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PHOTO BY MAR

Burke

Holocaust Remembrance

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Filmmaker's Work Will Help Others



tition success, and also got to visit sites throughout Japan.







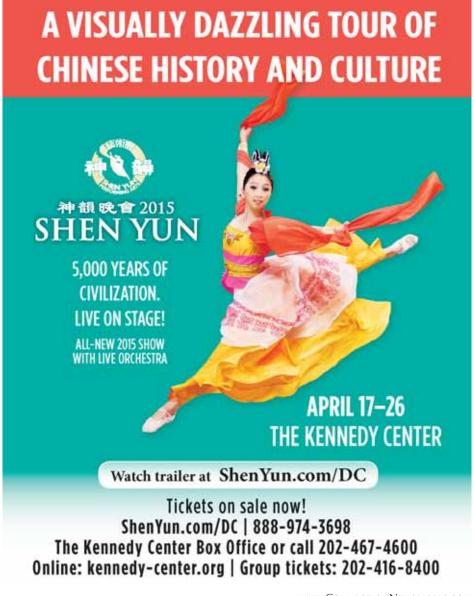
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Holocaust Remembrance "One of the most important things we do."

By Ken Moore The Connection

olocaust survivor Michel Margosis spoke before the Board of Supervisors, Tuesday, April 7, when the Board of Supervisors made a proclamation declaring April 16 as Holocaust Remembrance Day in Fairfax County.

The proclamation serves "to urge all residents to not bear silent witness to injustice and remain always vigilant to the principles of individual freedom and a just society," said Sharon Bulova, board chairman. "It is so important that we not ever forget."

Six million Jewish women, men and children were killed by the Nazis.

"The spark of evil flared into a raging fire that swept over much of Europe, the residual embers of discrimination, bigotry and intolerance have never been extinguished and have been reinvigorated," said

Margosis said he joins in mourning the millions of others murdered by the Nazis including gypsies, priests, homosexuals, Jehova Witnesses and political prisoners.

"We must embrace our expanded diversity," said Margosis.

"At some point, there won't be anybody left who actually experienced the horrors of the war at that particular time, but that is part of your legacy to pass that along and to pass that along to younger people so nobody ever forgets," said Supervisor Penelope "Penny" Gross. "What you do makes sure we will always remember and never forget."

MARGOSIS INVITED the Board and entire Fairfax County community to an observance at the Jewish Community Center on Sunday, April 19 from 5 to 8:30 p.m.

"We have a responsibility to those who perished as well as those who survived to educate future generations and rededicate ourselves to the history of the Holocaust and its impact on the world," said Chairman Sharon Bulova.



The Board of Supervisors thanks Holocaust survivor Michel Margosis for his work to ensure that no one ever forgets the atrocities of the Holocaust.

Holocaust Kaddish: **Never Forget**

Jewish Community Center of Northern Virginia 8900 Little River Turnpike, Fairfax Sunday, April 19, 5-8:30 p.m. www.jcouncil.org/Holocaust

More than two dozens synagogues, houses of worship and nonprofits, plus Holocaust survivors, youth and interfaith leaders will join the Jewish Community Center of Northern Virginia Sunday, April 19 for the annual observance.

The program includes a reading of names of those murdered in the Holocaust, "Unto Every Person There is a Name," a youth workshop and an adult seminar on "The Psychology of Scapegoating."

"I always try to participate in that obser-

vance, it is one of the most powerful things we do," said Supervisor Gross.

"We will consider the intricacies of hu-

"At some point, there won't

be anybody left who actually

— Supervisor Penelope "Penny" Gross

experienced the horrors of

the war at that time."

man nature and social interaction that allow for unspeakable atrocities to be committed by some individuals groups against others. With hope, we will look at strategies that have succeeded in mobilizing the silent by-

stander and raising up societies to take a forceful stand against injustice and inhumanity," according to JCC of Northern Virginia.

THE EVENING is scheduled to culminate

in a community commemoration with readings, poetry, a community interfaith choir. recitation of the Holocaust Kaddish and the

intergenerational candle lighting and pledges of the children and grandchildren.

"Many of us come to the Jewish Community Center to read the names of individuals who lost their lives,

who perished, who were murdered during the Holocaust," said Chairman Bulova. "I think it is a very powerful thing that our community does, it is so important, so very important not to ever forget what had happened."

– Caregiving *–*

Have fun, learn something new, and unleash your creative spirit! Fairfax County, the Arts Council of Fairfax County, and AARP Virginia invite you to celebrate the Creative Aging Festival in May 2015. This month-long festival features over 100 events including art exhibits, dance, musical performances, poetry readings, lectures, wellness programs and classes in watercolor, woodworking, knitting, clogging, tap, piano, photography, & more! Find the events calendar at www.fairfaxcounty.gov/ OlderAdults and click onCreative Aging Festival!

Fairfax County presents **Legal Tools** for Caregivers: WEBINAR. As a family caregiver you may need to make legal and health care decisions for a loved

This free Webinar will cover durable powers of attorney, trusts, guardianship, and advanced medical directives. Join us on Wednesday, May 6, Noon-1 p.m. Find out and register www.fairfaxcounty.gov/dfs/ olderadultservices/caregiver.htm or call 703-324-5205, TTY 711.

Fairfax County will sponsor Strategies for Managing the Stress of Caregiving on Tuesday, May 12, 7-8:30 p.m. at Tysons-Pimmit Regional Library, 7584 Leesburg Pike, **Falls Church**. Find out more about this free event and register www.fairfaxcounty.gov/dfs/ olderadultservices/caregiver.htm or call 703-324-5205, TTY 711.

Fairfax County presents "Alive Inside"

Movie and Discussion on Saturday, May 16, 10 a.m.-Noon.

This free movie focuses on the Music & Memory program's ability to combat memory loss and restore meaning to the lives of those with Alzheimer's disease. Insight Memory Care Center, 3953 Pender Dr., Ste. 100, Fairfax. Find out more and register at www.fairfaxcounty.gov/dfs/ olderadultservices/caregiver.htm or call703-324-5205, TTY 711.

Get the facts about health insurance for older adults at Fairfax County's free presentation on **Medicare 101**. Tuesday, May 19, 3-4:30 p.m. at the City of Fairfax Regional Library, 10360 North St., Fairfax. Register beforehand at www.fairfaxcounty.gov/dfs/ olderadultservices/caregiver.htm.

Learn about Medicare Part D pre-

scription drug coverage and receive expert assistance in choosing and signing up for a plan for you or your loved

Wednesday, May 20, 3-4:30 p.m. at Martha Washington Library, 6614 Fort Hunt Rd., Alexandria. Register beforehand at www.fairfaxcounty.gov/dfs/ olderadultservices/caregiver.htm.

Fairfax County is offering a free Independent Living Project Series (Sessions are 8 weeks). Programs start Friday, May 1, 1-3 p.m. at Kingstowne Library, 6500 Landsdowne Centre, Alexandria and Friday, May 22, 10 a.m.-Noon. at Our Lady of Good Counsel, 8601 Wolftrap Rd., Vienna. Register atwww.fairfaxcounty.gov/dfs/ olderadultservices/independent.htm.

