

Springfield CONNECTION

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WELLBEING

PAGE 8

Voting in Springfield 'Steady'

NEWS, PAGE 10

Election Night Winners, Losers

NEWS, PAGE 3

Matchup of Region's Top Teams

SPORTS, PAGE 12

West Springfield High School precinct chief election officer Allyn Hammel of Burke and her assistant Bill Batterson of Springfield review election day materials in the West Springfield cafeteria on Nov. 3.

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PHOTOS BY ANDREA WORKER/THE CONNECTION

After much mingling and anxiously watching the election numbers as they came in, the crowd at the Democratic election watch party finally had the chance to cheer for those they were supporting.

Dems Claim Wins

General Assembly stays in the red column.

BY ANDREA WORKER
THE CONNECTION

We didn't win the war tonight, but we did come out ahead in some of the important local battles, and that's a good start." That was Roger Kline's take on the results of the elections for Virginia's General Assembly, Fairfax County Board of Supervisors, and School Board members. Kline was one of hundreds that gathered at The Waterford at Fair Oaks for the Fairfax Democratic Committee's Election Watch Party on Tuesday night.

Although the doors to the Watch Party opened at 7 p.m. just as the polls were closing, things didn't really get underway until closer to 9 p.m. when the faithful and those they supported began to arrive in earnest.

Monitors in the corners of the room were constantly surrounded by attendees checking the latest results.

"It's enough to give you an ulcer," said Aida Lee, referring to the see-sawing numbers that were coming in early on for Del. Kathleen Murphy (D-34) whose district includes part of Loudoun County, and Great Falls, McLean, Wolftrap and Langley in Fairfax County. When 100 percent of the votes were finally reported, Murphy was leading her opponent Craig Parisot, whom she had previously defeated for the seat in a special election. But with a winning margin of less than 200 votes, less than one percent, election officials plan to review the votes on Wednesday to determine if a recount will be called for.

THE "WAR" that was not won on Tuesday was the Democrats' fight to gain control of the Virginia Senate. Prior to the election, Republicans held the majority, 21-19. Because of the tie-breaking powers of democratic Lt. Gov. Ralph Northam, the Democrats only needed one more seat to gain control.

Democratic candidates prevailed in sev-



A pair of re-elected and newly-elected Democrats gets a wild welcome from the gathering at the Democratic election watch party. From left, Sheriff Stacey Kincaid and Del. Jennifer Boysko (D-86). Boysko's election brings a Democrat to the district for the first time in many years.

eral hotly contested races, but at the end of the day the total numbers remained unchanged. With an overwhelmingly Republican House and a continued GOP "tilt" in the Senate, Gov. Terry McAuliffe and his party face uphill battles at every turn in their attempts to press forward their priorities, including gun safety regulations and the expansion of Medicaid in the Commonwealth.

Senate Minority Leader Richard Saslaw (D-35), who defeated his Independent Green Party opponent Terry W. Modglin 73.45 percent to 25 percent, addressed the crowd when he introduced the winning senators and delegates who were present at the Watch, telling them to not lose hope yet.

Saslaw said there is a chance that results from one Richmond-area race might be reviewed. "There's something not right with those numbers," he said, citing "unusually high" Republican turnout in Powhatan County.

SEE DEMOCRATS, PAGE 4

Fairfax Republicans Celebrate the Victorious

And honor those who were defeated.

BY TIM PETERSON
THE CONNECTION

Supervisor John Cook (R-Braddock) said he much preferred this night to the one when he was elected to his first term. A close race with his opponent meant waiting around until late into the evening. This year, Cook defeated Democrat Janet Oleszek by a more handy margin of about six percent of the vote.

"Local government is about being the level closest to the people," Cook said, as the first speaker at the Fairfax County Republican Committee election results viewing party. "It's about getting things done, the right way." The party was held Nov. 3 at the Fairview Marriott hotel in Falls Church.

Cook attributed his victory to having a full term to "do a lot of work," including work with Chairman Sharon Bulova and Sheriff Stacey Kincaid on a "Diversion First" program to help prevent people with mental illness from ending up in the Adult Detention Center without prior mental health evaluation, work raising awareness and developing resources for victims of domestic violence, and working with community leaders.

"People have shown appreciation for that, and I'm very thankful," Cook said.

Incumbent Supervisor Pat Herrity (R-Springfield) recorded a more lopsided victory in his race against Independent Green candidate Corazon Foley. He spoke about continuing to push "the message of transparency from our government" and working with the School Board during his next term.

Arthur Purves was unsuccessful in challenging incumbent Board of Supervisors Chairman Sharon Bulova. At the podium, he described himself as "marching to a different drummer."

Jennifer Chronis came closer to knocking off her incumbent opponent John Foust for Dranesville District Supervisor, however still trailed by about eight points at the end of the night.

"I'm not going away," Chronis said she told Foust when she called to congratulate him on the victory. "I'm proud of the race we ran and the issues we discussed."

The surprise of the night was Fairfax resident and Republican Jeanette Hough finishing ahead of incumbent Ted Velkoff for the third at-large seat on the Fairfax County School Board.

Craig Parisot was shown to have finished about a point behind Democrat Kathleen Murphy for the 34th District House of Delegates seat, but a representative from the Republican committee reminded members of the audience there would be a final tally taking place first thing in the morning.



Incumbent Supervisor John Cook (R-Braddock) defeated Democrat challenger Janet Oleszek with over 51 percent of the vote.

PHOTOS BY
TIM PETERSON
THE CONNECTION



Incumbent Supervisor Pat Herrity (R-Springfield) won re-election handily over Independent Green challenger Corazon Foley, who ran a minimalist campaign based on establishing a dedicated center for senior citizens in the Springfield district.



Incumbent Del. Tim Hugo (R-40) defeated Democrat challenger Jerry Foltz with over 63 percent of the votes.

