

# Home LifeStyle

PAGE 9

## Springfield CONNECTION

Franconia ♦ Kingstowne  
Newington

West Springfield senior Tim Yonkers started on the mound for the Spartans against West Potomac on Tuesday. West Springfield led 6-3 when the game was suspended due to lightning in the fourth inning.

## Spartans on Top of Conference Standing

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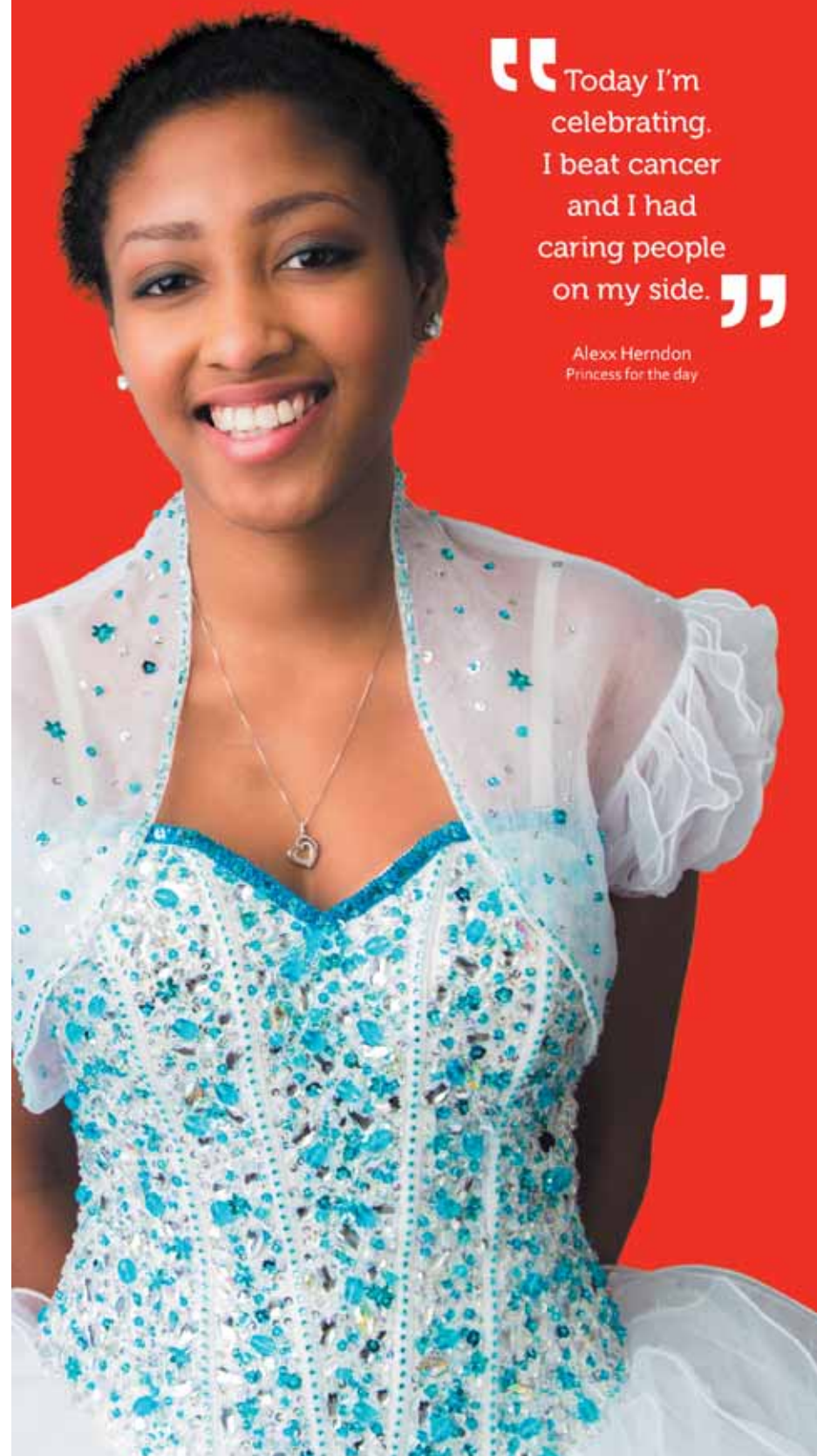
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PHOTOS COURTESY OF 95 EXPRESS LANES

The 95 Express Lanes, scheduled to open in early 2015, will require all users to purchase an E-ZPass. Shown here is construction from fall 2013 at the northern end of the project area.

## Major Changes Coming To Interstate 95

All 95 Express Lane users will need an E-ZPass in 2015.

BY JANELLE GERMANOS  
THE CONNECTION

**W**hen the 95 Express Lanes open in 2015, all drivers, whether they are driving alone, in a carpool, a slug, or in a vehicle with a clean fuel plate, will be required to purchase an E-ZPass or E-ZPass Flex to use these lanes.

"What drivers need to understand is that while they travel these HOV lanes today, and a lot of folks have been traveling these HOV lanes for years, the rules that occur in the HOV lanes are going to change when the Express Lanes open in 2015," said Michael McGurk, a spokesperson for the 95 Express Lanes project.

Unlike the 495 Express Lanes project, which was more like building a highway within a highway, McGurk said, HOV lanes on 95 are being converted into express lanes.

"With that conversion comes a whole bunch of different rules," McGurk said.

To raise awareness of the changes, the 95 Express Lanes project, along with the Virginia Department of Transportation and the Department of Rail and Public Transportation, launched the "Make a Plan" campaign on April 14.

"We want those who use the HOV lanes to continue to vanpool, carpool, slug on the express lanes, but they've got to do their homework," McGurk said.

**THE EXPRESS LANES** will run from Stafford County near Garrisonville Road up to 395 near Edsall Road, nearly 29 miles. Anyone using the express lanes will need to purchase an E-ZPass or E-ZPass Flex, which are available at retailers throughout the area, including Giant and Wegmans.

"The E-ZPass Flex is the special E-ZPass that was created for use on the 495 Express Lanes, and then the 95 Express Lanes as well, that gives people the option to take a toll-free trip if you have three or



**Drivers are encouraged to plan ahead as the opening of the 95 Express Lanes will change the way the interstate is used. All drivers using the express lanes are required to purchase an E-ZPass. Those who travel with three or more people in their vehicle must purchase an E-ZPass Flex and switch it to the toll-free HOV mode when traveling on the express lanes.**

more people in your car," McGurk said. "That E-ZPass actually has the switch at the bottom, and the driver puts it in either toll-paying mode if they're by themselves or with one other person in the car, or if they have three or more people they put it in HOV mode."

The E-ZPass Flex is critical, McGurk said, because it will allow those who are traveling HOV-3 in the HOV lanes today to enjoy the same toll-free trip. Regardless of whether drivers participate in a slug, carpool or vanpool, any vehicle with three or more people needs an E-ZPass Flex to use the express lanes. "You can take advantage of that same network that you travel today with the HOV lanes," McGurk said.

SEE EXPRESS, PAGE 5



PHOTO BY REENA SINGH/ THE CONNECTION

Police from around the nation cycled to D.C. in memory of fellow fallen officers.

## Riding for the Fallen

More than 100 officers cycle through Virginia, for cause.

BY REENA SINGH  
THE CONNECTION

**P**olice officers from all over the country vowed to "ride for those who died" this week.

Police Unity Tour Chapter IV - also known as the Virginia chapter - challenged officers on a three day bicycle tour from Richmond to D.C. in memory for fallen officers.

Before the last stop at Robert F. Kennedy Memorial Stadium, the group of 122 officers and loved ones of fallen police stopped for lunch at McConnell Public Safety and Transportation Operations Center Monday in Fairfax as a tribute to the county most the officers served.

"We had a good group of people this year," said Herndon Police Chief and Chapter IV President Maggie DeBoard. "A lot of them never knew each other, but now we're like family."

She said seven family members of fallen officers joined the tour this year. She also noted that some of the officers came from as far away as Las Vegas and Ohio.

Last year, the event raised \$1.7 million towards the National Law Enforcement Officers Memorial Fund. To ride, each bicyclist must raise at least \$1,700, she said.

Many of the police - most dressed in official Police Unity Tour uniforms - showed slight signs of pain after the three day cycle event despite the rigorous training many go through on the job.

"This is the most difficult chapters to ride because of the hills," said DeBoard.

**THE COURSE'S FIRST STOP** after departing Richmond is Charlottesville. The cyclists then head through the foothills of the Blue Ridge Mountains to Warrington and Fairfax before finishing in Washington, D.C.