News

High School Students Compete in Japan Bowl

Competition tests students' knowledge of history, language, culture and more.

> By Marissa Beale The Connection

very year, high school students studying Japanese have a chance to participate in the National Japan Bowl, a competition that tests their knowledge of Japanese history, language, culture and more. Some of the country's top language students make it to D.C. to compete; however, more than just classroom attendance is required in order to do well.

"The Japan Bowl has never had a focus on just textbook knowledge," said Ambassador John Malott, president and CEO at the Japan-America Society in Washington, D.C. As much as 80 percent of the questions asked go beyond what students study in class, requiring them to have a truly indepth understanding of Japan as a whole.

In the preliminary rounds of competition, the students are divided into levels based on how long they have studied Japanese. These initial rounds consist of 100 questions that the students answer in teams. The three teams with the top scores from each different level face off in a National Championship round.

IN THIS YEAR'S COMPETITION, held at the National 4-H Youth Conference Center in Chevy Chase, Md., 185 students from 36 high schools across the country participated

The National Japan Bowl has captured the attention of Japanese audiences, including Japan's largest broadcasting network, NHK. Portions from this year's competition were broadcast in Japan via the Network as well.

Thomas Jefferson High School for Science and Technology (TJHSST) student, Austin Riopelle, from Ashburn, was filmed by NHK, for his Japanese studies. He also competed in this year's Japan Bowl with other stu-



(From left) Grace Belisle, Springfield; Mia Delmonico, Springfield; Lee Tran, Springfield, are some of the students who represented West Springfield High School in this year's Japan Bowl.

dents from his school.

"They interviewed Austin showing how American students prepare for the competition," said TJHSST Japanese language teacher Koji Otani. "They are interested in schools that regularly appear in the Japan Bowl." In the 2014, TJHSST students competing at Level II of the competition earned second place overall, and won a trip to Japan.

This year, representing the state of Virginia were students from Falls Church High School, Hayfield Secondary School, Lake Braddock Secondary School, Langley High School, Oakton High School, South Lakes High School, TJHSST, Westfield High School and West Springfield High School.

OVERALL, students from Lake Braddock Secondary School, Hayfield Secondary School and TJHSST all were named among the top five winning teams for their different levels.

The Level 2 team from Lake Braddock Secondary School, made up of Sophia Cheung, Angela Wang and Rachel Blatt was awarded second place.

Lake Braddock's Level 3 team, which included Aven Kelly, Mimi Le and Chaeun

Park, received third. Hayfield Secondary School's Level 4 team, made up of Michael Chong, Suji Lee and Suyun Lee, also placed third; and, TJHSST's Level 4 team, made up of Katie Shen, John Serger and Zeal An, placed fourth.

And while victory is exciting, winning is not the only goal teachers have for their students.

"This is a really good opportunity for students to learn something that is impossible in the classroom," said Hayfield Secondary Japanese teacher, Kyoko Vaughan. "My goal is for my students to be interested in Japan throughout their life."

Each year, the Level 4 National Champions are awarded a trip to Japan. In 2014, multiple teams were able to go thanks to an invitation from the Government of Japan under the "Kakehashi Project." The announcement has yet to be made about whether as many students will be going to Japan this year.

"At least two teams will be able to go to Japan this year, thanks to a grant from the Mazda Foundation," said Ambassador Malott. "There is a possibility that we might be able to obtain additional funding (from another source), and if we do, more stu-

www.heritagehunt.net

dents can also join the trip."

Students are excited about their language studies and would love for the program to continue.

"The language is not as hard as people make it out to be," said sophomore Mia Delmonico, who was on West Springfield High School's Level 4 team in Friday's competition. "People are intimidated by Kanji."

The Japan-America Society created the Japan Bowl in 1992 to encourage students studying Japanese. According to the Japan Foundation, there are over 60,000 American high school students learning the language, and the largest numbers of Japanese learners today are in high school, not college.

"When you look at the number of jobs directly related to Japan and the amount of direct investment, the number of Japanese speakers outside of Japan is increasing," said South Lakes Secondary School Japanese language teacher, Adam Podell. "Japan is a huge contributor to international development."

This year the Board of Trustees granted their permission for the Japan Bowl to expand overseas.

The competition has already grown across the country, with local competitions in California, Utah, Wisconsin, Kentucky and Illinois.

"The goal is to have a Japan-America Society in each state," said Risa Kamio, director of Educational Programs at the Japan-America Society of Washington, D.C.

"We've been participating since the first year," said Lake Braddock Secondary School Japanese language teacher, Keiko Abrams. "Last year, [our level 2 team] was third, so they went to Japan. They get to visit many places that tourists can't go. They got to stay with a host family."

The annual Japan Bowl is an official event of the Cherry Blossom Festival, and made possible through support from the United States-Japan Foundation; the Embassy of Japan; the Ministry of Foreign Affairs; the Ministry of Education, Science and Technology; the Japan Foundation; and the American Association of Teachers of Japanese.

For more information, visit http://www.jaswdc.org/



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TUESDAY/APRIL 21

Connected on the Homefront.7-9

p.m. Immanuel Bible Church, 6911 Braddock Road, Springfield; Terrace Room. Monthly meetings that provide dinner, fellowship and guest speakers to minister to wives of active duty, reservists and retired military. Linda Geel will be speaking this month on "Think About Such Thing.s" Visit

www.immanuelbible.net or 703-941-4121.

THURSDAY/APRIL 23

Annual Meeting of the Friends of

the Burke Centre library Meeting. 7:30 p.m. Burke Centre Library, 5935 Freds Oak Rd., Burke. Stone Brooks, Manager, Richard McKay Used Books, Inc. — discussing the landscape of book stores in today's environment.

SUNDAY/APRIL 26

Burke Historical Society Meeting.

4:30 p.m. Abiding Presence Lutheran Church, 6304 Lee Chapel Road, Burke. Debbie Robison, a Fairfax County History Commissioner, will give a presentation entitled,"Discover the Mills of Fairfax County." Now that the streams have thawed, and to ensure that your molinological needs are met, it seems like a good time to consider the wealth of historic mills around us. Before being displaced by fossil fuel combustion and the

Second Industrial Revolution, these fascinating structures served as the engines, both mechanical and economic, of the local area. Debbie Robison's talk will survey the County's mills (including Silas Burke's and William Holsapple's mills here in Burke) and will also describe what to look for in stream valleys if searching for a mill site.

SATURDAY/MAY 2

6th Annual Community ShredFest & Electronics Recycling Day. 9

a.m. - 1 p.m. 5501 Backlick Road, Springfield RE/MAX 100 Agents & staff cordially invite you to this event. All-Shred truck will destroy your old documents securely, right here.123JUNK will take any electronics, even those old bulky TVs. Join in for a free Home Ownership

THURSDAY/MAY 21

Seminar, 9:30 -11a.m.