Democrats Claim Victories in County-wide Elections

FROM PAGE 3

VICTORY BY Jennifer Boysko in the 86th district was one of the “important local battles” that attendee Kline cheered. Boysko replaces retiring Republican Del. Tom Rust, defeating Danny Vargas (R). Boysko was greeted by thunderous applause as she joined her Assembly colleagues on stage. “It’s already been an incredible learning experience,” said Boysko, in an interview after the formal election result announcements had been made. “I’ve talked to literally thousands of people in my district, listening to what they need, what are their concerns,” she added. “There’s a lot to do, but education kept coming up as a real priority.” Boysko said she is looking forward to the challenge ahead and hoped to become a part of a “civility caucus.” “I think a lot more can be accomplished when we treat each other with dignity and respect.”

Vargas, Boysko’s opponent received large, late infusions of campaign money from Republicans, and had a total of \$705,323, which he spent mostly on mailers and TV commercials that were unflattering and critical of Boysko.

All eyes were also following the race in neighboring Prince William County between Harry “Hal” Parrish II and Jeremy McPike. McPike, who received personal support from Gov. McAuliffe at the polls on election day, beat Manassas Mayor Parrish by a margin of more than 16 percent.

Democrats also took the upper hand in the results for the Fairfax County Board of Supervisors. By re-electing all eight incumbents, including Chairman Sharon Bulova, and adding the Democratic candidates for the vacant seats in the Mount Vernon and Sully districts, the voters gave the board one more Democratic member than they had

originally. When the new board takes office in January, incumbents Pat Herrity of the Springfield District and John C. Cook from the Braddock District will be the only Republican members of the governing body of Virginia’s largest jurisdiction. The Sully District seat, formerly held by Supervisor Michael Frey (R), was won by School Board member Kathy Smith (D) over Republican John Guevara. Another School Board member, Dan Storck, took the Mount Vernon Supervisor contest over Jane Gandee (R), replacing the retiring Gerry Hyland (D).

Democratic Fairfax County School Board election winners were also on hand at the event and took to the stage when introduced by Board of Supervisors Chairman Bulova. Ryan McElveen and Ilryong Moon retained their At-Large positions, while Ted Velkoff lost his seat to Republican-backed Jeanette Hough of Fairfax. Pat Hynes remains as the School Board member in the Hunter Mill District. Jane Strauss retains the position she has held for two decades for her Dranesville constituency. In the Sully District contest for School Board, Republican Tom Wilson was ahead of Karen Keys-Gamarra by about 200 votes.

POLITICAL NEWCOMER Dalia Palchik, the Providence District School Board member winner over incumbent Patty Reed, received the evening’s most enthusiastic reception. When asked if it was possible that she knew every single person in the room in order to receive such a welcome, Palchik laughingly replied, “Could be.” The young teacher said she “made a pilgrimage in the streets of Providence District” likening her journey to her experience on the famous pilgrimage route from France to the cathedral in Santiago de Compostela, Spain. Humbled by the response from the crowd,

Palchik says she truly loves people and tries to show it when she meets them. “Less testing and more teaching” are battles cries for Palchik, who said she was ready to repre-

sent a diverse community “after I get just a little bit of sleep.”

See a full list of all races and results in Virginia at results.elections.virginia.gov.

Fairfax County Election Results

Unofficial results as of Wednesday morning, Nov. 4, 2015.
* indicates incumbent

Candidate	Votes	Percentage
Fairfax County Commonwealth’s Attorney		
Raymond F. Morrogh* (D)	141,601	96.78%
Unopposed		

Fairfax County Sheriff		
Stacey Ann Kincaid (D)*	107,610	57.96%
Bryan A. “B. A.” Wolfe (R)	77,609	41.80%

Fairfax County Clerk of the Court		
John T. Frey (R)*	86,623	48.01%
Bettina Mary Lawton	83,111	46.07%
Marisa R. Wissar (I)	10,252	5.68%

Soil and Water Conservation Director Northern Virginia District		
Top three take office		
George W. Lamb IV*	94,260	30.71%
Gerald O. “Jerry” Peters*	93,140	30.35%
Scott John Cameron	90,714	29.55%
Stephen L. Pushor	26,640	8.68%

Fairfax County Chairman of the Board of Supervisors		
Sharon S. Bulova (D)*	111,124	59.84%
Arthur G. Purves (R)	63,209	34.04%
Glenda Gail Parker (I)	10,890	5.86%

Fairfax County Public School Bond		
\$310 million for new sites, new buildings or additions, renovations and improvements to existing buildings, and furnishings and equipment, for the Fairfax County public school system.		
Yes	138,296	74.27%
No	47,911	25.73%

Fairfax County Public Safety Facilities Bond		
\$151 million for construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training facilities and stations, fire and rescue training facilities and stations.		
Yes	136,176	73.20%
No	49,850	26.80%

Board of Supervisors, District Members		
Braddock District		
John C. Cook (R)*	12,082	51.60%
Janet S. Oleszek (D)	10,675	45.59%
Carey C. Campbell (I)	610	2.61%

Dranesville District		
John W. Foust (D)*	14,807	53.92%
Jennifer C. Chronis (R)	12,615	45.94%

Hunter Mill District		
Catherine M. Hudgins (D)*	17,235	94.33%
Unopposed		

Lee District		
Jeffrey C. McKay (D)*	12,792	96.89%
Unopposed		

Mason District		
Penelope A. “Penny” Gross (D)*	9,196	57.22%
Mollie A. Loeffler (I)	6,785	42.22%

Mount Vernon District		
Daniel G. “Dan” Storck (D)*	11,714	56.85%
Jane R. Gandee (R)	8,841	42.91%

Providence District		
Linda Q. Smyth (D)*	13,134	95.46%
Unopposed		

Springfield District		
Patrick S. “Pat” Herrity (R)*	18,204	80.56%
Corazon S. Foley (I)	4,226	18.70%

Sully District		
Kathy L. Smith (D)	11,200	51.76%
John P. Guevara (R)	10,382	47.98%

Fairfax County School Board at Large		
Top Three Take Office		
Ilryong Moon*	83,983	17.13%
Ryan L. McElveen*	83,051	16.94%
Jeanette M. Hough	80,006	16.32%
Theodore J. “Ted” Velkoff*	74,803	15.26%
Robert E. “Bob” Copeland	74,509	15.20%
Manar A. Jean-Jacques	57,102	11.65%
Peter M. Marchetti	12,903	2.63%
Omar M. Fateh	11,822	2.41%
Burnette G. Scarboro	10,617	2.17%