HPD officer Steven Monahan said the weather during prime training season kept many officers from practicing properly.

"Because the winter was so harsh, it was hard to train outdoors," he said. "At the end of the day, though, it's not about the pain we feel. It's about who we're riding for. That's what keeps me going."

Deputy Chief Tammy Hooper rode the tour for the first time this year to honor Charlie Hill, an officer who died 25 years ago.

"It's also my 25th year on the police department, so I thought it would be a good tribute," she said, showing the blue metal bracelet on her wrist with Hill's name on it.

According to odmp.org, Hill was killed in March 1989 after opening fire on a drug dealer who held a gun to a hostage's head, demanding that his debt get paid. The suspect had enough time to open fire before he was killed, mortally wounding Hill and injuring a second officer.

Hooper said she met Hill during police academy on the shooting range, where he was an instructor.

Lucas County Sheriff's Department Deputy Rob Sehermerhorn came down from Ohio to ride with the Virginia chapter.

"My friend, Keith Dressel, died in the line of duty," he said. "He interrupted a drug bust."





CERT teachers include members of the Fairfax County Fire and Rescue who are experienced in emergency response. Here, instructors guide a group of students at a CERT class on May 12.

PHOTOS BY JANELLE GERMANOS/THE CONNECTION



CERT provides students with 20 hours of training, and uses facilities at the Fire and Rescue Academy in Fairfax that provides hands-on practice.

## CERT Helps Citizens Prepare for Emergency Situations

Training provides hands-on disaster response skills.

BY JANELLE GERMANOS  
THE CONNECTION

Steve Willey, a member of Virginia Task Force One and lead instructor of Fairfax County's Community Emergency Response Team (CERT), acknowledges that the police and fire department are dependable in the community after a major disaster.

But, it's important to be prepared, since police and fire and rescue are sent first to major incidents, making it important for community members to take control of their own safety. That's where CERT comes in.

CERT classes, taught by firefighters and trained leaders, provide students with 20 hours of training. Class members learn practical skills and practice them in a hands-on setting. CERT trains citizens how to be prepared and help their families, neighbors and themselves in a disaster situation.

"You learn everything from how to prepare for a disaster to how to conduct search and rescues to how to take care of pets during a disaster," said Missy Tuttle-Ferrio, the lead CERT coordinator.

**THE CLASSES**, which are taught year round at the Fairfax County Fire and Rescue Academy as well as locations throughout the community, teach students not only how to prepare themselves for a disaster, but also how to help their community after an incident.

For example, students learn about search and rescue techniques, and even practice on model buildings also used by students of the Fire and Rescue Academy.

During the May 12 class of the spring session of CERT at the Fire and Rescue Academy, Mike Fogy taught students about the



Lead CERT coordinator Missy Tuttle-Ferrio, second from right, talks about best practices for medical response during a disaster during a CERT class on May 12.

ins and outs of incident command, complete with several zombie references. After the lecture, students put on their gear, which includes a vest, helmet, goggles, gloves, and knee pads, and began the hands-on lesson to practice what they just learned.

Fogy, who has first-hand experience from his part in rescue efforts at the World Trade Center and Haiti, said the classes help members be prepared for events such as the Derecho that occurred a few years ago.

"It teaches them how to look for top priorities after a disaster situation in their neighborhood," Fogy said. "If you're not thinking ahead, you're going to be behind."

Willey brings first-hand experience as a command officer in the Fairfax County Fire and Rescue Department and as a first responder in a variety of disaster responses.



CERT students enter a model building to practice how they would respond in a real-life emergency situation.

At the end of the session, students participate in a final exercise in a huge area at the site of the former Lorton Prison. They must determine their priorities as they rescue victims from a disaster scenario, which could be anything from a hurricane to an earthquake.

"It makes it feel like it's a real disaster," Tuttle-Ferrio said. "At first they have a huge rush of adrenaline, but then their training kicks in."

Anyone over the age of 18 who lives, works or worships in Fairfax County is eligible to enroll in CERT. But for those who can't take a class just yet, instructors urge residents to be prepared with a 72-hour kit.

"You can get by without power, but not without food or water. Having a 72-hour kit ensures you have what you need," Willey said.

**SOME STUDENTS** love the class so much that they say they want to become firefighters. Others do it because they want to give back to the community. Regardless of what they get out of the class, Tuttle-Ferrio says that most of the students have to work on not being nervous during a drill.

"Everyone is nervous at first, but with more training, it goes away," she said. "It can be very stressful, especially with the victim-actors because it makes it seem more realistic."

CERT, which was established in Fairfax County in 2003, is a nationwide program that began in a 1985 earthquake preparation initiative held by the Los Angeles Fire Department. It is run by the Federal Emergency Management Association.

The next session of CERT classes begins May 21 at the Greater Springfield Fire Department. To register, visit <http://volunteer.fairfaxcounty.gov>.



## NEWS

### Animal Shelter Grand Opening

The Fairfax County Animal Shelter will host a ribbon-cutting ceremony and open house this Saturday, May 17, to celebrate the official completion of the shelter's renovation and expansion. Festivities begin at 1 p.m. and will include

behind-the-scenes tours, face-painting and hands-on interaction with rabbits, guinea pigs and small reptiles. The shelter's at 4500 West Ox Road and is open Tuesday through Friday, noon to 7 p.m., and Saturday, 10 a.m. to 5 p.m.



Bunny at animal shelter.

## Express Lanes Require E-ZPass

FROM PAGE 3

The only passengers receiving a toll-free trip on the express lanes will be those with a total of three or more people in their car, transit riders, or motorcycle riders.

"Today on the HOV lanes, if you have a special clean fuel license plate that was issued before July 2006, you can use the HOV lanes without meeting the HOV-3 occupancy requirement," McGurk said. "That will change as well on the 95 Express Lanes. The only way to get that toll free ride is with three or more or riding a bus or motorcycle." Under the current HOV system, drivers with less than three people are not able to use the lanes during restricted peak times. However, under the new express lanes system, those drivers can pay a toll to access the lanes at any time, McGurk said.

"So during peak morning rush hour, 7:30 and 8 in the morning, normally they aren't allowed in the HOV lane network, but they're going to have the opportunity to be able to pay a toll to get in the express lanes network," McGurk said. Once the 95 Express Lanes end at Edsall Road in Springfield, those with

three or more people in their vehicles can continue north onto the I-395 HOV lanes. However, during times when the I-395 HOV rules are in effect, those who do not meet the HOV requirement will have to exit the express lanes and travel on the main parts of I-395 when the express lanes end at Edsall Road. "While using the 95 Express Lanes will be easy, it's important that all travelers make a plan for the changes the 95 Express Lanes will bring to I-95," said Kevin Ginnerty, Director of Project Delivery, Transurban, in an April 14 press release. "Many travelers use the HOV lanes today – whether for commuting, weekend or vacation trips – and it's important that they familiarize themselves with new rules of the road for the 95 Express Lanes."

**IN APRIL**, Governor Terry McAuliffe announced that the 95 Express Lanes project is more than 70 percent complete and will open in early 2015.

"The progress on the 95 Express Lanes project is a visible reminder of the congestion relief and new travel choices that Virginians will have available to them in less than a year," McAuliffe stated in an April 29 press release.

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# Virginia Proves Elections Matter

Health and economic issues are entwined.

Some people continue to assert, either with their words or by simply abstaining, that voting just doesn't matter. Here in Virginia, nearly every day we prove that is incorrect.

All of Virginia's elected representatives who are elected by the entire state are of the same political party. They are all Democrats: Gov. Terry McAuliffe, Lt. Gov. Ralph Northam, Attorney General Mark Herring and Virginia's two U.S. Senators, Mark Warner and Tim Kaine.

None were elected by a landslide but the trend is undeniable; the results are tangible.

Herring won his race over Mark D. Obenshain (R) by fewer than 200 votes out of more than 2.2 million votes cast. But that slimmest of margins has cleared the way for a new approach on many issues, especially after the previous four years of Gov. Bob McDonnell and Attorney General Ken Cuccinelli.

In January, Herring announced his office would support legal arguments that Virginia's

ban on same sex marriage is unconstitutional. Judge Arenda Wright Allen on Valentine's Day overturned that ban, and on Tuesday, May 13, the U.S. 4th Circuit Court of Appeals in Richmond begins the process that should result in same sex couples being able to marry in Virginia.