Lunch 'N Life. 12-2 p.m. St. Mary of Sorrows Catholic Church, 5222 Sideburn Road, Fairfax. Are You 50 or Better? Join for the next Lunch N Life sponsored by the Shepherd's Center of Fairfax-Burke. The program will feature Mr. Knox Singleton, CEO of INOVA Health Systems speaking on Current Health Issues.. For reservations, call Faye Quesenberry, 703-620-0161, by May 15. The cost is \$10; checks payable to SCFB. If transportation is needed, call the SCFB office 703-323-4788. Visit www.scfbva.org for more information.

ONGOING

SEE BULLETIN BOARD, PAGE 7

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Burke

\$469,950 Open Sunday 4/19 1-4

Large split level on private fenced lot w/screened porch, lovely remodeled eat-in kit 2014 w/ maple cabinets & granite cntrs, hrdwd floors, 5 spacious BR, 2.5 updated baths, sunny fmlyrm w/ frplc, large laundry rm, walk to school & shopping, replaced siding, some windows, HVAC, water heater & more.



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OPINION

Counting Homeless; Solution Is Housing

Results of the annual census of homeless show progress, persistence of the problem, and some worrying trends.

COMMENTARY

n the night of Jan. 28, 2015, there were 1,204 people who were literally homeless in the Fairfax County area. Of those,

715 were people in 213 homeless families, with 431 homeless children; 347 of those children were under 12. Sixty-two percent of the

adults in these homeless families are employed, but don't earn enough to avoid becoming homeless. Domestic violence was identified as the cause of homelessness for 41 percent of the people counted in homeless families. Women made up 78 percent of the adults in homeless families.

Men accounted for 77 percent of the single homeless people.

Of the single homeless people, 55 percent, 268 people, are identified as having serious mental illness; 203, or 42 percent were identified as chronically homeless.

Twenty-five percent of the single homeless individuals were employed.

Eight percent were veterans. Four percent, or 21, were former foster children.

Some troubling trends:

This year, 123 or 25 percent of the single homeless people were over 55.

This year, 52 or 11 percent of the single

homeless people were transitional adults, aged

This year, 58 percent of homeless individuals in families and 43 percent of single home-

less people counted were African American. This is disproportionate to the overall African American population of 9.7 percent.

This year marks a reduction of 21 homeless people, or approximately 2 percent reduction over the previous count in 2014. It is a decrease of 34 percent since 2008 when there were 1,835 literally homeless people counted, including 1,091 in families. The Fairfax County Office to Prevent and End Homelessness credits adoption of housing first and rapid rehousing models, heightened prevention efforts and prioritizing housing for longest and most vulnerable homeless for continuing decrease.

What's needed is more affordable housing, more housing affordable to those with very low income, more affordable housing designated for formerly homeless people with the supports they need. Without a commitment to more affordable housing, it will be impossible to continue to reduce the number of homeless people in the region.

It's critical to note that that those who are literally homeless are a small part of the problem. In terms of preventing homelessness, literally thousands of families live at risk of becoming homeless in our region. Very high housing costs combined with the growth of lowwage service jobs mean that many families are one unexpected bill away from homelessness. Nonprofits in the county play a huge role in preventing homelessness by responding to cri-

As the development of the Silver Line brings a wave of new residential construction in the county, we must insist that affordable housing be a part of that growth.

Mother's Day Photos

Mother's Day is May 10 and, every year at this time, The Connection calls for submissions to our Mother's Day photo gallery. Send photos of mothers, grandmothers, great-grandmothers, with children or without children in the photos. Please name everyone in the photo, the approximate date, describe what is happening in the photo and include your name, address, email address and phone number. (We will not print your full address or contact information.) You can upload photos and information directly www.connectionnewspapers.com/

mothersday/ or email editors@connectionnewspapers.com.

- Mary Kimm

MKIMM@CONNECTIONNEWSPAPERS.COM,

LETTERS TO THE EDITOR

Inappropriate 'Choices'

To the Editor:

My name is Donna McHugh and I am writing in response to your article ["Moving: From Institution to Community"] printed on April 2 regarding the Northern Virginia Training Center.

I am the sister and co-guardian of my 58-year-old brother Joseph F. McHugh (Joe) discussed in the article. He lives at the Northern Virginia Training Center (NVTC). Joe is minimally verbal, non-ambulatory, has serious digestive issues with spasticity and without continual preventative medical routines, performed by others at NVTC, he would be dead.

The article states that we have been provided a multitude of community placement choices. The choices presented to me and Joe's other legal guardians have been inappropriate. The community does not have the skills or supports necessary for his real medical needs for his survival. We are actively investigating and reviewing choices — but nothing is available. There are not comparable and appropriate choices in Northern Virginia like we were promised. Cur-

rently, my only choice is the Central Virginia Training Center in Lynchburg, Va., which is slated to close in 2020 and go through the process of placement/discharge all over again which is stressful and full of anxiety.

No one can predict the future of the state-funded a-la-carte waiver, currently funded at 60 percent, which is being offered as my brother's source of funding while currently he has a fully-funded (100 percent) Medicaid/Medicare federal waiver which means whatever his needs are they are met, so from a fiduciary standpoint as a legal guardian why would I change that? I can't predict how he will react to a new home, staff and routine. My hope is this will be a positive transition. But, I strongly feel that the impending closure date is unrealistic and makes me wonder if the department/state is more interested in "discharge" and closure than fostering the correct and appropriate placements.

Finally, the Commonwealth of Virginia has had 40 years to develop community homes and resources. Virginia has the solution to serve many of its citizens including the medically fragile by using the property they already have and renovating it to meet individual/ group needs. This is a solution that involves compromise and cooperation and would have Virginia leading the country.

I fear that my brother as well as many of the remaining residents will not find good, appropriate placements.

Donna McHugh

Centreville

Battle of Brimstone Hill

To the Editor:

On April 10, Cavalry skirmish occurred at Brimstone Hill, which is thought to be the last Civil War action in Fairfax County

http://braddockheritage.org/ timeline-part-i

With Mosby, they were formally made Company H at North Fork in Loudoun County on April 5,

They then rode under their new Captain, Captain George Baylor, and went first to Keyes Switch on the Shenandoah River. There they attacked a camp of the Loudoun Rangers and completely defeated them not far from Halltown, West Virginia. Five or six Federals were killed, forty-five prisoners were

captured, seventy horses were taken as well as a number of arms and a lot of equipment. Their last engagement was with the 8th Illinois Cavalry in Fairfax County at Arundel's Tavern, now known as Brimstone Hill, on April 10, 1865. This occurred one day after General Robert E. Lee surrendered. It was the last engagement of the War Between the States in Virginia. The last casualties of the war in Virginia occurred during this fight.