School Board District Candidates Braddock District School Board		
Megan O. McLaughlin*	14,147	75.38%
Katherine A. Pettigrew	4,205	22.41%

Dranesville District School Board		
Jane K. “Janie” Strauss*	14,075	54.29%
Peter Kurzenhauser	11,781	45.44%

Hunter Mill District School Board		
Pat M. Hynes*	12,951	61.30%
Mark S. Wilkinson	8,116	38.41%

Lee District School Board		
Tamara J. Derenak Kaufax*	11,759	96.34%
Unopposed		

Mason District School Board		
Sandra S. Evans*	11,975	96.60%
Unopposed		

Mount Vernon District School Board Open Seat		
Karen L. Corbett Sanders	11,915	61.81%
W. Anthony Stacy	7,319	37.97%

Providence District School Board		
Dalia A. Palchik	9,293	58.22%
Patricia S. “Patty” Reed*	6,594	41.31%

Springfield District School Board		
Elizabeth L. Schultz*	18,933	97.60%
Unopposed		

Sully District School Board Open Seat		
Thomas A. Wilson	10,242	50.38%
Karen A. Keys-Gamarra	10,041	49.39%

Hough Edges Velkoff

BY TIM PETERSON
THE CONNECTION

Fairfax resident Jeanette Hough said her race for the Fairfax County School Board started with a phone call to Springfield District representative to the board Elizabeth Schultz. “What are we going to do about the school board?” Hough remembers asking. “We’re being ignored as parents and taxpayers.”

Hough recalled Schultz saying some fresh faces on the board might make a difference. “I said I would host an interest meeting,” Hough said, while standing victorious at the podium of the Fairfax County Republican Committee election results viewing party. “And here we are.”

With 80,006, or 16.32 percent of the unofficial results vote, Hough finished behind incumbents Ilryong Moon with 17.13 percent and Ryan McElveen with 16.94 percent, but ahead of the third incumbent Ted Velkoff, who ended up with 15.26 percent of the vote. The top three of a field of nine candidates will serve on the School Board.



PHOTO BY TIM PETERSON

Jeanette Hough and her children celebrated her win.

“I’m going to make sure we protect parents’ rights,” Hough said, “to be the primary educators of their children, and to get the fiscal house in order, so that we live within our means.”

School Board candidates finished as follows: Moon, McElveen and Hough, then Velkoff, Robert Copeland - 74,509 - 15.20 percent, Manar Jean-Jacques - 57,102 - 11.65 percent, Peter Marchetti - 12,903 - 2.63%, Omar Fateh - 11,822 - 2.41 percent, Burnette Scarboro - 10,617 - 2.17 percent, Write-in - 1,442 - .29 percent.



Virginia's First New-era Sunoco APlus Opens in Springfield

From left, Christel Hair, senior director of Strategic Partnerships and Community Engagement, Capital Area Food Bank; Leon Bailey, area manager, Sunoco Inc.; Lorraine Giles, market manager, Sunoco Inc.; Del. Vivian Watts (D-39); Supervisor Pat Herrity (R-Springfield); Scot Knox, Division Operations manager, Sunoco Inc.; John T. Frey, Clerk of Court, Fairfax Circuit Court. On Friday, Oct. 16 the first Sunoco APlus opened at 7025 Old Keene Mill Road, Springfield. APlus presented a check for \$2,500 to the Capital Area Food Bank to celebrate the new food bank partnership and in honor of World Food Day. APlus kicked-off an in-store fundraising campaign and will be matching all donations dollar-for-dollar up to \$15,000. All funds will be given to Capital Area Food Bank to help fight hunger in the community.

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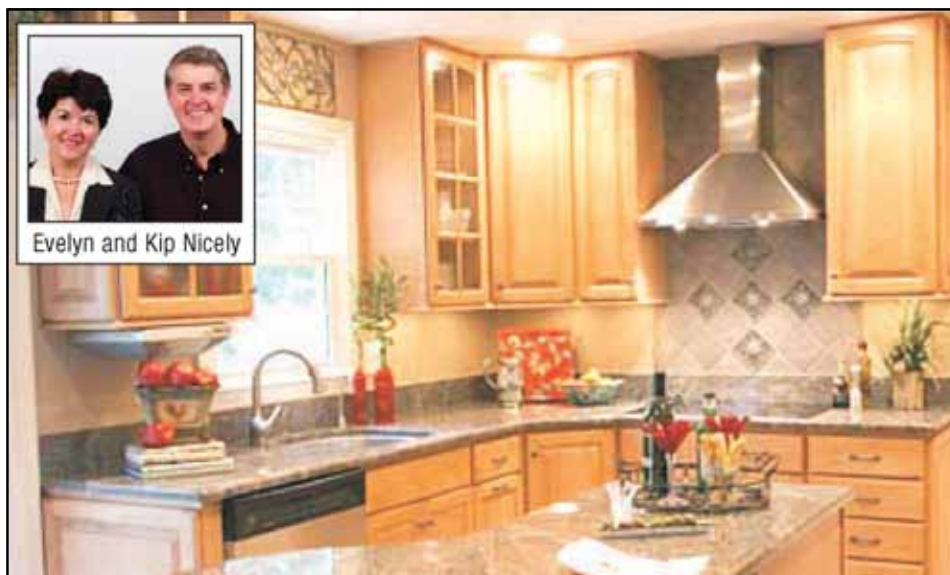
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OPINION

Coming: Children's Connection 2015

Get ready to send your submissions soon.

During the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. And even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

EDITORIAL

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also wel-

Send Your Children's Edition Submissions

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Submissions are due no later than Friday, Dec. 4.

Email submissions to editors@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail to Children's Connection, 1606 King Street, Alexandria, VA 22314.

come.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?
- ❖ Your opinion (50 to 100 words) about traf-

fic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Email submissions for the Children's Connection to editors@connectionnewspapers.com.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 4.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD or flash drive to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 4. The Children's Connection will publish the week of Dec. 28, 2015.

