Col. Silas Burke (aka Burke Historic Society president Jon Vranas), Suzi Fowler-Neal, whose family owns the Silas Burke House, and Mike Copperthite stand in the parlor of the historic home. Copperthite gave a presentation on his great-great-grandfather, Henry, who owned the mansion in the early 1900s.
Burke: A History of Pies, Racing and Summer Fun

Burke Historical Society hosts descendent of famous Burke family.

By Victoria Ross
The Connection

When Mike Copperthite dug into his family’s history last year, he struck pies. Fifty thousand of them.

His quest for information about his great-great grandfather - Henry Clay Copperthite - led him down a path that included a rags-to-riches story, connections to President Theodore Roosevelt, a pie empire and an era when Burke was a resort town for Washingtonians.

On Sunday, Jan. 29, Copperthite spoke to a packed house during the Burke Historical Society meeting about his family’s patriarch, who purchased the Silas Burke House in 1899 as a summer getaway from his Georgetown home. He and his wife, Johanna, had moved to Georgetown in 1885 and founded the Connecticut Pie Company.

“Henry was the largest non-governmental employer in Washington, DC, and he was called the ‘King of Pie,’” Copperthite said. “By 1914, Henry and Johanna’s company was churning out 50,000 pies a day - about 8,000 pies an hour.”

He told the crowd that Henry was also instrumental in transforming Burke from a sleepy rural town to a thriving resort destination. “Henry built the Burke Station Race-track on land that is now part of the Burke Nursery, four hotels, stables for 75 horses and grandstands to seat more than 2,000 people. His stables housed the horses of President McKinley and Vice President Theodore Roosevelt.”

Copperthite said Burke soon became a summer resort for people from all walks of life who traveled from Union Station to see horse races, fairs, exhibition boxing and baseball games.

“Henry was an entrepreneur and a sportsman, an uncommon man who never forgot where he came from,” Copperthite said. “He was at the front of so many causes and issues of his day. He was a tireless worker, and he was a sportsman at the top of the top sport of his time.” Henry Clay Copperthite died in the home of his daughter in Clarendon in 1925.

“This was the most fascinating presentation,” said longtime Burke resident Alyce Chessnoe. “I learned so much about Burke history tonight. This was, pardon the pun, a piece of the pie that we didn’t know about.”

So many people wanted to hear Copperthite’s presentation that the event was held in two sessions to accommodate all the guests, who gathered at the historic Silas Burke House, now owned by Terry and Suzi Fowler Neal.

While it’s common knowledge that Burke is named for Silas Burke, the 19th century farmer, merchant, and local politician who built the Burke mansion, many BHS members said they didn’t know that, in 1903, Henry Copperthite changed the name of the post office from Burke’s Station to “Burke,” or that Henry installed the first phones in Burke.

Copperthite said he learned that Henry’s phone number was W29, and he speculated that the number was significant because 29 was how many flavors of pies the company produced.

Copperthite said that the Horatio Alger aspect of his grandfather’s story most impressed him.

“Think about it. In 1885 no Copperthite lived in the area. By 1900, 45 Copperthites lived here and 15 of us went off to fight in WWII, and only seven came back...Henry came from indentured servants, and at age 14 he joined the Civil War because he was against slavery,” Copperthite said. “I cried when the archivist this past summer showed me the Christening book from St. John’s Anglican Church on Antigua where Henry was christened on Christmas day 1846. Most likely no one had seen that page since it was written by hand so long ago.”

Copperthite, who lives with his wife and daughter in Falls Church, said that the information he’s learned in the past year may eventually become a book. “But we are primarily doing it for our family so they know,” he said.

After the presentation, guests were treated to, what else, pies. Keely Copperthite and Emily Partigan, both students at Longfellow Middle School, served slices of pie to guests topped with whipped cream. Doug Everton and Nancy Lisa of the Hot Buttered Nuggets entertained guests with music from the 1920s.

“This was very entertaining,” said BHS member Robert Bollig of Fairfax Station. “I learned so much history tonight.”

During the business portion of the meeting, Jon Vrana, president of the BHS, said membership more than tripled in 2011, from 35 members to 113, with more joining on Sunday evening.

Vrana also noted the society’s application for nonprofit status is almost complete. “We expect to receive confirmation of our nonprofit status any day,” he said.