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6 ♦ Burke Connection ♦ April 16-22, 2015

Burke Student Wins Yes I Can Award

ake Sizemore, a sixth grade student at Kings Glen Elementary School, of Burke, is one of the two Fairfax County Public Schools (FCPS) students who have been named recipients of the 2015 Yes I Can Awards that honor children and youth with exceptionalities who shine as scholars, artists, athletes, community volunteers, advocates, technology experts, and students who are making the successful transition from school to adult life. The awards are sponsored by the Council for Exceptional Children and will be presented Friday, April 10, in San Diego. Sizemore was selected for his success in the arts, specifically music. When he began his education in FCPS, Sizemore was nonverbal and began receiving special education services in the preschool autism class. "Through the use of applied behavior analysis (ABA) methodology and a collaborative approach with parents at home, Jake began to show progress," says Irene Meier, FCPS director of special education instruction. "At an early age, he took refuge in music when things became too difficult for him." Meier adds that he began singing at age 4 and by age 11 was performing on the National Mall in Washington, D.C., as a guest guitarist with an established band.

Sizemore's mother reinforced what he learned at school by teaching herself ABA methodology and, as a result of a combined home and school effort, he was included with his sixth grade peers for the majority of the school day. His language and social skills improved while he developed his musical skills. He continues to write and perform songs individually and with bands and performed onstage in front of thousands of people during the National Walk for Autism.

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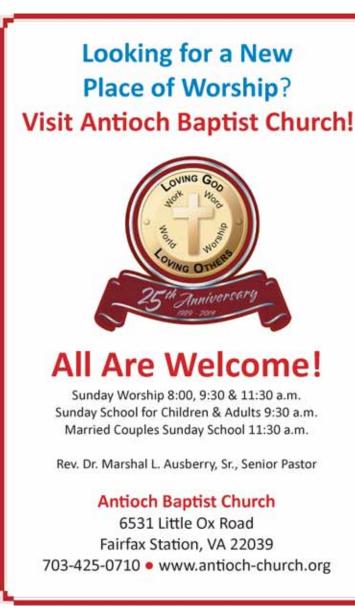
FROM PAGE 5

Volunteer Fairfax seeks individuals, families, youth and corporate groups for service opportunities at a variety of nonprofit agencies. One-time special events or ongoing activities are available at www.volunteerfairfax.org or call













Moving for Academic Excellence

Researchers say frequent physical activity can lead to success in school.

By Marilyn Campbell
The Connection

nside an elementary school classroom in Bethesda, Md., a class of third grade students is divided into small groups and given a task: to cross a desert using a limited supply of tools that often include a jump rope, a foam noodle or a scooter. Their mission is to devise a plan to cross the desert without touching the sand.

This classroom exercise at Norwood School requires cohesive collaboration, quick analytical skills and, most of all, creative physical movement.

"This type of activity is so much more than who has the most points on the scoreboard or how to kick a football," said Jane Martens, physical education coordinator at Norwood School. "It shows the direct relationship between movement and academic success, particularly when it comes to focus. Twenty minutes is long enough for little ones to sit and focus on academics. After that they need movement to refocus their attention."

Martens and other educators and researchers cite substantial evidence that physical activity can boost academic performance, including grades and test scores. In fact, many say the recent trend of sacrificing physical education for the sake of academics is counterproductive.

"Unfortunately, with an increased focus on academic standards of learning and budget dilemmas, physical education and outdoor play have often been among the first things to be cut," said Ivy Beringer, Ph.D, assistant dean, early childhood education and substance abuse, Northern Virginia Community College in Alexandria. "Based on research findings this appears to be counterproductive to the development of the



Photo courtesy of Norwood School

Students at Norwood School engage in a movement exercise during the school day. Researchers say physical activity can boost academic performance.

"The more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read, or that essay they need to write."

— Dominique Banville, Ph.D., George Mason University

whole child. Even when there is limited time in the daily schedule for physical activity and outdoor play, teachers can engage children in classroom activities designed to get them moving."

Experts say aerobic exercise has the greatest effect on academic performance, and elementary school students benefit most from being physically active.

"Some of the largest cognitive benefits were linked, in order of importance, with mathematical achievement, IQ and reading achievement, all critical components of the standardized testing movement," said Dominique Banville, Ph.D., director, division of health and human performance at George Mason University in Fairfax. "Physical education is the only subject in school specifically dedicated to not only make students move during class time, but also to provide them with knowledge that will allow them to be active outside of school.

"Based on the most recent research, the more active we can get students within a day, the better prepared they will be to concentrate on these math problems or that text they need to read or that essay they need to write."

The effect is physiological as exercise increases one's energy level, increasing one's capacity for cognitive activity. "Exercise increases blood flow to the brain and has been shown to increase one's ability to focus," said Beringer.

The lessons that students learn from physical education are life-long and extend beyond an elementary school spelling test or a middle school science project.

"In addition to promoting concentration in the classroom, it gives children an opportunity to develop competence in using their growing bodies," said Christine Pegorraro Schull, Ph.D., professor, early childhood education, Northern Virginia

Resources for Movement Activities

Recessitate, a box of cards that have movement activities can be used quickly during breaks and transition times. Visit http://oranda.org/products/recessitate.

"10 Simple Ways to Encourage Physical Activity in the Classroom." These suggestions do not require equipment and are easy to incorporate throughout the day. Visit www.yourtherapysource.com/10simple.html.

Compiled by Ivy Beringer, Ph.D. North-

Community College in Alexandria. "Everyone needs to learn how to run, stretch,

climb, be agile and use rules in a group. In a fundamental way, it teaches children to not be sedentary."

ONE SOLUTION for a lack of time or space for activity is melding it with academic subjects.

"Teachers and school leaders need to see movement and play more through an interdisciplinary lens," said Glenn Whitman, director, Center for Transformative Teaching and Learning and girls' varsity soccer coach at St. Andrew's Episcopal School in Potomac, Md. "Teachers need to recognize that regardless of the length of a class period, students need to move."

"Simple solutions are to have students move among different workstations in class or to collaborate with their peers while standing up," Whitman added. "Students can recreate the movements of historical battles. Before an assessment, students can do some jumping jacks or stretches, which elevate dopamine levels in the brain and have been shown to lead to increased academic performance. Building movement into class is only limited by the level of a teacher's willingness to be creative."

Parental involvement is critical, say educators, particularly in schools where physical education is limited. For example, parents can suggest ideas for brief movement activities that are interspersed with academics, volunteer to lead such activities or form focus groups to brainstorm ideas to increase movement.

"Movement is so important that parents need to be more vocal about it," said Martens. "Parents need to be informed about what they're losing when they take away physical activity and movement."







To honor Mom on Mother's Day, send us your favorite snapshots of you with your Mom and The Connection will publish them in our Mother's Day issue. Be sure to include some information about what's going on in the photo, plus your name and phone number and town of residence. To e-mail digital photos, send to:

editors@connectionnewspapers.com

Or to mail photo prints, send to:

The Burke Connection, "Me and My Mom Photo Gallery," 1606 King St., Alexandria, VA 22314 Photo prints will be returned to you if you include a stamped, self-addressed envelope, but please don't send us anything irreplaceable.

PEOPLE

Fairfax Academy grad Monica Zinn is an independent, documentary filmmaker.



Filmmaker's Work Will Help Others

Zinn's documentaries going to schools, hospitals and rehab centers.