You can see last year's editions by visiting www.connectionnewspapers.com/PDFs/ and scroll down to Children's Edition.

COMMENTARY

Real Solutions for Real Problems on Roads

The truth behind I-66 inside the Beltway.

BY AUBREY LAYNE
SECRETARY OF TRANSPORTATION FOR THE
COMMONWEALTH OF VIRGINIA

Virginians deserve a healthy public discussion about how best to improve our transportation system. But that discussion must also be grounded in fact, not political rhetoric. Unfortunately, the leadership of the House Republican Caucus is engaged in a campaign of misleading and flatly incorrect information on the McAuliffe administration's proposal to improve I-66 inside the Beltway. So in the interest of good public policy, here are the facts.

- ❖ Fact 1: Despite unfounded claims to the contrary, dynamic tolling on I-66 will reduce congestion.

In 2013 the McDonnell Administration released a study on reducing traffic congestion in the I-66 corridor. It was the third such study in 15 years.

The study stated that dynamic tolling and multi-modal improvements could move 40,000 more people a day through the I-66 corridor, which is equivalent to 10 additional interstate lanes in the morning and another 10 in the evening. The proposal would increase travel speeds from today's low of 5 miles per hour to a more reliable pace of 45 miles per hour or

faster.

The tangible congestion alleviation benefits this proposal will generate have led the Fairfax and Loudoun County Chambers of Commerce to express support for the proposed improvements. We are working collaboratively with Fairfax, Arlington and Falls Church on the proposed project. Just recently the Washington Metropolitan Council of Governments' Transportation Planning Board approved adding this project to the region's Constrained Long Range Plan.

- ❖ Fact 2: The McAuliffe administration's proposed changes will only add more choices for I-66 commuters without impacting current HOV commuters.

If you currently carpool through the corridor, you will ride free as you always have. If you are a solo driver who used to have to exit I-66 and take secondary roads to and from work, you will now have the option to pay a toll and remain on I-66 all the way into the city. Despite the disinformation political opponents are disseminating, tolling would only be in effect during peak hours, and this proposal offers more drivers the option of a fast and reliable trip without impacting current HOV commuters.

- ❖ Fact 3: Travel times on parallel routes will either improve or stay the same.

Studies show dynamic tolling will manage traffic more efficiently on I-66 inside the Beltway and parallel roads. In fact, this proposal will reduce traffic on parallel routes heading to D.C. in the morning, by offering more

solo drivers the choice of paying a toll and staying on I-66.

VDOT has conducted a detailed analysis that shows no impacts on parallel routes, meaning that drivers who take Route 50 can expect roughly the same travel times in 2017 as they can today.

- ❖ Fact 4: Toll revenues will be used to help move even more people through the corridor.

Studies reveal that dynamic tolling itself is a mechanism for managing congestion and reducing travel times – and every cent from that tolling on I-66 will be used to even further reduce congestion in that corridor. This is a self-financing project and will not take funding away from other transportation improvements.

Again, contrary to what House Republicans have conjured, it would be against the law to use those revenues for bike paths in the woods or road improvements in other parts of Northern Virginia or the state.

Since the state will own and operate the facility and collect tolls, excess revenues will not go to the profit of large corporations. All monies will directly benefit the corridor to enhance motorist through-put.

- ❖ Fact 5: Widening I-66 inside the Beltway will take place – if necessary.

It is the Secretary of Transportation's job to ensure that transportation funds are spent wisely. In the case of I-66, that means implementing the most cost-effective solutions first, before we consider spending over \$100 mil-

SEE REAL SOLUTIONS, PAGE 7

Springfield CONNECTION

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NEWS

Students Compete in Siemens National Finals

Six students in the Northern Virginia area are competing in the 2015 Siemens Foundation STEM Competition. These regional finalists recently advanced through the semifinal round, and now have a chance to compete at the National Finals, Dec. 4-8 in Washington, D.C. Grand prizes are \$100,000 scholarships.

The Siemens Competition is a signature program of the Siemens Foundation; it promotes STEM education and encourages young students to push their academic boundaries through hands-on projects.

The students all have projects for the Siemens Competition, and they also participate in many other pursuits outside of STEM related projects. Local finalists include:

❖ Michael You, of Alexandria, Thomas Jefferson High School for Science and Tech-

nology, researched SONAR-related whale beachings and how bubbles in blood vessels can contribute to the injuries of whales exposed to SONAR;

❖ Christina Oh and Edward Oh, of Lorton, TJHSST and South County High School, found a potential method to mitigate the attachment of the barnacle, that could help with drastically improving marine vessels' efficiency;

❖ Kelly Cho of McLean and Harriet Khang of Great Falls, TJHSST, found an inexpensive and uncomplicated method for a bio-sensor for breast cancer that could potentially be slightly modified for other diseases;

❖ Daniel Chae, of Alexandria, TJHSST, found a way to develop more cost-effective and improved bone implants through 3-D printing.

Real Solutions

FROM PAGE 6

lion to perform even a limited widening of I-66.

The Governor's proposals for I-66 will better manage traffic flow at a fraction of the cost of widening the road. We owe it to taxpayers to exhaust low-cost solutions, but, if after 5 years, vehicles are not traveling at free flow on I-66 during rush hour, then toll revenues will be used to widen the road.

❖ Fact 6: Doing nothing is not an option.

Opponents of the Governor's proposal for I-66 have a host of complaints. What they have yet to put forward are facts to back those claims, or real ideas for moving Virginians through the I-66 corridor more quickly.

I am confident that this plan meets the transportation and political realities of this corridor – and that allowing campaign gamesmanship to block progress is not an option.



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WELLBEING

Gearing up for Thanksgiving

BY MARILYN CAMPBELL
THE CONNECTION

When many of us are still in bed early Thanksgiving morning, Susan Colarco will be lacing up her shoes, joining a group of friends and getting ready to hit the road for the Arlington Turkey Trot as she has done for many years past.

