY VIEW LN .....	3 ... 2 ... 2 .....	SPRINGFIELD .....	\$320,000 .....	Townhouse .....	0.04 .....	22153 .....	SARATOGA TOWNHOUSES .....
5412 NUTTING DR .....	3 ... 1 ... 0 .....	SPRINGFIELD .....	\$315,000 .....	Detached .....	0.25 .....	22151 .....	RAVENSWORTH .....
8109 STEEPLE CHASE CT .....	3 ... 2 ... 2 .....	SPRINGFIELD .....	\$315,000 .....	Townhouse .....	0.06 .....	22153 .....	NEWINGTON FOREST .....
8443 KITCHENER DR .....	3 ... 2 ... 2 .....	SPRINGFIELD .....	\$305,000 .....	Townhouse .....	0.05 .....	22153 .....	NEWINGTON STATION .....
5320 LAROCHELLE DR .....	3 ... 3 ... 1 .....	ALEXANDRIA .....	\$305,000 .....	Townhouse .....	0.03 .....	22315 .....	TARTAN VILLAGE .....
7509 BLANFORD CT .....	2 ... 2 ... 1 .....	ALEXANDRIA .....	\$305,000 .....	Townhouse .....	0.06 .....	22315 .....	HAYFIELD VIEW .....
6001 FRONTIER DR .....	6 ... 3 ... 0 .....	SPRINGFIELD .....	\$300,000 .....	Detached .....	0.89 .....	22150 .....	SPRINGFIELD ESTATES .....
8015 REVENNA LN .....	3 ... 3 ... 0 .....	SPRINGFIELD .....	\$300,000 .....	Townhouse .....	0.04 .....	22153 .....	SARATOGA TOWNHOUSES .....
5858 WESCOTT HILLS WAY .....	2 ... 2 ... 1 .....	ALEXANDRIA .....	\$300,000 .....	Townhouse .....	0.02 .....	22315 .....	KINGSTOWNE .....
6377 PATIENCE CT .....	4 ... 2 ... 1 .....	ALEXANDRIA .....	\$295,000 .....	Townhouse .....	0.04 .....	22315 .....	WINDSOR PARK .....
7004 ELLINGHAM CIR #48 .....	2 ... 2 ... 1 .....	ALEXANDRIA .....	\$293,000 .....	Garden 1-4 Floors .....	.....	22315 .....	ETON SQUARE .....
6867 BRINDLE HEATH WAY #172 .....	2 ... 2 ... 0 .....	ALEXANDRIA .....	\$290,000 .....	Garden 1-4 Floors .....	.....	22315 .....	ETON SQUARE .....
7700 DURER CT .....	3 ... 2 ... 1 .....	SPRINGFIELD .....	\$289,900 .....	Townhouse .....	0.05 .....	22153 .....	NEWINGTON STATION .....
6611A NETTIES LN #A .....	3 ... 2 ... 0 .....	ALEXANDRIA .....	\$285,000 .....	Garden 1-4 Floors .....	.....	22315 .....	ISLAND CREEK .....
7239 HILLMEAD CT .....	3 ... 2 ... 2 .....	SPRINGFIELD .....	\$284,900 .....	Townhouse .....	0.08 .....	22150 .....	SPRINGFIELD VILLAGE .....
8009 DAYSpring CT .....	3 ... 1 ... 1 .....	SPRINGFIELD .....	\$275,000 .....	Townhouse .....	0.04 .....	22153 .....	SARATOGA TOWNHOUSES .....
8291 BARK TREE CT .....	3 ... 2 ... 1 .....	SPRINGFIELD .....	\$270,000 .....	Townhouse .....	0.03 .....	22153 .....	NEWINGTON FOREST .....
6532 MORNING GLEN CT .....	3 ... 1 ... 1 .....	ALEXANDRIA .....	\$260,000 .....	Townhouse .....	0.03 .....	22315 .....	LANDSDOWNE .....
5925 BAYSHIRE RD #114 .....	4 ... 2 ... 1 .....	SPRINGFIELD .....	\$259,999 .....	Townhouse .....	.....	22152 .....	CARDINAL FOREST .....
8220 TORY RD #144 .....	3 ... 2 ... 1 .....	SPRINGFIELD .....	\$255,000 .....	Townhouse .....	.....	22152 .....	CARDINAL FOREST .....
8303 MOLINE PL .....	3 ... 3 ... 1 .....	SPRINGFIELD .....	\$255,000 .....	Townhouse .....	0.04 .....	22153 .....	NEWINGTON STATION .....
8314 ROCKY FORGE CT .....	2 ... 1 ... 1 .....	SPRINGFIELD .....	\$255,000 .....	Townhouse .....	0.09 .....	22153 .....	NEWINGTON FOREST .....
5804 TORINGTON DR #866 .....	2 ... 2 ... 0 .....	SPRINGFIELD .....	\$230,000 .....	Townhouse .....	.....	22152 .....	CARDINAL FOREST .....
5811H CAMBRIDGE DR #677 .....	3 ... 2 ... 0 .....	SPRINGFIELD .....	\$220,000 .....	Garden 1-4 Floors .....	.....	22152 .....	CARDINAL FOREST .....
7800 HARROWGATE CIR #E .....	2 ... 2 ... 0 .....	SPRINGFIELD .....	\$217,000 .....	Garden 1-4 Floors .....	.....	22152 .....	RAMBLEWOOD AT DAVENTRY .....
6860 BRINDLE HEATH WAY #201 .....	1 ... 1 ... 0 .....	ALEXANDRIA .....	\$215,000 .....	Garden 1-4 Floors .....	.....	22315 .....	KINGSTOWNE .....
7802 HARROWGATE CIR #A .....	2 ... 2 ... 0 .....	SPRINGFIELD .....	\$197,000 .....	Garden 1-4 Floors .....	.....	22152 .....	RAMBLEWOOD AT DAVENTRY .....
5900K KINGSFORD RD #433 .....	3 ... 2 ... 0 .....	SPRINGFIELD .....	\$189,000 .....	Garden 1-4 Floors .....	.....	22152 .....	CARDINAL FOREST .....
7000 IRWELL LN #11B .....	2 ... 1 ... 0 .....	ALEXANDRIA .....	\$187,500 .....	Garden 1-4 Floors .....	.....	22315 .....	T IERS AT MANCHESTER LAKE .....
5800G TORINGTON DR #838 .....	2 ... 1 ... 1 .....	SPRINGFIELD .....	\$183,000 .....	Garden 1-4 Floors .....	.....	22152 .....	CARDINAL FOREST .....
5757 REXFORD CT #I .....	2 ... 1 ... 0 .....	SPRINGFIELD .....	\$174,888 .....	Garden 1-4 Floors .....	.....	22152 .....	CARDINAL FOREST .....