In April, Herring advised that Virginia students who are lawfully present in the United States under the Federal Deferred Action for Childhood Arrivals (DACA) program qualify for in-state tuition, provided they meet Virginia's domicile requirements.

EDITORIAL

This week, Gov. McAuliffe began administrative processes to blunt the effects of restrictive regulations placed on women's health centers that provide abortion, that would essentially have forced most to close by applying onerous standards intended for hospitals.

"I am concerned that the extreme and punitive regulations adopted last year jeopardize the ability of most women's health centers to keep their doors open and place in jeopardy the health and reproductive rights of Virginia women," McAuliffe said. He also began the process of changing the makeup of the Board of Health via appointments, including return-

ing James Edmondson of McLean to the board.

In the meantime, the gerrymandering of district lines for members of the General Assembly maintains the conservative, Republican super majority there.

Those members of the House of Delegates in particular seem prepared to cut off their noses to spite their faces, to do almost anything to deny health care to more than 200,000 very poor Virginians who could be covered by expanding Medicaid under the Affordable Care Act. Not only would this be fully covered by Federal funds for the first years and covered 90 percent thereafter, but it would bring enormous economic benefits to Virginia. McAuliffe is correct to look for ways to expand Medicaid administratively, bypassing the General Assembly. It has been done elsewhere.

"This is not just a health issue — it's an economic issue," McAuliffe said yesterday in announcing review of the regulations on women's health clinics, but the statement applies also to expanding health care in Virginia. "In order to grow and diversify our economy, Virginia needs to be open and welcoming to all."

— MARY KIMM,

MKIMM@CONNECTIONNEWSPAPERS.COM

# No, I'm Not a Parent; I Just Act Like One

BY JOAN BRADY

I'm not a biological mother, an adoptive mother, a stepmother or a foster mother. But I have experienced some of the joys and heartbreaks of motherhood.

More than 12 years ago, I began as a homework tutor at a group home for foster kids. It was there that I met 7-year-old Dontae.

He would tell you that he tricked me into spending more time with him by pretending that he didn't know his letters. I would tell you that I was drawn to him in ways that I think mothers are drawn to their children. He needed someone. Maybe he needed me.

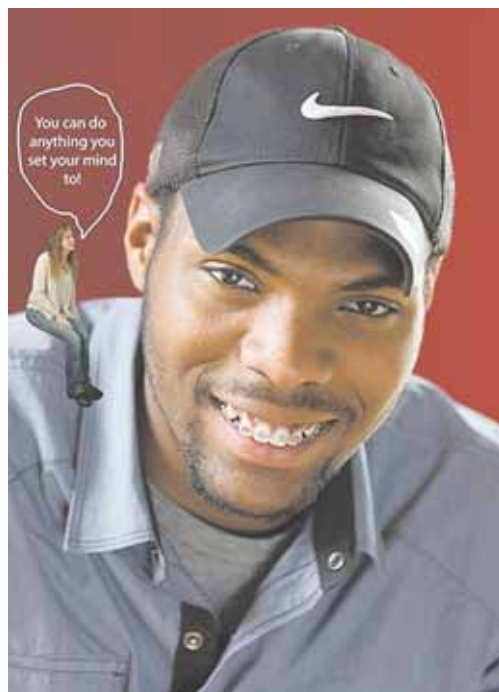
Within months, I began training to become Dontae's Court Appointed Special Advocate or CASA. A CASA is a volunteer who becomes the advocate for a foster child, representing a vulnerable child against the competing priorities of rotating social workers, lawyers and caregivers.

Dontae had 23 placements in just under three years during his time in foster care. With a lack of stability and security, it was no wonder that his behavior was out of control. His anger was often frightening and sometimes put us both in danger.

I quickly learned that he needed consistency and boundaries, but most of all, he needed unconditional, unwavering support.

My friends' kids were much younger than Dontae and social services and court appointed therapists didn't offer any meaningful insights or strategies. I operated on instinct, which sometimes served me well, but often did not.

I told Dontae over and over again what my parents had told me from the time I can remember: "You can do anything you set your mind to." While I might have gotten that per-



Joan Brady to Dontae: "You can do anything you set your mind to!"

sistent and caring motivational support right, there was so much I was getting wrong.

Fortunately, in my second year with Dontae. I met a talented therapist with a young child. In exchange for photographs of her daughter, she promised to meet with me weekly, the day after I saw Dontae.

Each week, I reported on our most recent visit. She would carefully explain where and why my instincts had betrayed me and sent me back out to do better the next time. Her insights were invaluable over the years.

Dontae returned to his mother's home after three years in foster care and she supported

my continuing to be part of their lives. I helped to navigate the frustratingly complex educational system and was there to encourage Dontae. But at 14, Dontae was not really much different than he had been when I met him at 7. He was often filled with rage. The slightest thing could set him off. And one day after battering me with harsh and menacing words, he attempted to jump out of my car as I drove down the highway.

I remember my parents threatening to leave us, four kids at the side of the road, during a particularly bad road trip. I knew just how they felt. But I didn't leave Dontae at the side of the road. And three years later, he started to change.

In the past five years I have gotten to experience some of the joys of parenthood; first job, raises, good grades, school dances, wonderful trips and meals enhanced by interesting conversations. I have also struggled with the frustrating dilemma of trying to keep a kid on track, alternating between nagging, bribing, screaming, negotiating and supporting.

Dontae stayed in school well beyond what should have been his graduation date, cramming 12 years of education into just two. And next month he will graduate.

If you had asked me if I thought this was possible 12 years ago, I would have quietly shaken my head. But come June, I will be loudly cheering Dontae on at his high school graduation and embarrassing him by taking too many pictures.

No, I'm not a parent. I just act like one.

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

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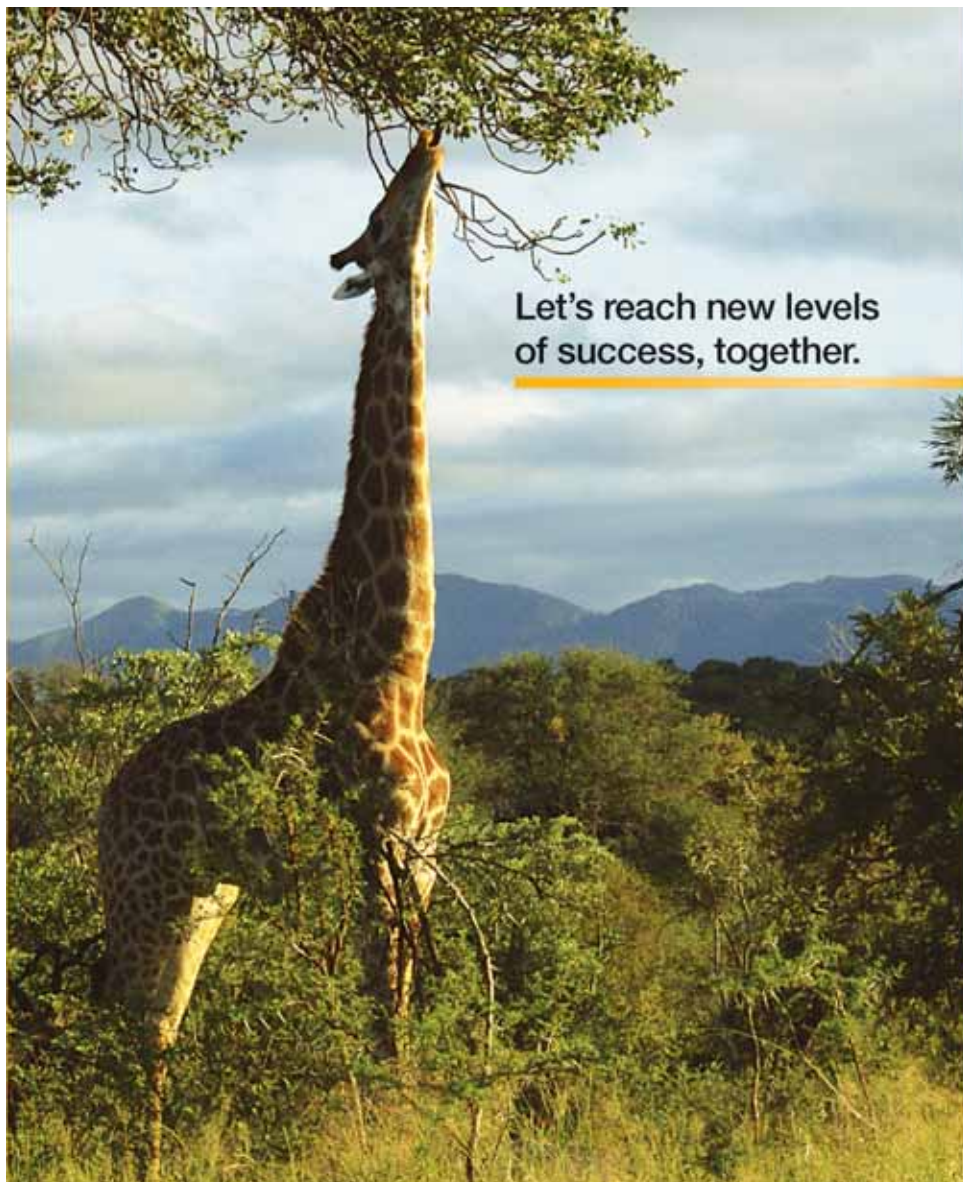
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Local REAL ESTATE