"I've run this race more times than I can count and it's always a great time," said Colarco, a Road Runners Club of America certified running coach.

On a day as notorious for sloth and gluttony as it is for gratitude and family, hundreds of thousands of runners across the country pound the pavement to raise money for charity, burn off calories and spend time with friends in what have become known as turkey trots. Running USA, a non-profit organization for the running industry, reports that the number of people entering races on Thanksgiving Day now surpasses those who race on July 4th.

"[These races] are a great oppor-



PHOTO CONTRIBUTED

Arlington running coach Susan Colarco will run in the Arlington Turkey Trot on Thanksgiving Day.

tunity to get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes," said Colarco, who also works as a coach for True Health and Wholeness in Arlington.

While Colarco and her running mates train year-round, there's still

time to get in shape and choose a turkey trot this year. "Many competitive and enthusiast runners start with 3 or 5K races," said Richard L. Steele, assistant dean of physical education at Northern Virginia Community College in Alexandria. "I tell most people to pick race that is conveniently lo

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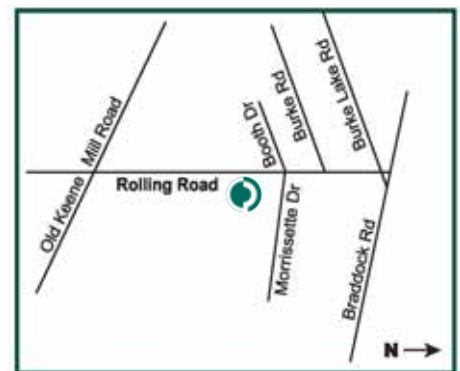
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Local fitness experts suggest a training plan that will get you off the couch in time for Turkey Day.

cated ... or has special meaning to them personally, [like] a charity."

Preparing for a turkey trot usually consists of dietary retooling, aerobic exercise and strength training.

"Typically, the folks I work with run between three and five times a week with some weight training and ... cross-training worked into the schedule," said Colarco. "The distance and intensity vary based on the experience and fitness level of the runner, the goal they are aiming for and any injuries they may be working through."

Colarco tailors her training regimen to the environment of the chosen race. "For example, if it's a hilly race, we'll definitely work some hills into the training plan," she said. "If it's a trail race, we'll leave the nice paved running routes behind and head off road." "Up your training distance each week, but do it in small amounts," said Steele. "A new runner should aim for three to five days per week of training," he said.

Creating a realistic training schedule that works in harmony with one's daily schedule is the key to becoming race-ready on Turkey Day, says Colarco. "I really try to take into account the fact that most of the runners in this area are working professionals with a lot on their plates. I work with my clients to determine not just what they should be doing, but realistically, what they can do given the stresses of everyday life."

Diet, both on the day of the race and the days and weeks leading to it, is an often-overlooked component of race training. "Eat a high-energy meal about an hour before the race," said Steele.

"Eating within an hour can lead to upset stomach. ... You may need to increase your calories, but don't go crazy. If you are eating natural foods, free of artificial fats, added sugars and other chemicals, your body will respond in an amazing way."

Protecting against injuries that can be sustained from the unrelenting pounding of the pavement, is another important, but often

Locate a Local Turkey Trot

www.runningintheusa.com
www.runnersworld.com/race-finder

overlooked part of running. "You get an average of about 4,500 blows to your joints over the course of a 5K," said Christian Elliot, a personal trainer and founder of True Health and Wholeness. "Strength training helps your body handle the blows, and there's no downside to having strong muscles."

Weight training exercises for the legs should be done two to three days per week, advises Steele. "You can hit the weights at the gym, do Pilates or use body weight, whatever you enjoy. Focus on light to medium resistance with higher repetitions to build muscle endurance; 12 to 15 repetitions, two to three sets for each exercise works well."

"It has been proven that runners who do strength training have fewer knee injuries," added Chance Heare, of Koko FitClub in Herndon, Reston and Great Falls. "Strength training builds the stabilization muscles to support the joints and runners who strength train tend to get fewer injuries and have better endurance."

The most common injuries associated running are ankle and knee sprains, shin splints, stress fractures, runner's knee and plantar fasciitis. "Sprains and blisters are very common during races," said Steele.

Running shoes play an important part of injury prevention, but "by itself can't prevent all injuries," said Nelson Cortes, Ph.D., an associate professor in the Sports Medicine Assessment, Research & Testing Laboratory at George Mason University in Fairfax.

"Everyone has different foot and lower body morphology and it's important that running shoes are appropriate."

In addition, a daily full-body stretching routine "will help with injury prevention and performance," said Steele. "You'll be surprised how much better you feel in general after doing this for about a week or two."

"Up your training distance each week, but do it in small amounts."

— **Richard L. Steele,**
assistant dean of
physical education,
Northern Virginia
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GRAPEVINE, TX



NEWS



PHOTO BY TIM PETERSON/THE CONNECTION

West Springfield High School precinct chief election officer Allyn Hammel of Burke and her assistant Bill Batterson of Springfield review election day materials in the West Springfield cafeteria on Nov. 3.

Springfield Voting 'Steady'

Allyn Hammel of Burke began working as an election officer over ten years ago and then was promoted to chief election officer for the 2008 presidential election. She described the voter traffic at West Springfield High School as "steady."

With students home from school for a holiday, Hammel thought that may have brought a few more voters out during the day than usual, enough to "keep us busy" as election officers.

Hammel was appreciative of the all-paper ballots and single scanner, which she said goes "much faster" than machines in the past and provides "more record," in addition to a jump drive with results that her precinct will upload along with others in the county.

"It's good civic duty," Hammel said of her role as chief. "I get to see all the neighbors, work with good people as other election officers. It's a good thing to do."

—TIM PETERSON

VIEWPOINTS

Why was it important to you to come out and vote today?

— TIM PETERSON



Suzanne Holloway of Burke

"I'm a real advocate of voting. You can't complain about anything if you don't vote."

Rana Iqbal of Burke

"It's part of being a responsible citizen. You have the choice to choose your representatives. My kids graduated from Fairfax County, we love the school system and want to see it continue to be strong."