By Bonnie Hobbs The Connection

onica Zinn is just 21, but she's already made two documentaries with the potential to change people's lives for the better. And now, both have been selected for distribution to K-college schools, hospitals, clinics and rehabilitation programs in English-speaking countries worldwide.

A part-time resident of both Burke and Los Angeles, she graduated from Lake Braddock Secondary School in 2011. But she attended the Fairfax Academy from 2009-11, where she learned and honed the skills she uses as a successful, independent, documentary filmmaker.

Zinn always loved stories and wanted to write them, herself. But a tragic event in her own life made her focus take a serious turn.

"In my junior year in high school, there was a death in the family and that changed my perception on stories," she explained. "I no longer wanted to make films about fictitious subjects and moved toward non-fiction - the stories that are right in front of people, but are ignored."

And at the Fairfax Academy, Zinn found the support, guidance and encouragement to follow her have to the Fairfax Academy, where I took professional Television Production classes for two years," she said. "They really gave me the resources and environment

I needed and nurtured my creativity. They promoted professionalism and helped jumpstart my ca-

SHE MADE HER FIRST FILM

in 2011 at age 17. Titled "Perfection," it's a documentary about eating disorders in young women. The film focuses on three such women, examining prominent themes they share that led to their disorders. It screened at seven film festivals across the country, including the Santa Cruz Film Festival, and won Best Documentary at the Virginia Student Film Festival in

Zinn's most recent film, "Self-Inflicted," on non-suicidal self-injury, was completed while she continued to pursue her communications degree at the University of Southern California in Los Angeles. Slated for wide release later this year, it examines the psychology behind this type of behavior and the environmental factors that can influence it.

"The film also shines a light on the sociological manner in which people react to different types of mental illness and so-called odd behaviors," said Zinn. "And it features top researchers in non-suicidal self-injury, as well as a range of self-harmers."

Both her films caught the eye of Human Relations Media (HRM), a dreams. "I credit any success I leading publisher of educational materials for students in grades kindergarten through college. Its

> SEE DOCUMENTARIES, Page 10

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Calendar

FRIDAY/APRIL 17

NoVa-Annandale Symphony

Orchestra. 8 p.m. Richard J. Ernst Theater, 8333 Little River Turnpike, Annandale. Christopher Johnston, conductor. Music by Haydn, Mendelssohn, Holst, and Scott Joplin. Tickets at the door \$15, students \$10, children 12 & under free. Sponsored by NOVA College and the Reunion Music Society. Call 703-569 0973 for information.

SATURDAY/APRIL 18

Annual Spring Faire. 10 a.m. - 3 p.m. Kirkwood Presbyterian Church, 8336 Carrleigh Parkway, Springfield. The Woman's Club of Springfield is sponsoring the event. There's something for everyone - jewelry, fashion, home decor, kitchen, garden, gourmet, and more! Free admission. Proceeds will be donated to Bethany House to help victims of domestic abuse. Information about us: www.womansclubofspringfield.org; 703-451-2467 (The Pink Elephant thrift shop)

Way Out West. 2 and 7 p.m. The Fairfax Jubil-Aires, 13421 Twin Lakes Drive, Clifton.The Fairfax Jubil-Aires will perform their annual show, this year entitled "Way Out West." A Western tale surrounded by songs of the American West, and supported by guest artists including international level quartets and the Bella Nova women's chorus. Visit www.fairfaxjubilaires.org for details and tickets

Ballroom Social Dance. 7:30-10:30 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Get on your dancing shoes and come out to the Workhouse for an evening of social ballroom dance led by one of our

Send notes to the Connection at 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.

instructors. Bring a friend, a date or a group and enjoy a casual, fun night

Springfield Community Day:

Health Fair. 11 a.m. - 3 p.m. Northern Virginia Community College, Medical Education Campus, 6699 Springfield Center Drive, Springfield. Health screenings, blood pressure screening, nutritionist presentation, farmers market, food, music and much more.

Earth Day Climate Jam. 7:30 - 10 p.m. Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Performers will include: Craig Phillips, Debu Nayak, and Soumya Chakraverty (Indian Classical); SongRise (Progressive Acapella); Kofi Dennis (African Percussion); and UUCF Earth Band (Green Rock). Refreshments and light snacks will be provided. Suggested donation at the door: \$10. Children Free; and free child-care provided. (RSVP to childcare@uucf.org by April 15). For more information and to RSVP, see www.faithforclimate.org

SUNDAY/APRIL 19

NTRAKScale Model Train Show. 1-

4 p.m. 11200 Fairfax Station Road in Fairfax Station. The Northern Virginia NTRAK members will hold a N gauge model train show. Museum members, free; adults 16 and over, \$4: children 5-15, \$2: under 4, free, Information on the museum and shows is at www.fairfax-station.org or 703-425-9225.

TUESDAY/APRIL 21

House and Garden Tour hosted by the Garden Club of Fairfax for Historic Garden Week in

Virginia. 10 a.m.-4 p.m. Clifton/ Fairfax Station area. Known as "America's Largest Open House," Historic Garden Week in Virginia is the oldest and largest statewide event of its kind in the nation. With the coordinated effort of 47 member clubs, 3,400 volunteers statewide, 32 house and garden tours featuring 200 private home and gardens and 50 historic landmarks take place over 8 consecutive days. All proceeds fund the restoration and preservation of Virginia's historic public gardens such as Mr. Vernon, Kenmore and Monticello. To restore and preserve historic public gardens since 1929 in Virginia including a new initiative to help the Virginia State Parks. We will be partnering with Mason Neck State Park (Lorton) to provide funds to install new exhibits in their Visitor Center. Find out more or to buy tickets: www.vagardenweek.org

SATURDAY/APRIL 25

Community Wellness Fair. 10 a.m. -3 p.m. 9316 Old Keene Mill Road Burke. Free community wellness fair benefiting the Capital Area Food Bank. There will be body composition measurements, nutritional consultants, and exercise demonstrations.

Model Classic 2015. 9 a.m. - 4 p.m. Fairfax High School, 3501 Rebel Run, Fairfax. Annual exhibit of scale models. Event will feature: A display of hundreds of museum quality scale models. A modeling contest consisting of over 80 categories. 1st, 2nd, & 3rd place awards in each category. Admission Fees: Adults \$8 (\$10 entire family). Junior (Under 18) free. Adult Contestant \$10 (includes

SEE CALENDAR, PAGE 11

Mark your calendars: The Virginia **Historic Garden** Tour - an 8-day event that stretches across the Commonwealth. Each spring visitors are welcomed to Virginia's most beautiful gardens, homes and historic landmarks. The Clifton and **Fairfax Station** Garden Tour is on Tuesday, April 21. This self-drive tour features stables, vineyards, a worldclass garden, Georgian-revival architecture, and a 10,000 square-



foot contemporary home with a vanishing edge swimming pool - four private homes with gardens and two stables in all. Tour ticket includes a tea at the Clifton Presbyterian Church. Advance Ticket Sales: \$30. www.vagardenweek.org. Mail a selfaddressed, stamped legal-size envelope, along with your check, payable to The Garden Club of Fairfax by April 1 to Marty Whipple, 11508 Yates Ford Road, Fairfax Station, VA 22039 703-978-4130 or email fairfaxtickets@vagardenweek.org. Visit www.gardencluboffairfax.blogspot.com for a list of local retailers selling tickets.