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6 4752 Sun Orchard Drive,  
Chantilly — \$925,000



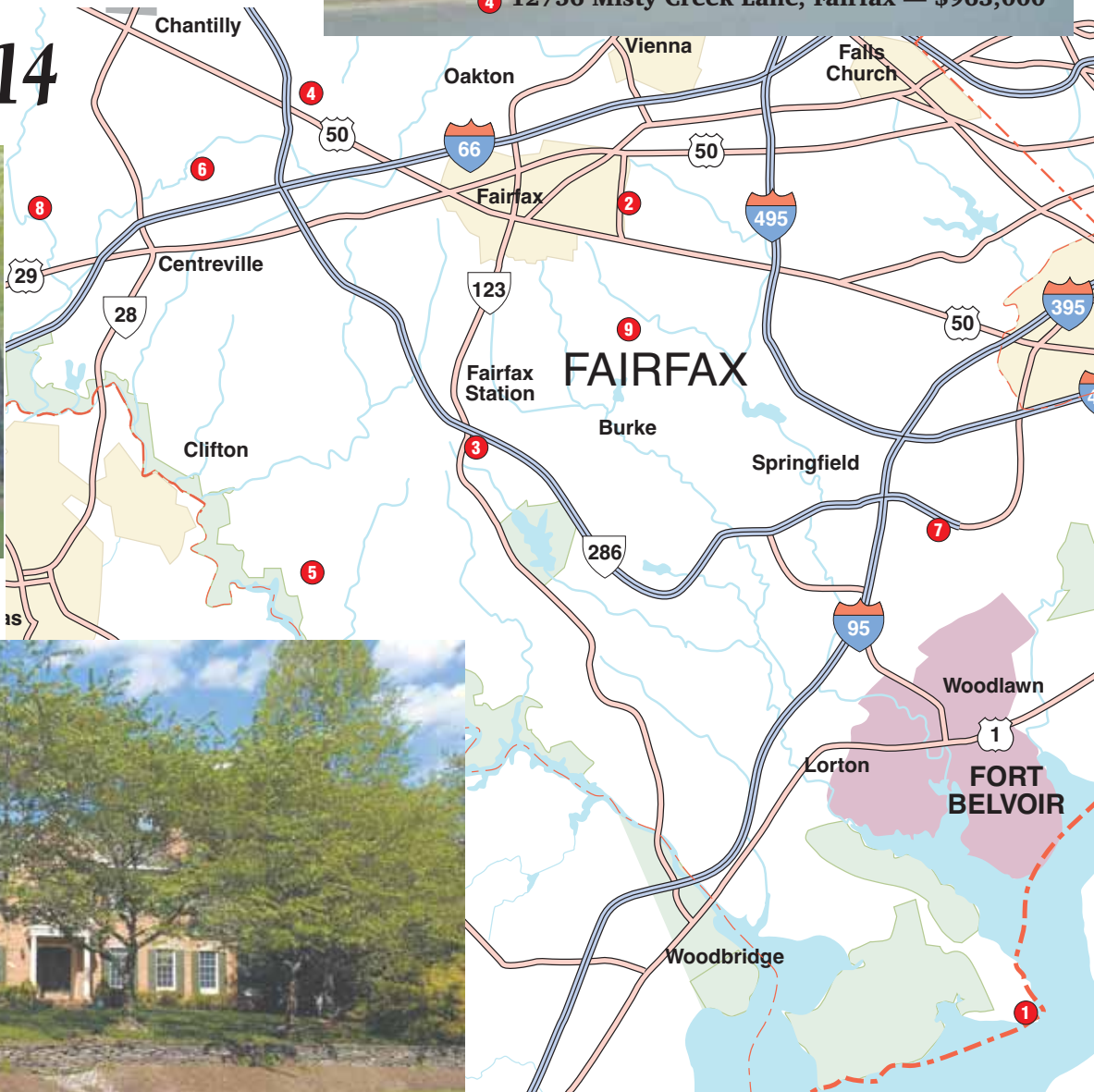
4 12756 Misty Creek Lane, Fairfax — \$963,000



Top Sales in March, 2014



5 12403 Clifton Hunt Drive, Clifton — \$925,000



3 6207 Halley  
Commons Court,  
Fairfax Station —  
\$1,165,000



Address .....	BR	FB	HB	.....	Postal City .....	Sold Price ..	Type .....	Lot AC ..	Postal Code .....	Subdivision .....	Date Sold
1 5813 RIVER DR .....	4	..	2	..	1	LORTON .....	\$1,340,000 ...	Detached ...	0.86 .....	22079 . HALLOWING POINT RIVER .	03/25/14
2 9505 SHELLY KRASNOW LN .....	5	..	5	..	1	FAIRFAX .....	\$1,180,000 ...	Detached ...	0.26 .....	22031 ..... PICKETT'S RESERVE .....	03/06/14
3 6207 HALLEY COMMONS CT ....	5	..	4	..	1	FAIRFAX STATION	\$1,059,000 ...	Detached ...	0.83 .....	22039 . HUNT AT FAIRFAX STATION	03/17/14
4 12756 MISTY CREEK LN .....	5	..	4	..	1	FAIRFAX .....	\$963,000 ...	Detached ...	0.21 .....	22033 ..... CENTURY OAK .....	03/25/14
5 12403 CLIFTON HUNT DR .....	5	..	3	..	1	CLIFTON .....	\$925,000 ...	Detached ...	5.14 .....	20124 ..... CLIFTON HUNT .....	03/17/14
6 4752 SUN ORCHARD DR .....	5	..	4	..	1	CHANTILLY .....	\$850,000 ...	Detached ...	0.41 .....	20151 ..... PARKSIDE MANOR .....	03/21/14
7 6477 WINDHAM AVE .....	5	..	4	..	1	ALEXANDRIA .....	\$850,000 ...	Detached ...	0.57 .....	22315 ..... WINDSOR ESTATES .....	03/19/14
8 5824 RIDINGS MANOR PL .....	4	..	5	..	1	CENTREVILLE .....	\$800,000 ...	Detached ...	1.01 .....	20120 THE RIDINGS AT VIRGN RUN	03/25/14
9 9485 HARROWHILL LN .....	5	..	5	..	1	BURKE .....	\$792,000 ...	Detached ...	0.30 .....	22015 ..... WESTON HILLS .....	03/14/14

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7979 Boulevard Drive East, Mount Vernon —  
\$18,600,000



# Empty-Nesters Spread Their Wings

A Springfield couple creates a personalized interior custom-suited to support everyday pleasures, using the existing footprint.

BY JOHN BYRD

A sunny space; an uplifting view; a generous footprint that includes a sizeable breakfast zone, a food preparation island and easy access to a large back deck.

On the surface, the kitchen of David and Cindy Kunzman's colonial-style home in Springfield had everything to recommend it. On the other hand: when the kids have moved on, transforming a kitchen into your everyday gathering place can become a personal passion. It's largely a matter of thinking creatively; and finding the right resources.

"We'd been thinking about a new kitchen almost from the day we moved in," said David Kunzman who had purchased the circa-1990s four-bedroom home about 10 years ago. "We didn't move quickly, partly, because the original floor plan worked pretty well. Fundamentally, we were developing our wish-list, going to home shows and waiting for the right opportunity."

That opportunity was meeting David Foster at a home his firm, Foster Remodeling Solutions, had recently renovated. Kunzman liked what he saw and heard. Shortly afterward, Cindy Kunzman was introduced to Foster's designer, Mimi Lee.

"That's when the project took off," Kunzman said. "Mimi really helped us shape our ideas."