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Putting Food on the Table

Food banks struggle to keep shelves stocked in winter.

By Victoria Ross

On a bright winter Saturday afternoon, bus driver Lynn Temple boxed up jars of peanut butter and cans of food donated by shoppers at Giant grocery store in Lorton.

“I had a woman come up to me this morning. She said she’s trying to feed her family, and she can’t get enough food from the local pantries,” Temple said. “It just hurts me to hear that.”

Temple is one of a dozen people who volunteered with Fairfax County’s “Stuff the Bus” campaign on Jan. 26, a county-wide food drive that parks FASTTRAN buses in Giant and Shoppers Food shopping centers to collect food for needy families and individuals.

WHERE FOOD PANTRIES benefit from the seasonal dose of good will during the holidays, donations typically decrease during the first few months of the new year.

“There’s a high food demand now, but we are out of many basic items, like cereal, canned fruit and peanut butter,” said Lynn Swogger, president of the Lorton Community Action Center (LCAC) Board. “We have a very giving community, especially around the holidays, but hunger is a need that doesn’t go away.”

LCAC, which recently opened a new food pantry warehouse, distributes food to seniors, unemployed, homeless, single parents and families struggling to make ends meet in the Lorton, P.Belvoir, and Newington area.

“Many of our families are working and struggling to maintain the basic needs for their family,” said Andrea Tracey Cochran, LCAC’s director of development. “They have to make hard decisions, hard choices. Do they pay for food or prescription drugs this month?”

Linda Patterson, LCAC’s executive director, said there is not one typical profile of those who need food.

“One never knows exactly who will need help from LCAC on any given day. Today, I met a young woman who was laid off two weeks ago. She had never before asked for assistance, but was in need of food and suggestions for employment.” Patterson said, adding that LCAC gave the woman food and worked with her on a plan to get her back on her feet.

According to Alan Nicholas, LCAC’s food pantry manager, the organization gives out an average of 10 pounds of food each week per family just in non-perishable items, such as those received with Stuff the Bus, and an additional 10-20 pounds of meat, bread and vegetables per week.

“It’s safe to say that we distribute an average of 40 pounds of food to each family we serve on a weekly basis. We are currently serving an average of 175 families a week.” Nicholas said.

Hampered by fewer donations in a slow economy, many nonprofits serving Fairfax County are struggling to provide food to increasing numbers of families in need.

“The (decline) is definitely noticeable in the winter,” said Roxanne Rice, executive director of Food for Others, the largest distributor of free food in Northern Virginia. “It’s dramatic how much food comes into us in November and December, as opposed to the rest of the year.”

Of the 2.7 million pounds of food that Food for Others distributed in 2011, 231,870 pounds was collected through food drives. Of that amount, 58 percent of it was donated in the months of November and December.

“The shelves always get bare this time of year. The big rush was in November and December, and then they will continue to go down,” Rice said.

Last week, Fairfax County released a report prepared by the Department of Neighborhood and Community Services which provides a glimpse into food security and access issues in the Fairfax-Falls Church area. According to the Economic Research Service (ERS) of the U.S. Department of Agriculture, families experience food insecurity “when the eating patterns of one or more household members are disrupted, food intake reduced, because of lack of money or other resources.”

The report, which covers fiscal year 2011, showed that Fairfax County is home to more than 62,000 individuals who live below the poverty level — which is defined as an annual income of about $22,000 for a family of four — and another 86,000, who are just above the poverty level.

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“Last Friday, prior to the Stuff the Bus drive, our pantry shelves were completely empty,” Nicholas said on Tuesday. “The food that came in over the weekend is being distributed right now, and will be on tonight’s dinner’s table for those we serve in the Lorton community.”

At Ecumenical Communities Helping Others (ECCHO) in Springfield, donations have been steady, but ECCHO’s food pantry contains 35 percent less than it did last year, according to executive director Meg Bramley.

“Winter is when food pantries report that traditional giving is at its lowest point,” Stevens said.

LOCAL FOOD PROVIDERS, such as Our Daily Bread, FACETS and Food for Others, have become so concerned about the lack of food that they asked Fairfax County’s OP3 to help them network and collaborate to meet the growing demand. In the meantime, initiatives such as “Stuff the Bus” help to refill the coffers of local food pantries.