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Documentaries Helping in Schools

From Page 9

programs help young people learn the essentials of health, substance-abuse prevention, math, science, career planning and character. Toward this end, it's chosen Zinn's films to distribute to schools, hospitals, clinics and rehab centers both in the U.S and internationally.

SHE EDITED the films down to 20 minutes for HRM's distribution, but both "Perfection" and "Self-Inflicted" will be available online later his year in their extended versions. Each film will come with a resource packet for teachers, filled with discussion points and indepth information on the films' topics to better help reach viewers. For more information, go to http://www.monicazinn.com/ self-inflicted.html.

And Zinn couldn't be happier. What's happening with the films is everything I could have ever wanted for the both of them," she said. "It's better than getting into any film festival or winning any awards, because - while those things make me look good and are

fun experiences - this is the widest platform possible for my target audience. So it feels pretty amazing to know that films I've created while in school will be shown in schools, hospitals and rehabilitation facilities around the

As a bonus, HRM has already indicated its interest in funding her next project, whenever she decides to do another one. Meanwhile, though, Zinn's delighted that her work is considered substantial and important enough to be used to help people struggling with whatever challenges they face.

"I'm excited to hopefully hear how these films are affecting others," she said. "I certainly hope they cause a big change in the way we all think about ourselves and mental illness. I hope they create more avenues for recovery and support for those who need it. Mainly, I hope they just help us all be more honest with ourselves and each other - to share what we're feeling and know that it's OK. Surely, if they give anyone any semblance of hope, I'm satisfied," Zinn said.



Burke Student Wins Yes I Can Award

grade student at Kings Glen Elementary School, of Burke, is one of the two Fairfax County Public Schools (FCPS) students who have been named recipients of the 2015 Yes I Can Awards that honor children and youth with exceptionalities who shine as scholars, artists, athletes, community volunteers, advocates, technology experts, and students who are making the successful transition from school to adult life. The awards are sponsored by the Council for Exceptional Children and will be presented Friday, April 10, in San Diego. Sizemore was selected for his success in the arts, specifically music. When he began his education in FCPS, Sizemore was nonverbal and began receiving special education services in the preschool autism class. "Through the use of applied behavior analysis (ABA) methodology and a col-

ake Sizemore, a sixth laborative approach with parents at home, Jake began to show progress," says Irene Meier, FCPS director of special education instruction. "At an early age, he took refuge in music when things became too difficult for him." Meier adds that he began singing at age 4 and by age 11 was performing on the National Mall in Washington, D.C., as a guest guitarist with an established band.

> Sizemore's mother reinforced what he learned at school by teaching herself ABA methodology and, as a result of a combined home and school effort, he was included with his sixth grade peers for the majority of the school day. His language and social skills improved while he developed his musical skills. He continues to write and perform songs individually and with bands and performed onstage in front of thousands of people during the National Walk for Autism.

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Calendar

From Page 10

admission). www.novaipms.org Mothers, Daughters and Special Friends Tea. 2-4 p.m. Historic

Pohick Church, 9301 Richmond Highway, Lorton. Join the Historic Pohick Church Docent Guild for their annual Signature Tea. The theme this year will be "Mothers, Daughters, and Special Friends." New children's tours of the historic church for our young guests will be held before the tea beginning at 1 pm. The special afternoon tea with a Colonial Living History program follows the tours at 2 p.m. Tickets are \$25 for adults and \$15 for children under 12. Seating is limited. For reservations and more information please contact Helen Parker at 703-497-5927 or email at helenandjeffp@verizon.net

Spring Fest Fairfax 2015. 10 a.m. -4 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Spend the day at the historic Workhouse Arts Center learning about environmental projects and programs, tasting food from around the world, playing games, and riding ponies! Don't miss Billy B! on the main stage. Other activities include a petting zoo, rock climbing walls, bounce houses, facepainting, plant sales, wagon rides, and dozens of exhibits and vendors. Admission is free; some activities require a \$5 wristband. For more information, please visit: http:// www.springfestfairfax.org/.

SUNDAY/APRIL 26

"Images of Rails." 1-4 p.m. 11200 Fairfax Station Road, Fairfax Station. Virginia railroad sites, past and present, will be on display. Museum members and children 4 and under, free; children 5-15, \$2; adults 16 and older, \$4. www.fairfax-station.org.

TUESDAY/APRIL 28

Short Book Conversations. Burke Centre Library, 5935 Fred Oaks Road, Burke. Join a lively discussion of Cain by Jose Saramago. Adults.

Prison Lecture Series: Life After

Prison. 7:30 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Many prisoners gained new vocational and academic skills while incarcerated. The first panel consists of former officials who share their experiences with prison industries. The second panel will include parole officers who describe the reintegration of inmates into the real world community.

Tiny Tots. 10:30 a.m. Burke Centre Library, 5935 Fred Oaks Road, Burke. Music, movement and song. Ages 1-2 with adult.

FRIDAY-SATURDAY/MAY 1,2,8,9

"Les Miserables." 7 p.m. South County High School, 8501 Silverbrook Road, Lorton. Tickets will cost \$12 for general admission or \$10 for students and seniors.citizens. You can order tickets online at $south county the atre. org.\ ``Les$ Miserables" is famous musical adapted from the novel by Victor Hugo in 1862. The story revolves around former convict Jean Valjean and his pursuit of self-redemption by breaking his parole, thus having to escape the fleet of Inspector Javert. Intertwined are the students' revolution to combat the monarchy and a love triangle between schoolboy Marius, Valjean's daughter Cosette, and the poor Eponine.

THURSDAY/MAY 2

Creative Writers Club. 2:30 p.m. Burke Centre Library, 5935 Fred Oaks Road, Burke, Do you enjoy writing fiction, poetry, non-fiction and/or memoirs? Join us for sharing, discussion and feedback of works in progress. Ages 12-18.

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Sports

Woodson Boys' Soccer Blanks Lake Braddock

Yaglou, Clark score goals for Cavaliers.

By Jon Roetman The Connection

he Woodson boys' soccer team is still learning the possession style first-year head coach Andrew Peck is trying to teach, and the Cavaliers spent much of Tuesday's match against Lake Braddock on the defensive.

But after capitalizing on a pair of opportunities and dodging a few Bruin chances, Woodson emerged feeling pretty good about its place among Conference 7 contenders.

Zach Yaglou flicked in a header in the 17th minute, JW Clark found the back of the net with a free kick in the 66th minute and the Cavaliers blanked Lake Braddock 2-0 on April 14 at Woodson High School.

The Bruins were on the attack for most of the match, but Yaglou's goal, assisted by a Connor Werrlein throw, gave the Cavaliers the confidence of playing from ahead.