**THE FIRST STEP** was a thoughtful re-examination with Foster of the existing floor plan: what

worked and what could be improved upon.

The cooktop and clean-up were in the right place, the Kunzmans decided. The food prep island — while small — was a critical leg in effective work triangles. The breakfast nook was appropriately positioned, and there was lots of natural light. The main issues were in performance: more functional storage, some personal-use items begging for custom design, and, of course, ambiance.

It wasn't just that the existing interior was dated, or that it evoked qualities unquestionably associated with a suburban production house. The couple's larger goal was finding a design style that appropriately expressed their evolving tastes.

"The more we talked," Lee said, "the more we seemed to be naturally exploring ideas associated with transitional-style interior design."

Transitional style, Lee said, introduces traditional, often formal touches into an open floor plan. The style objective, thus, guided the selection process — cultivating a warmly textured feel appropriate for rooms often bathed in natural light.

**THE STARTING POINT**, however, was modifying the floor plan to gain useful square footage without moving walls.

Deleting a pantry tucked in an interior wall, for instance, enabled the Foster team to pick up just enough floor space to introduce a substantially larger food preparation island, and dining counter —

## Details

Foster Remodeling Solutions periodically offers workshops on home remodeling topics. Call 703-550-1371 or visit [www.fosterremodeling.com](http://www.fosterremodeling.com).

which now accommodates seating for three. Moreover, while finding the square footage needed for a much larger refrigerator, a stacked double oven and even an Advantium range, the makeover still manages to provide more usable storage than the previous kitchen.

"This is David working some kind of magic," Kunzman said.

"We designed deeper cabinets with roll-out trays," Foster said. "The cabinets and drawers are designed for specific items, and positioned to facilitate a whole series of interlinked work triangles. It's a plan that emphasizes convenience and efficiency."

Naturally, in such a world, one expects cabinets custom-sized for large pots; roll-out spice racks; a side drawer for hand towels; and a dedicated spot for the espresso coffeemaker.

But this plan also introduces such originals as a pull-out drawer with his-and-her iPad charging stations; a slot to hold the RF Universal remote; and a TV mounted so that the screen points in any direction desired.

Carrying integrated home entertainment a step further, Foster positioned audio speakers above the cabinets and mounted the sound system in the basement.

The most personal built-in, however, is the 8-foot-by8-foot-by3.5-foot wet bar on the interior wall of the breakfast nook. With a 40-bottle wine/beer refrigerator, a clean-up sink and an ice maker, the console is convenient to the breakfast table and, more importantly, to the deck and outdoor play area just beyond the double French doors.

"The wet bar is a real step-saver



**While staying within the footprint of their existing 18-year old-kitchen, Dave and Cindy Kunzman gained significant improvements in both function and design. Cindy Kunzman worked closely with designer Mimi Lee at Foster Remodeling Solutions in developing a warmly textured ambiance that combines selected hardwoods, tumbled marbles and granite.**

PHOTOS BY DIMITRI GANAS



**The custom-designed wet bar — which is positioned for easy access to the back deck — includes a 40-bottle wine/beer refrigerator, a clean-up sink and an icemaker. The glass-faced cabinets display David Kunzman's collection of beer mugs from favorite micro-breweries.**

that makes entertaining on the deck much easier," Kunzman said. On the interior design front, Cindy Kunzman made full-use of Mimi Lee's talents and advice, often visiting Foster Remodeling's Lorton showroom to look at cabinets facings, marble samples or ideas for flooring. What evolved was an interior that makes use of color-contrasted natural materials, decorative elements and finish work detailing: a cooktop hood faced in cherrywood that tapers upward to

ceiling-flush crown moulding; a Giallo Oatmeal granite surface mounted on the food prep island's espresso-stained cabinetry base; and a backsplash of tumbled marble that incorporates glass tile inserts as art deco-styled accents. "You build this kind of interior one detail at a time; that's how you achieve distinction," Kunzman said. "But more importantly, it's satisfying to be in a space that so completely expresses who you are. It's comfortable; it feels like home."

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# Keeping Youth Happy and Healthy

NEXUS Conference discusses best strategies.

BY JANELLE GERMANOS  
THE CONNECTION

According to the Fairfax County 2012-2013 Youth Survey, youth with fewer assets were more likely to be depressed. These assets include high integrity, extra-curricular activities, help from parents, and more.

This topic, along with ways to promote positive health for children and youth, was discussed at this year's NEXUS conference at the Virginia Hills Center on May 9. The conference centered on ways to keep youth mentally and physical happy and healthy.

Dr. Stuart White, a post-doctoral research fellow at the National Institute of Mental Health, was the keynote speaker. White spoke about the knowledge NIH is gaining regarding brain function and the neurobiology of aggression.

The conference was dedicated to the late Cliff Hardison, who served as principal of West Potomac High School.

Sal Olivio, a teacher at West Potomac High School, and students Amilcar Martinez and Tanah Kaisa, addressed ways they are promoting positive mental health at their school. Suicide prevention has been a major topic, as well as anxiety and safe sex practices.

**BECAUSE CYBER BULLYING** has been such a major issue for teenagers, the school started a West Potomac twitter hashtag-#WPchainreaction- to spread positivity around West Potomac. The school also recently marked Social Media Awareness Week, which Olivio said reminded students if they didn't have anything nice to say to not say it at all.

But in addition to watching what is said over social media, it's important to know who youth are talking to on these sites. Parents need to remain vigilant of what their children are doing on social media sites, said Ed Ryan, the gang prevention coordinator for Fairfax County.

Sex trafficking is a major problem in the area, Ryan said, and social media is often used to search for possible girls.

"Facebook is one of the number one recruitment tools," Ryan said.

Sex traffickers use the site to look for vulnerable girls with low self-esteem. In a time when some teenagers share nearly every detail of their life through Facebook, this isn't too hard to do. For example, teenagers who frequently post things like "I hate my life," and "Nobody understands me" are prime targets for traffickers, who will message the girls with compliments, and attempt to draw them in.

Luckily, Fairfax County Public Schools recently adopted a curriculum for students in grades six through twelve that provides information on sex trafficking and educates them on ways to stay safe.

**PREVENTION AND INTERVENTION** were major themes at the conference. After the incident involving State Sen. Creigh Deeds and his son Gus, who stabbed his father before killing himself after he was released from an emergency custody order when a bed couldn't be located for him within the

PHOTOS BY JANELLE GERMANOS/THE CONNECTION



**Stuart White, Deborah Tyler, Alexander Case, Theresa Carhart and Teresa Chapman talk about Fairfax County Public Schools at the NEXUS forum on building strong health outcomes for children and youth on May 9 at the Virginia Hills Center in Rose Hill.**



**Gloria Addo-Ayensu, Fairfax County Director of Health, speaks at the NEXUS conference focused on the well-being of children and youth on May 9 at the Virginia Hills Center in Rose Hill.**



**Del. Scott Surovell (D-44) speaks about legislation related to mental health passed in Richmond during the past session of the General Assembly.**

six hours allowed by law, some legislation was passed in Richmond to try to prevent further tragedies from occurring.

"It's unfortunate that we had to have that happen in order to do anything about it," said Del. Scott Surovell (D-44), who provided an update on legislative activities related to mental health.

Following this year's General Assembly session, law enforcement is now required to notify Community Services Boards immediately when they take someone in for mental health issues.

On April 30, Surovell said that an online bed registry went live that lists all available beds in the state.

Equity was another topic at the conference. Within Fairfax County, there are pockets of inequity, and this is being addressed through SCYPT (Successful Children and Youth Policy Team).

According to Jack Dobbyn, SCYPT co-chair and Mount Vernon Representative to the Human Services Council, SCYPT works to ensure that all children are developing into healthy, happy adults.

Early childhood development and education is a priority for SCYPT, Dobbyn said.

"The difference in preparation at the kindergarten level would blow your mind," he said.

NEXUS is an outreach committee of the Gartlan Center for Community Mental Health's advisory board, and aims to promote well-being for children and youth.



PHOTO CONTRIBUTED

**The Netcasters returned in early May to the historic St. Stephen's Episcopal Church (1753) in Romney.**

## Netcasters Reborn

The ecumenical music group from the Springfield-Burke area was originally formed over 30 years ago.

BY SUSIE NUÑEZ AND  
KATHRYN BOUDREAU

You hear about babies being born in the back seats of cars, but sometimes good ideas are, too. Six months ago on the way back from singing at a church service in Romney, W. Va., a small group of vocalists and musicians that had formerly sung together decided that there was simply too much harmony between them to let it go. With that, The Netcasters were reborn.