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### THURSDAY/FEB. 7

#### Volunteer at the Railroad

**Museum.** 1-4 p.m.; other times; at The Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The museum, run by Friends of Fairfax Station, is a non-profit, all volunteer organization; docents, gift shop, and other types of volunteer positions are available with training provided. 703-506-0753, 703-945-7483 or [www.fairfax-station.org](http://www.fairfax-station.org).

### SATURDAY/FEB. 9

**Second Saturday.** 9 a.m., at the Marriott Courtyard, 11220 Lee-Jackson Highway, Fairfax. Imminent professionals speak on the divorce process, encouraging separated or divorcing spouses to be civil and reasonable for their pocketbooks,

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emotional health and children. RSVP. [clapham@beankinney.com](mailto:clapham@beankinney.com).

### TUESDAY/FEB. 19

#### Korean Caregiver Telephone

**Support Group.** 7-8 p.m. A Korean speaking social worker mediates this support group for Korean speakers who care for older adults; the meeting topic is Navigating Community Services for Older Adults. 703-324-5847, TTY 703-449-1186, [Kristine.Choefairfaxcounty.gov](mailto:Kristine.Choefairfaxcounty.gov) or [www.fairfaxcounty.gov/dfs/olderdultservices](http://www.fairfaxcounty.gov/dfs/olderdultservices).

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June may be the summer surprise you've been hoping for. She's adorable, a real sweetheart, very smart and loving to everyone who crosses her path. She will play for hours with her siblings, but would love to have someone special to call her very own. If a 55 pound, almost year old bundle of joy is on your wish list, come and meet June and have years of best days forever. Attributes: CUDDLEBUG!