"It was huge," Yaglou said. "If we go down 1-0 ... we put our heads down. ... We were talking about how this game could be what decides who wins our conference and gets that bye to regionals. Since we beat [Lake Braddock], we have to worry about T.C. [Williams], Annandale, South County — all those other teams — [but] if we keep getting the wins, we'll be able to get the bye to regionals."

THE VICTORY improved Woodson's record to 3-2, including 2-0 in the conference. The Cavaliers defeated West Potomac, where Peck spent the previous eight seasons, 3-1 on April 7.

Lake Braddock (4-2) had its four-match win streak snapped and fell to 1-1 in the conference.

"This ... is kind of like a ramp-up stage [of the season], and they came up big when it counted," said Peck, who guided West Potomac within one win of the state tour-



Woodson senior Zach Yaglou (11) scored a goal in the first half of Tuesday's match against Lake Braddock.



JW Clark (5) and the Woodson boys' soccer team defeated Lake Braddock 2-0 on Tuesday.

nament in 2014. "Lake Braddock kept pressing, but [the Cavaliers] kept their composure"

Woodson carried a 1-0 advantage into the

second half before Clark converted a set piece into an insurance goal.

Clark sent a free kick goal-ward from inside 30 yards with the intention of finding

a teammate. Instead, the ball skipped across the wet turf and into the net.

"I was amazed," Clark said. "I thought somebody hit it. When I hit it, it felt really good. ... I'm happy it just went through."

Peck, a former collegiate goalkeeper, said defending that particular set piece can be difficult.

"It's almost like a screenplay, because the keeper's lost," Peck said. "You can't see."

Woodson made the most of its limited scoring opportunities and the Cavaliers defense held strong, led by the aggressive play of senior goalkeeper Brian Breslin.

"Brian, our keeper, he played outstanding tonight," Peck said. "He came up with some huge, game-changing saves because he's quick off his line. It doesn't matter if the guy is 7 feet 2, he'll go in and challenge you."

Breslin, who is 5 feet 7, said he is aggressive to compensate for his lack of size. He also complimented Peck's no-nonsense approach to coaching.

"He gets you going," Breslin said. "He's really good at motivating. He got us really hyped for this game and ... prepared."

While Woodson is off to a good start in conference play, the Cavaliers have their work cut out for them. Woodson will travel to face South County at 7 p.m. on Friday, April 17. The Stallions started the season with a 1-2-1 record, but proved last year they can overcome a slow start, reaching the conference championship match after entering the tournament as the No. 7 (lowest) seed.

WOODSON will also have to face defending 6A state champion T.C. Williams, which is off to a 5-0-1 start, on May 4.

"We're still not totally getting it — the style," Peck said. "It took me eight seasons to get it at West Potomac, so I don't expect it to happen in five games here. But right now, if these guys can kind of keep this momentum going, with the guys who are in place — and we've got a deep bench right now — it's going to start pushing in the right direction."

-Sports Roundups-

Robinson Boys' Tennis Beats Chantilly

The Robinson boys' tennis team recently defeated Chantilly 5-4.

Robinson clinched the victory with a big win at No. 3 doubles. Evan Schreiman and Wesley Ravich took over the match with a break of serve at 3-3 and won, 10-5.

Lake Braddock Softball Beats South County

The Lake Braddock softball team knocked off defending state champion South County for the second time this season and remained undefeated with a 4-0 victory on April 13.

The Bruins also beat the Stallions 3-0 on March 25.

Lake Braddock improved to 8-0 with Monday's victory. The Bruins were scheduled to face Woodson on Wednesday, after The Connection's deadline.

Lake Braddock will host Annandale at $6:30~\mathrm{p.m.}$ on Friday, April 17.

Oakton Girls' Tennis Beats Chantilly

The Oakton girls' tennis team on April 13 finished its match against the Chantilly Chargers that was interrupted by Friday's rainstorms.

The Oakton Girls Varsity Tennis team won 6-3.

Oakton's Annie Clark (10-6), Lindsey Le (10-7), Alekhya Nanduri (10-4) and Kaitlyn Hyun (10-4) won singles matches. The Cougars' doubles teams of Clark/ Le (10-4) and Andie Carroll/Anna Klinker (10-4) were also victorious.

Oakton Baseball Topples Madison

The Oakton baseball team defeated Madison 11-3 on April 18, improving its record to 7-0.

Madison fell to 7-3, dropping three of its last four. Oakton will travel to face Centreville at 6:30 p.m. on Friday, April 17. Madison will travel to face Langley.

McLean Boys' Lax Improves to 6-0

The McLean boys' lacrosse team improved to 6-0 with a 7-6 triple-overtime victory over Stone Bridge on April 9.

The Highlanders faced Yorktown on Tuesday, after The Connection's deadline. McLean will travel to face Thomas Jefferson at 7:15 p.m. on Thursday, April 16.

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nemal to 2, and vassar. readstate assistance uses mit uniture plant and must part part of models assistance, for a total of three (3) years from date of purchase. Lease, APR and Cabb Back offers may not be combined. See dealer for details. 31,126 Cash Back from Toyota buffor sales LSM, Inc. available on new 2015 Prius: Customers can receive cash back from Toyota or can apply to down payment. Excludes plug-in models. See dealer for details. Toyotacrae rovers normal factory scheduled service. Plan is 2 years or 25% miles, whichever comes frist. The new vehicle cannot be part of a retail to commercial feet, or a flerylax vehicle. See peringicipality Toyota dealer for plan details. Valid only in the continental US. and Abasia. Readdide assistance does not include dealer for plan details. Valid only in the continental US. and Abasia. Readdide assistance does not include ocean for plan orbans. Yam only in the commental to 3, and wasset, revolutions accessionate ourse on including parts and fluids. Philis plugin in plant of omes with an entry age of mostible assistance, for a total of three (2) years from date of purchase. Lease, APR and Cash Back offers may not be combined. See dealer for details. 4, 099, APR financing up to 80 months available to qualified buyes tith orjouts Financial Services. Total financed carmot exceed MSRP plus options, tax and license fees. 60 monthly payments of \$17.05 for each \$1,000 borrowed. Not all buyers will qualify. ToyotaCare covers normal factory scheduled service. Plan is 2 years or 25k miles, withorter crosm sirts. The new vehible carmot be part of a retail or commercial feet or linerylative which. See participating Toyota dealer for plan details. Valid only in the continental U.S. and Alaska Praceletia existings does not introlled acreas of this CP Prices with in border forces within a next vasor of most. Roadside assistance does not include parts and fluids. Prius plug-in hybrid comes with an extra year of road-side assistance, for a total of three (3) years from date of purchase. Lease, APR and Cash Back offers may no





with the purchase or lease of every new Toyota. For two years or 25,000 miles, whichever comes first, you

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117 Adoption

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21 Announcements

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ment is applying to the
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ance of this license must be