The ecumenical music group from the Springfield-Burke area was originally formed over 30 years ago, but this time the approach to performance has almost followed a business model. Although still comprised of all volunteers, the group has registered as an LLC, purchased its own music license, and maintains a Facebook page that has followers around the U.S. and even internationally.

Although the "cast" for each performance depends on the individual's availabilities, the group is usually comprised of keyboard, guitars, flutes, and electric bass, as well as vocalists.

Phillip "Flip" Russell, came across The Netcasters by word of mouth when the manager of a local gas station saw his guitar-shaped key ring and told him that there was a Christian-based group that was looking for a bass player. He agreed to sit in on a practice to see if he was a good fit. "From the mo-

ment [I was introduced to the group], I considered myself a Netcaster," Russell said. "Divine intervention in the form of a guitar-shaped key ring set a series of events in motion."

Ether Smith, the other co-director as well as arranger for the group, regularly plays keyboard, soprano sax, and bassoon. He served for six years as the commander of an Air National Guard band and played in the television orchestra for a major U.S. city.

Specializing in gospel, contemporary Christian music, American folk standards, and "songs of yesteryear," The Netcasters have already performed at the Greenspring Village and Paul Springs retirement communities, and the Iliff Nursing and Rehabilitation Center.

At the request of Rick and Libby Hillenbrand, The Netcasters returned in early May to the historic St. Stephen's Episcopal Church (1753) in Romney to present "An Afternoon With The Netcasters" on Saturday, May 3, and then led the music for the worship service the following morning. Libby had played guitar with the group for many years prior to the couple's retirement and move to the West Virginia foothills.

The Netcasters are available to provide music for religious services, retirement homes, rehabilitation facilities, or other venues. They may be contacted at [thenetcasters@gmail.com](mailto:thenetcasters@gmail.com).



# ENTERTAINMENT

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

## THURSDAY MAY 15- TUESDAY/ MAY 27

**Bodzín Art Gallery: On Deaf Ears.** Jewish Community Center of NoVA, 8900 Little River Turnpike, Fairfax. Commemorate Yom Ha'Shoah, Holocaust Remembrance Day, with images of three local photographers. 703-323-0880. [jccnvarts.org](http://jccnvarts.org)

## FRIDAY/MAY 16- SUNDAY/JUNE 1

**The Fantasticks.** Fridays & Saturdays at 8 p.m., Sundays at 1 p.m. Workhouse Arts Center, Lorton. The Fantasticks is a funny and romantic musical about a boy, a girl, two fathers and a wall. Tickets : \$15.

## FRIDAY/MAY 16- SUNDAY/MAY 18

**"Failure, A Love Story" Play.** Fridays at 8 p.m., Saturdays 2 p.m. & 8 p.m. and Sundays at 2 p.m. John Swayze Theatre at the New School of Northern Virginia, 9431 Silver King Court, Fairfax. Tickets: \$20-\$30. Call 1-800-494-8497 or [www.thehubtheatre.org](http://www.thehubtheatre.org). Note: For ages 10 and up.

## FRIDAY/MAY 16

**"On the Corner Of" A Dance Tribute to New York City.** 7:30 p.m. Fairfax Academy, 3501 Rebel Run, Fairfax. Fairfax Academy presents their annual dance showcase. Tickets: \$10-\$15. [fxdance.ticketleap.com](http://fxdance.ticketleap.com)

## SATURDAY/ MAY 17

**Spring Garden Day.** 9 a.m.-3p.m., Green Spring Gardens, 4603 Green Spring Road, Alexandria. More than 40 vendors of rare and unusual plants descend on Green Spring Gardens to fill your spring gardening needs.

**2014 Spring Carnival.** 11 a.m. – 5 p.m. 6720 Union Mill Road, Clifton. Hosted by St. Andrew's The Apostle School. Spring fun for all in the community.

**Ballroom Social Dance Featuring Cha-Cha.** 7:30 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. \$5-\$10.

<http://www.workhousearts.org/events/performing-arts/ballroom-social-dance-12>

**Yard Sale.** 8 a.m. – 1 p.m. Lee High School Parking Lot, 6540 Franconia Road, Springfield. Register for a small space now prices: are \$10 or 2 for \$15. Register by email at [Leeyardsalemay17@gmail.com](mailto:Leeyardsalemay17@gmail.com).

**Springtime Pops.** 8 p.m. WT Woodson High School, 9525 Main Street, Fairfax. CFB's season closer is a celebration of spring in full swing, with an "Evening at Pops" inspired program featuring light classics, marches, show tunes and movie music. The program also features the



**Don't miss Fairfax Academy's annual dance showcase playing this weekend, May 16 and 17 at Fairfax Academy, 3501 Rebel Run Road, Fairfax.**

winter of the 2014 Young Artist Competition in solo performance.

**Hope & Health Festival.** 11 a.m.-2 p.m. Lorton Park, 9518 Richmond Highway. Free health/nutrition info, access to health screening, and free food and games for South County region families. Rain or shine.

**Art of Wellness: Health & Healing Fair.** Unity of Fairfax, 2854 Hunter Mill Rd, Oakton. Explore allopathic and complimentary healing systems through lectures, book signings, concerts, yoga classes, massages, personal coaching, and food samples. Bring family and pets. \$10. 571-359-7144. [unityoffairfax.org](http://unityoffairfax.org).

**Spring Garden Day: Big Plant Sale.** 9 a.m.-3 p.m. 4603 Green Spring Rd, Alexandria. Forty vendors of rare and unusual plants. FROGS members receive 10% off plants in shop.

**John Jacobs Next Generation Power Force.** Jubilee Christian Center, 4650 Shirley Gate Road, Fairfax. A strength team with a message of hope to lift the world. [www.jccag.org](http://www.jccag.org).

**"On the Corner Of" A Dance Tribute to New York City.** 3 p.m. Fairfax Academy, 3501 Rebel Run, Fairfax. Fairfax Academy presents their annual dance showcase. Shortened version for youngsters. Tickets: \$10-\$15. [fxdance.ticketleap.com](http://fxdance.ticketleap.com)

## SUNDAY/MAY 18

**Display and N Gauge Trains.** 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Museum members, free; adults 16 and over,

\$4; children 5-15, \$2; under 4, free. [www.fairfax-station.org](http://www.fairfax-station.org).

**Burke Historical Society Meeting.** 4:30 p.m. Abiding Presence Lutheran Church, 6304 Lee Chapel Road, Burke. This month, Brian Slawaski will complete his series on intellectual property, with a look at copyright and residents of Burke who have obtained it. What were the products of these creative minds?

**2014 Israel Street Festival.** Mosaic District, 2910 District Avenue, Fairfax. The festival celebrates the sights, sounds and flavors of Israel by featuring performances, exhibits and activities throughout the afternoon. [www.jccnv.org](http://www.jccnv.org).

## MONDAY/ MAY 19

**Veterans Golf Benefit.** 8 a.m., Medal of Honor Golf Course, Quantico, 3313 Fuller Heights Rd, Quantico. This 7th Annual event is open to all & honors Medal of Honor Recipients as well as those looking to raise funds for the Veteran Relief Fund. [www.VeteransGolfClassic.com](http://www.VeteransGolfClassic.com) or [davidbmeyers21@gmail.com](mailto:davidbmeyers21@gmail.com)

**"Protecting Against the Realities on Substance Abuse."** 7:30 p.m. Fairfax American Legion, 3939 Oak Street, Fairfax.

## TUESDAY/ MAY 20

**Oak Hill Estate Tour.** 9 a.m.-3 p.m. Oak Hill & Outlands, Loudon County. Tour former home and garden of Pres. James Monroe. \$107 includes motor coach, driver tip, lunch, and admissions. Register online [www.fairfaxcounty.gov/parks/](http://www.fairfaxcounty.gov/parks/)

[greenspring.org](http://greenspring.org). 703-642-5173.

## THURSDAY/ MAY 22

**Garden Stroll & Tea Program.** 1-3 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Garden tour and traditional English tea at 1784 historic house. \$29. RSVP 703-941-7987.

**Designing with Native Plants.** 7-8 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Learn which VA native plants work best for home garden landscape design. \$18. RSVP 703-642-5173. [fairfaxcounty.gov/parks/greenspring](http://fairfaxcounty.gov/parks/greenspring).