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# OPEN HOUSES

## SATURDAY/SUNDAY, FEBRUARY 9 & 10

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](http://www.ConnectionNewspapers.com) and click on the “This Week in Real Estate” link. **Call Specific Agents to Confirm Dates & Times**

### Annandale

4241 Americana Dr #101 ...\$149,000...Sat/Sun 1-4.....Christina Yoon.....Weichert...703-357-5111

### Burke

9686 Britford Dr.....\$697,500...Sun 12-3.....Mark Goedde..Coldwell Banker..703-850-8129  
6010 Wilmington Dr.....\$579,900.....Sun 1-4.....David Unterman.....RE/MAX..703-869-1876  
10523 Reeds Landing Cir...\$369,900.....Sun 1-4.....Doris Crockett.....Weichert ..703-615-8411

### Centreville

6487 Trillium House Ln.....\$999,900...Sun 10-4 .....Jean Marotta ..... Birch Haven..703-402-9471  
13837 Wakley Ct.....\$339,900.....Sun 1-4.....Dan Mleziva .....RE/MAX ..703-380-9915

### Fairfax

6050 Colchester Rd.....\$649,900.....Sun 1-4..Carol Hermandorfer.....Long & Foster..703-503-1812  
13403 Foxhole Dr.....\$365,000.....Sun 1-4.....Jo Ann L. Procviv.....Long & Foster..703-966-3351

### Fairfax Station

11107 Hampton Rd.....\$1,295,000...Sat 10-1.....Franklin Mendoza.....Weichert..703-282-2163  
8030 Woodland Hills Ln..\$1,100,000.....Sun 2-4.....Pat Fales.....RE/MAX ..703-503-4365

### Falls Church

3804 Munson Rd.....\$829,000.....Sun 1-4.....Patrick M. Kessler.....Keller Williams..703-405-6540  
3804 Munson Rd.....\$829,000.....Sun 1-4.....Thomas Hilleary.....Keller Williams..703-655-3100  
3324 Stoneybrae Dr.....\$699,500.....Sun 1-4.....Dana LaFever .....Weichert ..703-609-3479

### Kingstowne/Alexandria

5408 Castle Bar Ln.....\$618,500.....Sat 1-3.....Kathy Peters.....Long & Foster..703-915-2165

### Springfield

7262 Linden Tree Ln.....\$459,950.....Sun 1-4...Kathleen Quintarelli .....Weichert..703-862-8808

### Stafford

195 Tangwood Ln.....\$210,000.....Sun 1-4.....Karen Paris...Keller Williams ..571-220-7503

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](mailto:epeck@connectionnewspapers.com)  
All listings due by Tuesday at 3 P.M.



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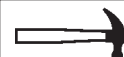
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-Archimedes

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**21 Announcements**

**ABC LICENSE**  
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above establishment is apply-  
ing to the VIRGINIA  
DEPARTMENT OF  
ALCOHOLIC BEVERAGE  
CONTROL (ABC) for a Wine  
and Beer on Premises and  
Mixed beverages on premises  
license to sell or manufacture  
alcoholic beverages.  
Vasiliki Volioti, President.  
NOTE: Objections to the issu-  
ance of this license must be  
submitted to ABC no later than  
30 days from the publishing  
date of the first of two required  
newspaper legal notices.  
Objections should be  
registered at  
**www.abc.virginia.gov** or  
800-552-3200.

**21 Announcements**

**NOTICE OF ADOPTION**  
DONALD YOUNG, PLEASE TAKE NOTICE that on Septem-  
ber 14, 2012, a PETITION FOR ADOPTION was filed in the of-  
fice of the Cabell County, West Virginia Circuit Court. PLEASE  
TAKE FURTHER NOTICE that a HEARING on this Petition is  
scheduled for March 8, 2013, at 9:15am, at the Cabell County  
Courthouse, located at 750 Fifth Avenue, Huntington, West Vir-  
ginia 25701. Said hearing will be before Honorable David M.  
Pancake, Cabell County Circuit Court Judge.

Please be advised that your parental rights may be terminated  
in the proceeding. Also, you may appear and may any objections  
known or to otherwise protect your interest. You shall  
have thirty(30) days upon being served with this notice to re-  
spond to this notice and if you fail to respond within the re-  
quired time you may not appear in or receive further notice of  
the adoption proceedings. A copy of the Petition, Case No.: 12-  
A-34, can be obtained at the Cabell County Circuit Clerk's of-  
fice at the Cabell County Courthouse, located at 750 Fifth Ave-  
nue, Huntington, West Virginia, 25701, phone number 304-  
526-8622.  
Entered this 4th day of February

**21 Announcements**

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slow walker,  
but I never  
walk back.  
-Abraham Lincoln

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