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CÔNECTION

21 Announcements 21 Announcements

Notice is hereby given that the following watercraft has been abandoned for more than 60 Days on the property of: Hillcrest Marine Inc. 10117 Richmond Hwy, Lorton VA 22079 703-339-6200. Description of watercraft: 1972 Glastron 16' Yellow #1422045. Application for Watercraft Registration/Title will be made in accordance with Section 29.1-733.25 of the Code of Virginia if this watercraft is not claimed and removed within 30 days of first publication of this notice. Please contact the Virginia Department of Game and Inland Fisheries with

Abandoned Watercraft

21 Announcements

21 Announcements

LEGAL NOTICE

According to the Lease by and between (4157) Tony Stefano and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their ates in order to perfect the Left of the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: seasonal decor, boxes, totes, ect. Items will be sold or otherwise disposed of on Friday April 24, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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OBITUARY Janet L.(Emery) English

Age-79 Wyomissing, PA Date of Death-Apr. 8, 2015 Place of Death-The Highlands at Wyomissing Birthplace-Birdsboro, PA

Birthplace-Birdsboro, PA
Father-the late Edward H. Emery
Mother-the late Edward H. Emery
Mother-the late Edna M. (Fick) Emery
Spouse-the late Curtis R. English, Jr., CAPT, In the USNR-Ret.
Church-Cedarville United Methodist Church, Pottstown, PA
Employment-registered nurse for 20 yrs. at The Hermitage
Methodist Nursing Home in Alexandria, VA
Memberships-P.E.O. International Women's Organization
Surviving are: 3 Sons-Curtis R. English, III, husband of Pamela
M. Long-Phoenixville, PA, Gary E., husband of Gretchen A.
English-Summerville, SC, Scott T., husband of Gretchen A.
English-Rockwall, TX 6 Grandchildren-David, Elizabeth, Justin,
Stephanie, Savanna & Addison (AJ) 2 Great

Stephanie, Savanna & Addison (AJ) 2 Great Grandchildren Predeceased by 2 brothers, Edward Emery, Jr. & Robert Emery and 2 sisters, Dolores Emery & Margaret Yoder A viewing will be held on Friday, April 10, 2015 from 6:00-8:00 PM in the Dengler Funeral Home, Inc., 144 N. Spruce St. Birdsboro, PA. A Memorial Service will be held or Saturday, April 11, 2015 at 11:30 AM at Cedarville United Methodist Church, 1092 Laurelwood Rd., Pottstown, PA 19465. In lieuof flowers, memorial contributions may be made to the American Lung Association, 55 West Wacker Dr., Suite 1150. Chicago, IL 60601 or to Cedarville United Methodist Church at the above address. Dengler Funeral Home, Inc., Birdsboro, PA is in charge of the arrangements.

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Fairfax/Kings Park West \$525,0 4BR, 3.5BA SFH. Newer hardwoods top 2 levels; replacement win dows; granite counter tops; stainless steel appliances. New carpet in finished rec room. Laundry kitchen level.

Courtney Jordan 703-786-5330



Lorton

Stunning 4 bedroom, 4 and 1/2 bath colonial with 3 finished levels. approximately 4600 sq. ft. Lake view all year! Open floor plan, hardwoods on top two levels, gournet kitchen, sunroom, large fam

John Astorino 703-898-5148



3.3.1 Bedroom/Bath; light filled, large townhouse, many custom items, hardwoods, huge eat in kitchen, slate patio, fenced, private, backs to woods, large rec room & workshop, walk to expr bus to Pentagon, 5 minutes to VRE.

Mary FitzHenry 703-250-8915



Expanded and renovated 5BR, 3BA, 2 fpl on almost 0.5 acres. Updated baths and kitchen. Refinished hardwoods and fresh paint Courtney Jordan 703-786-5330



Great Location and neighborhood in Woodson HS pyramid and easy commute to Pentagon. Formal living and dining room, new carpet, brick fireplace. A screened porch perfect for entertaining. Won't last long! **Joyce Wadle 703-403-3058**



Immaculate 3 Level, 3 Bedroom, 3.5 Bath end unit condo in popular Woodbridge co inity. 3 Master Bedrooms, Hardwoods on Main & Lower Level. 1 Car Garage. Low Condo & HOA fees. David Levent 703-338-1388



Gainesville

Space & upgrades you have been looking for in Heritage Hunt – 3BR/3BA with loft & walk-out LL. Built 2008. Granite, SS appliances, designer tile & more. Deck & patio. See photos: 6840-tred-avon.LFlisting.com

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Woodbridge

rivate oasis nestled on a treed acre lot. Over \$100,000 worth of updates and upgrades. Main level with library, formal dining room and living room, spacious kitchen with center island and breakfast area, large family room with fireplace. 4 bedrooms, 2.5 full baths. 2 car garage. Huge deck overlooking landscaped backyard. Claudia Callis 703-620-2790

\$529,900

Beautiful Colonial with covered front porch on cul-de-sac, large back yard, deck, gazebo, w/security & sprinkler systems. 4 large bedrooms, 3.5 baths, hdwd floors on main level, new carpet, fresh paint, recessed lights, built-ins, and much more Judy McGuire 703-581-7679



New Listing in Fairfax Club Estates! Beautiful updated Beech model features new open-concept kitchen with granite, and stainless steel. Gorgeous hardwood floors, ceramic tile, and luxurious master bath. Two car garage. In-ground sprinklers, deck, and landscaped private yard.

Teresa Bosch 202-368-1144



Location & Community. Hardwood main level, new carpet up, sunlit eat-in kitchen, custom pantry, updated kitchen cabinets. Lovingly upgraded/maintained by original owner. Deck, fenced Melody Elliott 703-963-8074



New 2BR. 2BA condo with beautiful hdwd floors, cozy sun room. upgraded kitchen, large LR & MBR, bright open interior & elevator access. Garage plus reserved parking space. Gated retirement community with club house, indoor pool, exercise room & much more

Edie Bierly 703-690-1257



Spacious Custom Colonial (>6000 sq ft!) w/5 bedrooms & 4 1/2 baths on .63 acre lot backing to woods. Finished basement - perfect for in-law or nanny suite. Open concept kitchen, walls of windows, entire interior freshly painted + convenient location

Kathrine Lambiase 703-618-7223



Beautiful 7100 sq. ft. 5 bedroom Colonial on 2 acres in Ellis Plantation. Spacious rooms, beautiful kitchen, separate suite in basement and manicured, partially wooded lot. Garage holds 3 cars. In ground sprinkler system and in ground pet fence. Susan Heflebower 703-786-3196



ovely updated Colonial features 9 ft ceilings, lots of natural light & adjoining the family room: 4 BRs to include fabulous master suite and walkout LL recreation room, as well as media room. Close to Fairfax County Pkwy, Rt 50, & Dulles Toll Rd. Wonderful neighbo



Lovely French Country Colonial with 4 bedrooms, 2.5 baths on 5 prime els. Large eat-in kitchen with tile floor, granite counters & walk-in pantry. Multi-level deck & Lanai, 2 car garage Edie Bierly 703-690-1257



Fairfax Station

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Large Colonial approx. 5400 sq. ft. sits on 6 manicured and b ully landscaped k with awnings overlooks large back yard and wooded area. Basement is finished with full Susan Heflebower 703-786-3196

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