**Legos in the Library.** 4:30-5:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. What can you build in an hour? Join us for thematic activities building with a collection of thousands of LEGOS! Presented by Brixalot, Inc. Age 6-12. <http://brixalot.com/>

## SATURDAY-SUNDAY/ MAY 24-25

**Swimming Pool Open House.** 12-4 p.m. Fairfax Swimming Pool, 4200 Roberts Rd., Fairfax. Moon bounce and pizza for sale on Saturday. Free. [Fairfaxpool.com](http://Fairfaxpool.com)

## SATURDAY/MAY 24

**Coffee Cupping: Tasting Party.** 10:30 a.m.-12 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Discover and taste coffee from different regions worldwide. \$30. RSVP [fairfaxcounty.gov/parks/greenspring](http://fairfaxcounty.gov/parks/greenspring). 703-941-7987.

**Floral Design: Grocery Bunch Makeovers.** 9:30-11:30 a.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Transform grocery floral bunch with vase shapes, flower supports, floral foam, steam height, and more. \$38 +\$25 supply fee. RSVP [fairfaxcounty.gov/parks/greenspring](http://fairfaxcounty.gov/parks/greenspring). 703-642-5173.

## SUNDAY/MAY 25

**Art Exhibit.** 1-8 p.m. Wine tasting 5-8 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Members of the Art Guild of Clifton display and sell their works, which focus on local historic and natural themes. \$2-\$4. [farifax-station.org](http://farifax-station.org). 703-425-9225. Art Guild info at [artguildofclifton.org](http://artguildofclifton.org)

## MONDAY/MAY 26

**Art Exhibit.** 12-4 p.m. Wine tasting 5-8 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Members of the Art Guild of Clifton display and sell their works, which focus on local historic and natural themes. \$2-\$4. [farifax-station.org](http://farifax-station.org). 703-425-9225. Art Guild info at [artguildofclifton.org](http://artguildofclifton.org)

## BULLETIN BOARD

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

## SATURDAY/MAY 17

**Dog Adoption.** 12 - 3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. 703-817-9444.

## MONDAY/MAY 19

**Rising Kindergarten Orientation.** 2 - 3:30 p.m. Rolling Valley Elementary School, 6703 Barnack Drive, Springfield.

## WEDNESDAY/MAY 21

**How Do I Take Away the Keys...Dementia & Driving.** 1:30 p.m. at Insight Memory Care Center, formerly Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Come for a discussion on the many hard decisions involved with dementia and driving, and learn more about caregiver approaches for dealing with this difficult and emotional topic. Call 703-204-4664 to RSVP and for more information.

## SATURDAY/MAY 24

**Dog Adoption Event.** 12-3 p.m. PETCO, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. 703-817-9444. [hart90.org](http://hart90.org)

## ONGOING

**Singers Wanted for the Celebration Singers.** The women's show choir is interested in new talent to perform at various Northern Virginia community sites. Practices are Wednesdays 10:30 a.m.-2:30 p.m. in Burke. Contact Gayle Parsons, 703-644-4485 or email [gparsons3@cox.net](mailto:gparsons3@cox.net).

**Online Scavenger Hunt.** Visit Fairfax tasks those interested in becoming "citizen ambassadors" to the county (those informed on fun, creative weekend outings in the area) to find two Fairfax County Ambassador icons hidden throughout the [fxva.com](http://fxva.com) website in order to join the ambassador team; those who find all five hidden pins will receive a complimentary gift. [www.fxva.com/online-ambassador](http://www.fxva.com/online-ambassador).

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# SPORTS

## West Springfield Sits Atop Conference 7 Standings

**Spartans motivated by season-ending loss to Lee in 2013.**

BY JON ROETMAN  
THE CONNECTION

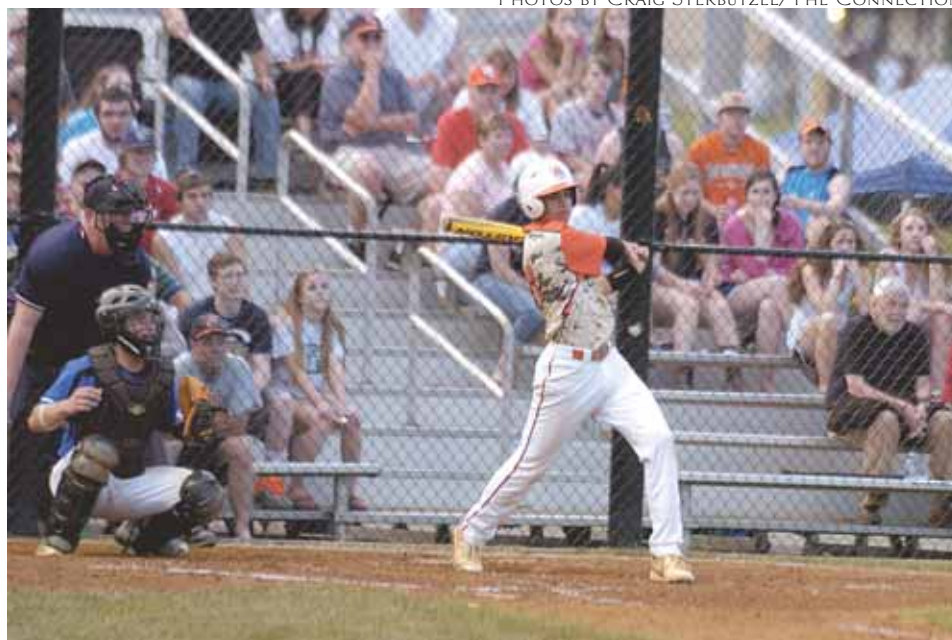
**T**he motivation behind the success of the West Springfield baseball team comes from a disappointing end to the 2013 season.

The Spartans finished with a 9-12 record and failed to qualify for the region tournament after losing to Lee, a long-struggling program, 5-4 in the opening round of the Patriot District tournament. It was a tough pill to swallow for a program that won a state championship in 2010 and a Northern Region title in 2012.

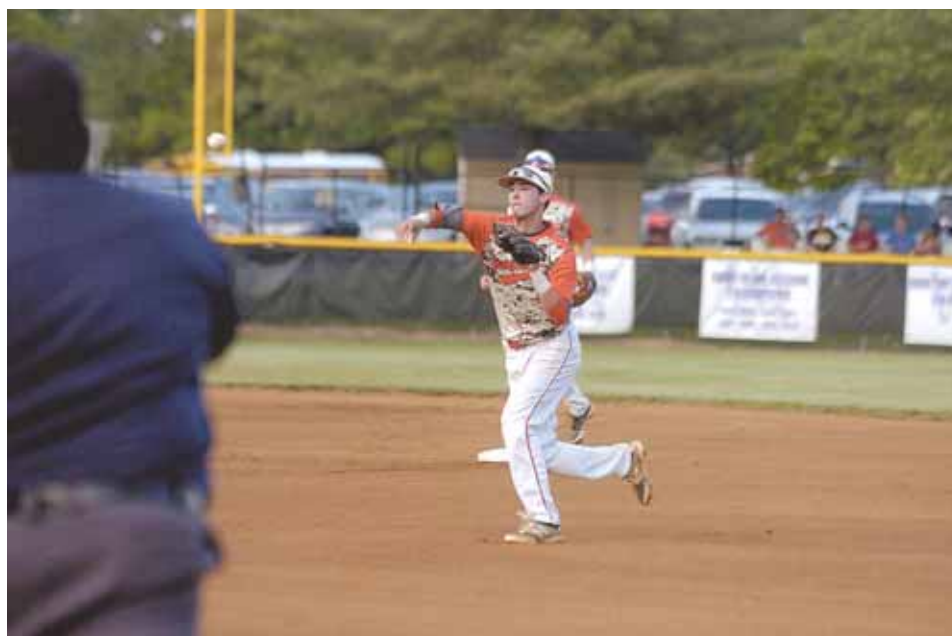
This year, the Spartans have responded with a 13-5 record, including 8-2 against Conference 7 opponents. West Springfield would clinch the top seed in the conference tournament, which comes with a first-round bye and an automatic region berth, by winning one of its final two regular-season games. The Spartans held a 6-3 lead over second-place West Potomac in the fourth inning on Tuesday when the game was suspended due to lightning.

"The seniors really came together this year and they've all stepped up and matured a lot," West Springfield head coach Jason Olms said. "It's their team. ... The way the season ended last year was frustrating for everyone. They took it upon themselves to make sure it didn't happen again this year. I think we're on the right track [but] we still have a long way to go."