Last week, “Stuff the Bus” volunteers collected 1,746 pounds of food from the Giant and FoodMart in Lorton, according to Michael Arston, volunteer coordinator for Fairfax County Community Services. The food collected at those stores was依照Food for Others, which is defined as an annual income of just more than $8,000. In contrast, the 2010 median annual income for all Fairfax household was $103,010, according to the U.S. Census Bureau’s 2010 American Community Survey.

In one of four students enrolled in Fairfax County Public Schools receive free and reduced-cost lunches.

—Victoria Ross

By Victoria Ross

Food Insecurity in Fairfax County

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The County Line

Scandal Highlights Child Sex Abuse

Fairfax County police say reports, concerns rose in wake of scandal.

By Victoria Ross
The Connection
February 2-8, 2012

The fallout from the Penn State child sex abuse scandal - arrests, firings and the disgrace of a sports icon - has also promoted a heightened awareness of child sexual abuse.

Since the scandal broke in November, national child abuse and neglect hotlines have reported steep spikes in calls from parents, educators and victims asking questions and seeking help.

Fairfax County’s Department of Family Services answered a wide range of questions from about 20 posters.

As of Wednesday, 39 reported cases.

During 2011, officers investigated 329 cases covering child rape, sodomy, aggravated sexual battery and indecent liberties with a juvenile.

Fairfax County’s Office for Women’s Domestic and Sexual Violence also reports an increased number of calls asking for advice and counseling since the scandal broke.

“Child sexual abuse is more common than many people think, but there is also a lot of shame and a hesitancy to come forward and talk about it,” said Lucy Caldwell, an FCPD officer who spearheaded an online forum to the topic on Wednesday, Jan. 18. She said national attention surrounding the Penn State allegations coupled with the rise in local reports and concerns provided the impetus for the online discussion.

“We felt it was important to reach out to tell people that they are not alone. There are resources available,” Caldwell said. “In some cases, victims can take police action against their offenders. We do suspect, however, that many cases go unreported for many, many reasons.”

According to the National Children’s Advocacy Center, sexual abuse is the nation’s most under-reported crime. Various studies show 40 to 60 million Americans have been sexually abused, and national experts estimate that nearly one out of every three girls and one out of every six boys will be sexually assaulted by age 18.

The online discussion was originally scheduled for one hour, but there were so many questions from posters – all of whom chose to remain anonymous – that the discussion continued for more than 90 minutes.

Took a policewoman for the FCPS child abuse squad and Kathleen Kelmelis, program manager for the Office for Women’s Domestic and Sexual Violence Services answered a wide range of questions from about 20 posters.

“Child sexual abuse is more common than many, many people think,” said Kelmelis, program manager for the Office for Women’s Domestic and Sexual Violence Services.

“Give the child a safe environment in which to talk to someone with whom trust should be developed,” Kelmelis responded, adding that abusers are masters of manipulation.

“Manipulate in many ways, through threats such as, ‘If you tell, I will kill your family or your pet.’ Or through promises – ‘If you do this for me, I will take you out to the arcade,’” Kelmelis said. She also gave tips on guiding a child through the conversation.

“Give the child a safe environment in which to talk to someone with whom trust has been established. When talking with a child, try to guard against displaying emotions that would influence a child. Reassure the child that they have not done anything wrong and they are not to blame for what happened to them,” she said.

Another poster wanted to know who, in addition to doctors and teachers were “mandated reporters.”

Laitinen responded that anyone employed in a public or private school, child care employee, healthcare professionals, law enforcement officers, hospital professionals, emergency medical personnel are required to report suspected cases of abuse or neglect to child protective services.

He noted that there are several pieces of legislation before the Virginia General Assembly that would require coaches and others involved in youth organizations to be added to the list. He also advised parents not to rely solely on organizations to prevent child sexual abuse.

“Parents need to be involved, know what adults their children are with. For example, consider becoming a leader or volunteer; take the time to stay at the music lesson or sporting event/practices. No amount of concern is too great for the welfare of your child,” he said.

Another person asked what efforts are currently underway between Fairfax County police and other agencies to address the recent rise in cases?