From left, West Springfield High School junior JP Abbott, junior Sarah Chang and senior Ryan Storm.

Abbott: "We're here handing out information about the school bond issue. It's been a learning experience. Adults don't feel like talking to kids."

Storm: "The bond is important because it affects school renovations, like ours."

ENTERTAINMENT

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.

Ongoing

Paintings of the Potomac Valley Watercolorists. Through Nov. 7 at McQuire Woods Gallery, Bldg 16, The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Gallery hours: Wed.-Sat.: 11 a.m.- 6 p.m.; Sunday: 12-5 p.m. The exhibition brings together some of the area's top painters in watercolor, acrylic and mixed media, presenting 100 original works including landscapes, florals, still life and abstracts.

Inaugural Workhouse Glass National 2015. Nov. 7-Jan. 17. W-16, Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join for the family-friendly exhibitions of glass art and the opening reception on Tuesday, Nov. 10, 6-8 p.m. workhousearts.org, 703-585-2900.

FCPS Art Teachers Exhibition. Nov. 14-Dec. 6. W-16 McGuireWoods Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join for the exhibitions by the FCPS best art teachers. Discover the breadth of talent found in FCPS as you view works by art teachers. The exhibit will feature various media, unified by the artist's passion to educate. workhousearts.org, 703-585-2900.

Children's Theatre: "The Nutcracker". 1-2:15 p.m. & 3-4:15 p.m. Saturdays. Dec. 5, 12, 19, 26. W-3 Theatre, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Presented by Mestey Films Productions. Playwright Vianlix Mestey produces an original re-telling of the favorite holiday story in play form. Running time 75 minutes with one intermission, appropriate for all ages. \$9-\$13. workhousearts.org, 703-585-2900.

FRIDAY/NOV. 6

Compania Flamenca Jose Porcel. 8 p.m. George Mason University's Center for the Arts, 4400 University Dr, Fairfax. Passionate rhythms and enchanting movement of flamenco dancing. 888-945-2468. cfa.gmu.edu.

SATURDAY/NOV. 7

Shopping at Sydenstricker. 9 a.m.-2 p.m. Sydenstricker United Methodist Church, 8508 Hooes Road, Springfield. Bazaar featuring handmade crafts and art, baked goods and homemade soups. This annual event is hosted by the United Methodist Women of Sydenstricker Church and supports their mission work. Free. 703-415-8223.

Rang de Nila. 8 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Performance piece that combines music and dance with the art of Siona Benjamin. In the performance, the dancers assume the roles of the subjects of Benjamin's paintings. Through movements infused with elements of traditional Indian dance, modern dance, and jazz, the dancers explore themes of identity and what it means to be a Jewish Indian woman. \$14-\$24. <http://www.brownpapertickets.com/profile/190347>.

Munich Symphony Orchestra with The Romeros. 8 p.m. George Mason University's Center for the Arts, 4400 University Drive, Fairfax. This important orchestra has enriched the cultural life of Bavaria with its unparalleled performances of symphonic concert pieces, opera and

Jewish Community Center of Northern Virginia presents "Rang de Nila," a performance piece that combines music and dance with the art of Siona Benjamin on Saturday, Nov. 7 at the JCCNV in Fairfax. Through movements infused with elements of traditional Indian dance, modern dance, and jazz, the dancers explore themes of identity and what it means to be a Jewish Indian woman.



PHOTO BY SEAN HAVEN

operettas, musicals, ballets, oratorios and church music. The orchestra is joined by Spanish classical guitar virtuoso Pepe Romero for solo work. \$42-\$70. 888-945-2468. cfa.gmu.edu.

Night on Broadway. 7:30 p.m. Immanuel Bible Church, 6911 Braddock Road, Springfield. Robinson Choral Department performs Broadway favorites. The performance will also feature members of the Robinson Orchestra and Band. \$12. 703-426-2144.

Charity Yard Sale. 8 a.m.-noon. The Historic Sydenstricker Schoolhouse, 8511 Hooes Road, Springfield. Huge yard and bake sale to benefit the preservation of the historic Sydenstricker Schoolhouse. info@sydenstrickerschoolhouse.org.

Mission Marketplace Art and Craft. 10 a.m.-3 p.m. Burke United Methodist Church, 6200 Burke Centre Parkway, Burke. Local resident Barbara Nowak takes stock of her hand-built pottery that will be ready for sale. Other artisans will also be participating in the sale with a wide variety of gift items including jewelry, watercolor, and abstract art, scarves, fall florals and handmade porcelain heirloom dolls. www.burkeumc.org, 703-250-6100.

Singles Dinner and Movie Night. 5 p.m. PF Chang's, 4250 Fairfax Corner Ave., Fairfax. Fixed price dinner followed by movie of your choice at Fairfax Corner 14. Sponsored by New Beginnings, a support group for separated/divorced men and women. \$30. RSVP 301-924-4101.

SUNDAY/NOV. 8

Railroad Collectibles Special Sale. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Railroad collectibles, antiques, railroad memorabilia, toys and art.

Round Robinson 5K. 8:30-10 a.m. Robinson High School, 5035 Sideburn Road, Fairfax. The proceeds benefit Robinson Crew Booster Club and the Robinson Crew Team. Our goal is 500 runners and \$5,000 in sponsors (\$5K for the 5K). \$30. 5Kinfo@robinsoncrew.org.

Soundscapes Healing Meditation. 2 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. Come, bring a blanket or yoga mat for lying on the floor, and enjoy the gift of letting go and being connected to deeper peace. Healthy snacks will be

provided afterward during Fellowship time. Free to church members, \$15. 703-503-4579.

Cabaret Series: Dueling Divas! 1 p.m. and 6 p.m. W-16, Vulcan Muse, Workhouse Arts Center, 9518 Workhouse Way, Lorton. The Divas are back to take over the Workhouse Cabaret Stage and will battle it out in a spectacular showcase of showstopping vocals. Dueling Divas will perform songs made famous by the Broadway Stars, with a good dose of laughter. \$20-\$25. workhousearts.org, 703-585-2900.