Olms said the Spartans' pitching has been strong this season, led by seniors Brandon Padgett, Blake Bird, Tim Yonkers and Joey Basse. Yonkers, a left-hander, started on the mound Tuesday night. He surrendered a two-run homer to West Potomac sophomore Jamie Sara in the first inning, and West Springfield allowed a run to score on a botched squeeze play in the second, but the Spartans' lineup battled back to give Yon-



**West Springfield senior Tim Yonkers started on the mound for the Spartans against West Potomac on Tuesday. West Springfield led 6-3 when the game was suspended due to lightning in the fourth inning.**



**Brandon Padgett and the West Springfield baseball team have a chance to enter the Conference 7 tournament as the No. 1 seed.**

kers a 6-3 lead before lighting suspended the game after one pitch in the fourth inning.

Yonkers threw a first-pitch strike to 13 of 14 Wolverine batters. He surrendered four hits, while walking one and striking out two.

Olms said junior left fielder Louis Perez, Bird and sophomore third baseman Matt Stallings have been some of West Springfield's top hitters, along with senior catcher Matt Meinhofer.

Stallings led off the bottom of the second with a triple on Tuesday, and delivered a double in the third. Bird drove in a run with a sacrifice fly in the second, Perez delivered an RBI single in the third and Basse came through with a two-out, two-run single on a 0-2 pitch in the third.

**"The way the season ended last year was frustrating for everyone. They took it upon themselves to make sure it didn't happen again this year. I think we're on the right track [but] we still have a long way to go."**

**— West Springfield baseball coach Jason Olms**

The Spartans and Wolverines hoped to finish the contest on Wednesday, after The Connection's deadline. West Springfield will conclude the regular season with a road game against Woodson at 6:30 p.m. on Friday, May 16. The conference tournament begins Monday, May 19, but the Spartans wouldn't play until the semifinals on May 21 if they secure the No. 1 seed.

How far are the Spartans capable of advancing this season?

"When we play team baseball with an unselfish approach, like we've been all year long [while] having confidence in each other and everybody just does their job," Olms said, "... the sky's the limit."

### Lake Braddock Softball Beats South County

The Lake Braddock softball team avenged its only loss of the season, defeating South County 4-0 on May 12.

South County defeated Lake Braddock 1-0 in 13 innings on April 24.

The Bruins defeated Annandale 12-0 on Tuesday, improving their record to 19-1. Lake Braddock will conclude the regular season with a road game against T.C. Williams at 6:30 p.m. on Friday, May 16.

The Conference 7 tournament begins Monday, May 19.

### Lee's Kolonich Named VHSL 5A Female Athlete of the Year

Lee distance runner Bailey Kolonich was named Group 5A VHSL Female Athlete of the Year.

The senior earned 14 varsity letters in cross country, indoor track, outdoor track and soccer. She won Conference 13 and 5A North championships in cross country in the fall of 2013.

Kolonich will attend George Mason University.



**Lake Braddock pitcher Ashley Flesch did not allow a run against South County on May 12.**

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION



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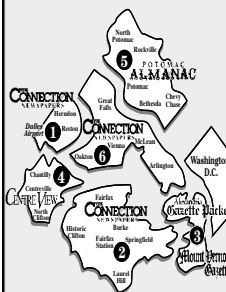
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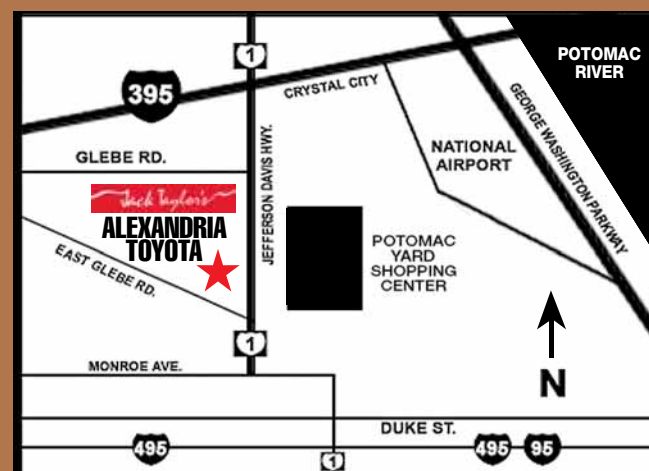


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**Includes:** Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE  
**DETAIL SPECIALS**

**\$39<sup>95</sup>**

Wash & Vacuum

**\$139<sup>95</sup>**

Hand wash, wax & interior cleaning

**\$295<sup>95</sup>**

Full premium detail

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TOYOTA GENUINE SERVICE  
**OIL & FILTER SERVICE SPECIAL**

**\$5<sup>00</sup> OFF**

**Includes:** Change oil, install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

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TOYOTA GENUINE SERVICE  
**SPRING VENTILATION SPECIAL**

**\$79<sup>95</sup>**

**Includes:** Clean evaporator with power foam, check A/C performance, inspect drive belts for tension/wear and replace cabin air filter.

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TOYOTA GENUINE SERVICE  
**TRUE START BATTERY SPECIAL**

**\$139<sup>95</sup>**

**INCLUDES BATTERY INSTALLATION**

**Includes:** 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE  
**WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS**

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TOYOTA GENUINE SERVICE  
**10% OFF FACTORY RECOMMENDED SERVICE**

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TOYOTA GENUINE SERVICE  
**BRAKE SPECIAL**

**\$99<sup>95</sup>**

**PADS**

**Includes:** Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. Pads only.

**MACHINE ROTORS AN ADDITIONAL \$199.95.**

DOES NOT APPLY TO ALL VEHICLES PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE  
**COMPLIMENTARY MULTI-POINT INSPECTION**

**Includes:** Inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TOYOTA GENUINE SERVICE  
**ROTATE & BALANCE SPECIAL**

**\$49<sup>95</sup>**

**Includes:** Rotate and balance all 4 wheels and inspect brakes and tires.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 5/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

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**Burke \$1,800**  
Beautiful 3 finished level townhome near public transportation, commuter routes, shopping & restaurants \* 3 bedrooms \* 2.5 baths \* Newly updated kitchen \* Step-down living room w/fireplace \* Walkout recreation room.  
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**Classic Hollow in Manassas \$765,900**  
Grand 8 BR, 7.5 BA 3 fin lvl home on 2 acres \* 2-story foyer w/dual curved staircases \* Formal liv & din rms \* Butler pantry \* Eat-in gourmet kit w/SS appliances, granite, island w/prep sink \* 2-story fam rm w/stone fireplace \* Back staircase \* 2 main lvl BR suites \* Upper lvl features master suite w/sitting rm, 4 other BRs, 4 BAs & 2nd fam rm \* W/O basement w/rec rm, BR, full BA & huge unfinished area.  
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**Springfield \$535,000**  
Beautifully updated and expanded 4 BR/2.5 BA home with nice backyard. Large eat-in kitchen with granite countertops. Hardwood floors, freshly painted. BIG bedrooms! Fantastic location. Great neighborhood & schools.  
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**Bristow \$440,000**  
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Over 5,000 SF Manchester model with wing extension! Plantation shutters, custom built-ins, 2 home offices, huge master BR suite w/ elegant new bathroom! Finished walkout basement! Oversized garage for 2 large vehicles! Visit 8709CrossChaseCircle.com



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Premium lot backs to parkland! Gorgeous Brazilian hardwoods! Updated kitchen w/ granite, 2 fireplaces, vaulted family room & upper level loft. 5BR, 3.5BA. Walkout basement w/ media room, game room, gym, home office & bath. Visit 8343ArgentCircle.com



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Stone Front Rambler beauty, with Contemporary Flair. Great Room w/High Ceilings, Sky Lights, 4 BR's, 3 Baths, Full finished W/O Bsmt, cul-de-sac location. Call Sheila Adams for private appt. 703-503-1895.



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High End Kitchen with SS Appliances, Spa-Like Master Bath & Upgraded Guest Baths, Newer Hardwood Floors, Charming Full-sized Front Porch & Oversized Deck, 3 Level Finished, Walkout Basement, 2 Car Garage with Workshop Space & Overhead Storage. Private 1/2 Acre Lot, 4BRs, 3.5BAs.



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A Pleasure You're Sure to Treasure! Inside & out, this 5 bed/2.5 bath home is a winner! You'll love the updated kitchen w/42" cabinets & granite counters. Delight in the open living & dining rooms which overlook your fabulous backyard. Relax in the newly carpeted rec room w/custom brick woodstove & you'll be dazzled by the professionally landscaped yard with awesome curb appeal!

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