WEDNESDAY/NOV. 11

Springfield Christian Women's Connection Luncheon. 11:30 a.m. Springfield Golf and Country Club, 8301 Old Keene Mill Road, Springfield. Reserve by Monday, Nov. 9. 703-922-6438.

Veterans Day Luncheon. noon-2 p.m. NOVA-Medical Education Campus, 6699 Springfield Center Drive, Springfield. Veterans, dependents and active duty military are invited to the Medical Education Campus of Northern Virginia Community College for a Veterans Day Luncheon in honor of those who have served in the United States Armed Forces. Free. Register by Friday, Nov. 6 at <http://mecveteransdayluncheon.eventbrite.com/>. Park first or 5th floor of garage. dhitzeman@nvcc.edu.

FRIDAY/NOV. 13

Small Plates: Choreography Festival. 8-10 p.m. 9518 Workhouse Way, Lorton. At the festival, a curated dance showcase features groups and solo pieces from regional dance companies, one of them being Beth Elliott Dance Group. \$10-\$15. www.workhousearts.org.

"Won't Pipe Down." 6:30 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. A 35 minute documentary presenting the inside look at the residents of Nelson County, Va. vs. Dominion Power and the fight against the Atlantic Coast Pipeline. Screening of Film followed by a panel discussion with filmmakers Abby Riggelman and Danny McNew; and Science/Policy Experts Ernie Reed from Wild Virginia and Aaron Mintzes from Earthworks. Free. RSVP for meal planning by Nov. 11. 703-503-4579.

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PHOTO BY RICHARD MAPLE

Kyle Edwards and the Lake Braddock football team will face South County on Friday, with the winner taking home the Conference 7 championship.

Lake Braddock Hosts South County in Match of 9-0 Teams

The 6A North region's last remaining undefeated teams will face one another at 7 p.m. on Friday, Nov. 6 when the Lake Braddock Bruins host the South County Stallions.

Up for grabs: an outright Conference 7 championship and the No. 1 seed in the 6A North region playoffs.

South County sits at No. 1 in the latest VHSL 6A North region power rankings with a rating of 34.77778. Lake Braddock is No. 2 with a rating of 33.88889. Both teams are 9-0.

South County defeated West Potomac 53-20 on Oct. 30, after leading just 21-20 at halftime.

Stallions quarterback DeAndre Clayton completed 11 of 18 passes for 230 yards and three touchdowns. He also carried 12 times for 48 yards. South County running back DeMarcus Ramsey had 19 carries for 68 yards and two scores. Michael Salisbury had six receptions for 150 yards and a touchdown.

Lake Braddock is coming off a 63-0 beat down of Mount Vernon. Nine different ball carriers totaled 271 yards and seven touchdowns on the ground for the Bruins. Lamont Atkins led the way with three carries for 58 yards and a score.

Woodson Football Knocks off West Springfield

The Woodson football team defeated West Springfield 35-28 in overtime on Oct. 30, giving the Cavaliers back-to-back wins after a 1-6 start.

Woodson quarterback Jojo Heisley completed 23 of 36 passes for 232 yards and two touchdowns. Jack Caldwell had 13 re-

ceptions for 173 yards and two scores.

Woodson (3-6) will conclude the regular season with a road game against T.C. Williams at 3 p.m. on Saturday, Nov. 7. The Cavaliers are No. 15 in the latest VHSL 6A North region power rankings. The top 16 teams make the playoffs.

West Springfield (5-4) will host Annandale. The Spartans are No. 10 in the VHSL 6A North power rankings.

— JON ROETMAN



PHOTO BY WILL PALENSCAR

DeAndre Clayton and the South County football team will take on Lake Braddock on Friday in a matchup of the last two undefeated teams in the 6A North region.

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- Zone 3:** The Alexandria Gazette Packet
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Angie's list

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-Thomas A. Edison

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26 Antiques

21 Announcements

LEGAL NOTICE

According to the Lease by and between (1077) Khashayar Zargham AKA K. Zargham and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on 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: file cabinet, file boxes, pressure washer, ect. Items will be sold or otherwise disposed of on Friday November 20, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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

21 Announcements

IN THE CIRCUIT COURT OF THE THIRTEENTH JUDICIAL CIRCUIT OF THE STATE OF FLORIDA, IN AND FOR HILLSBOROUGH COUNTY

JUVENILE DIVISION IN THE INTEREST OF:
FFN: 515760 CASE ID:
T.R. 03/25/2014 14-289
Child DIVISION: D

NOTICE OF AN ADVISORY HEARING ON A TERMINATION OF PARENTAL RIGHTS PROCEEDINGS

FAILURE TO PERSONALLY APPEAR AT THE ADVISORY HEARING CONSTITUTES CONSENT TO THE TERMINATION OF PARENTAL RIGHTS OF THE ABOVE-LISTED CHILD. IF YOU FAIL TO APPEAR ON THIS DATE AND TIME SPECIFIED, YOU MAY LOSE ALL YOUR LEGAL RIGHTS AS A PARENT TO THE CHILD NAMED IN THE PETITION ATTACHED TO THIS NOTICE.

TO: Matthew Francis
2987 District Avenue
Apt. 601
Fairfax, VA 22031

*YOU WILL PLEASE TAKE NOTICE *that a Petition for Termination of Parental Rights has been filed in the Circuit Court of the Thirteenth Judicial Circuit of the State of Florida, in and for Hillsborough County, Florida, Juvenile Division, alleging that the above-named child is a dependent child and by which the Petitioner is asking for the termination of your parental rights and permanent commitment of your child to the Department of Children and Families for subsequent adoption. *YOU ARE HEREBY *notified that you are required to appear personally on *November 23, 2015 *

*at 9:00 a.m., before the Emily A. Peacock, *800 E. Twiggs Street, Court room 310, Tampa, Florida 33602, to show cause, if any, why your parental rights should not be terminated and why said child should not be permanently committed to the Florida Department of Children and Families for subsequent adoption. You are entitled to be represented by an attorney at this proceeding.

DATED this _____ day of _____, 2015

PAT FRANK

CLERK OF THE CIRCUIT COURT

By

Deputy Clerk

21 Announcements

OBITUARY JOHN CARLILE TALBOTT (Age 73)

Of Great Falls, Virginia passed away peacefully among family and friends on October 29, 2015. Born in Martins Ferry, Ohio on September 1, 1942 to John Charles Talbott and Elisabeth Carlile Talbott, John quickly gained attention as a star athlete and scholar, becoming captain of Poland Seminary High School's football team, homecoming king, and president of the student body. John went on to get his B.A. from Amherst College, where he continued to play football and rugby, and then got his J.D. from Cleveland State Law School on a full scholarship, graduating summa cum laude. A prominent lawyer in McLean, VA, John ran his own successful practice specializing in multifamily housing financing and development for over three decades. Throughout his life, John's thirst for knowledge never waned. An avid reader of history, philosophy, physics, and biographies, John could expound on nearly any subject, be it Aristotle's "Poetics," black holes, or why your car's making that weird noise. He loved pushing not only his mind, but also his body and took up running and biking. He ran several marathons, including the Marine Corps Marathon, finished triathlons, and jogged religiously with his best friends Jay and Neil every weekend for over 20 years by Fletcher's boathouse. In his free time, he enjoyed gardening (caring for plants over 40 years old), collecting Native American pottery, and passionately cheering on his favorite team, the Ohio State Buckeyes. John loved animals and always had one or two canine companions by his side at home or at the office. A loyal and devoted father, he treasured above all else his relationship with his two daughters, Honora and Eliza. John is survived by his daughters Eliza Talbott and Honora Talbott; his sister Patricia and husband James; niece Jennifer and husband Kevin; nephew James and wife Echo, and four grandnieces. A memorial service will be announced at a later date next spring. For now, in remembrance of John and his love of animals, we invite people to donate to the Washington Animal Rescue League or any animal rescue of your choice.

21 Announcements

ABC LICENSE

Osteria Marzano, LLC trading as Osteria Marzano, 6361 Walker Ln, Ste 140, Alexandria, VA 22310. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer on and off Premises license to sell or manufacture alcoholic beverages. Elena Pouchelon, co-owner. NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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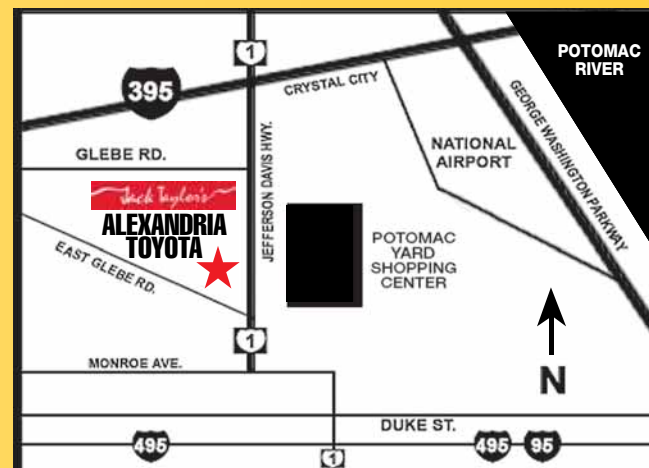
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Unit Has SXS Fridge, Corian Counters, Hardwood Flrs, Gas FP, Gas Cooking, Storage, & 1 Garage Pkg. Space in Luxury Bldg Amenities Incl Pool, Fitness Cntr, party Rm. Washer Dryer in Unit. Close to Metro, Trans, & Shopping. Call for details and pricing.



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\$2,150

Beautiful 6 level townhome with 3 bedrooms & 3.5 baths * Updated eat-in kitchen * Walkout recreation room to patio & deck in fenced back yard * Fresh paint throughout * Great location near VRE Station, commuter routes, shopping.

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3 bedrooms, 2 1/2 baths, with main level Library/Study/Den. On quiet cul-de-sac with

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Coming Soon in Kingstowne

Beautiful 3 bedroom, 3.5 bath townhouse in Kingstowne. Wonderful kitchen with granite counters, tile backsplash, and S/S appliances. Hardwood floors, new carpeting, gorgeous bathrooms, wonderful deck with fenced yard. Finished walkout lower level with full bath, recreation room and gas fireplace.



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Falls Church \$515,000

Charming Updated Cape Cod—Great Location Inside Beltway. 5 BR, 3 BA, 3 Finished Lvs. 0.30 ac usable lot. From Roof to HVAC, refinished gleaming Hardwoods, Recent appliances, Cute as can be. READY for a new Owner. Open any time by appointment - Kay Hart 703-217-8444. Agent bonus.

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Fabulous Contemporary - Open, Bright Floor Plan Huge 4 Bedrooms - 3 1/2 Baths Beauty - Hdwd Flrs Main Level Elevator from garage to Main Level - Deck - 2 Fireplaces Gourmet Kitchen w/all the Bells & Whistles Lower Level apartment w/own entrance Call Sheila Adams for private tour 703-503-1895.



Carol L. Manning, Associate Broker

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Herndon Park-like Setting \$310,000

Overlooking a common area and stream, this 2 BR, 2 BA home incl. many updates. Kitchen w/oak cabinets, Corian, & brand new appliances. Fin RR like a European bistro w/ceramic floor & wet bar. Fenced yard.



Richard Esposito

703-503-4035

Richard@LNF.com

Service is the difference I provide.



Springfield \$569,000

This meticulously maintained colonial has 5 Bedrooms and 3.5 Baths on 3 finished levels. Almost 3,200 total square feet. Lower level is a walk out to premium wooded lot.

ELLIE WESTER

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Fairfax Station \$965,000

New England charm and Southern hospitality seamlessly blend in Glenver-dant. A home made for enjoying and entertaining complete with updated kitchen and spacious breakfast area nicely located by a wood burning fireplace. Roam through over 5500 square feet including a sunroom and finished basement that offers a full kitchen. The upper level has four large bedrooms and three full baths plus a family den and attic playroom. The exterior features five acres, an inground pool as well as a four stall barn for horse lovers.

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