Laitinen said the police department and Fairfax County’s Department of Family Services are working together to address this increase.

The level of shame, discomfort and fear surrounding the issue was apparent in many of the questions. Several questions were from adults who said they were abused as children, asking how they could cope as adults with the residual effects of abuse, such as depression, self-loathing, guilt and shame.

Kelmelis said the Office for Women’s Domestic and Sexual Violence Services provides no-cost counseling and support for people whenever the abuse occurred.

“Often people find that the effects of the sexual abuse can impact them at different times during their life. Triggers such as reading a news report or knowing someone who has been sexually assaulted will sometimes cause feelings of anxiety and depression or will cause flashbacks to be triggered,” she said.

One question was from someone who identified herself as an illegal immigrant:

“I am illegally here, but I’m being sexually abused. Will it happen to me if I report it? Will me or my family be deported?”

Laitinen urged the poster to report the abuse, and said an undocumented immigrant does not lose his or her rights as a victim. “The Fairfax County Police Department does not consider immigration status when any crime is reported to us. There are laws that protect undocumented immigrants in the U.S.,” he responded during the discussion.

Another question came from an elementary school counselor, who said that making a claim with CPS that is later determined to be unfounded often damages the relationship between the school and the family.

“Sometimes, the child’s story doesn’t really make sense, or there is not a visible injury… Any advice for handling these types of situations?”

Laitinen acknowledged the “difficult situation,” but said that a “mandated reporter” could face serious consequences for failing to report suspected abuse. “The child’s welfare is paramount,” he responded.

Both Laitinen and Kelmelis repeatedly urged victims to call the CPS hotline or 911 when posters said they or their children were currently being sexually abused.

“We urge you to report this to police at 703-691-2131, first. (If there is an immediate matter of safety, contact 911) The police will work hand-in-hand with Child Protective Services in conducting an investigation. If you would like to contact CPS as an anonymous caller, call their hotline at 703-324-7400 anytime day or night. Whenever you decide to call first, your situation will be addressed and you will get the help you need. Please call,” Laitinen said.

Caldwell said the team was very pleased with the response, and more outreach efforts are planned.

“It’s a sensitive subject, but one that parents, educators and all those who come into contact with a child need to know more about,” Caldwell said.

To review the transcript from the online discussion, go to www.fairfaxcounty.gov/askfairfax/Archive/ArchiveDiscussion.aspx?ID=28.
AREA ROUNDPUPS

Meeting Set for I-66 EIS

A Tier 1 Environmental Impact Statement (EIS) is being developed by VDOT, the Federal Highway Administration and the Virginia Department of Rail and Public Transportation to study potential transportation needs and improvements in the I-66 corridor from Route 15 in Prince William County to I-495 in Fairfax County. Toward that end, a public meeting is slated for Thursday, Feb. 2, from 5-8 p.m., at the VDOT Northern Virginia District Office, 4975 Alliance Drive (off West Ox Road) in Fairfax. (Snow date: Feb. 15). It’s intended to gather additional public input to further define the transportation problems in the corridor and refine the purpose and need for the study. Those unable to attend may go to www.helpfix66.com for further details and project updates. Comments may be emailed to the study team’s leadership (reference “I-66 Tier 1 EIS: Public Comments” in the subject line). Send them to CG.Collins@VDOT.Virginia.gov or Stephen.C.Walter@Parsons.com.

Park Authority to Meet

The Fairfax County Park Authority will meet Wednesday, Feb. 8, at 7:30 p.m., in the Herity Building, 12055 Government Center Parkway, Suite 900 in Fairfax. Call Judy Pedersen at 703-324-8662.

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About Halfway

Always entertaining, the high-stakes session of the Virginia General Assembly reaches new heights this month.

The user-friendly website for the Virginia General Assembly plus live-streaming of the legislative sessions might make you believe that most of the important decisions in Richmond are being made out in the sunshine. But as Mount Vernon’s Del. Scott Surovell points out, some of the most important work of the legislature takes place in committees and subcommittees, but unless you are present in the room, you have no way of knowing who killed what or why.

When a subcommittee votes, there is no requirement to record who voted or how each legislator voted. But this is where most legislation meets its fate.

According to the National Council of State Legislatures, there are only 14 legislatures in the United States that do not have audio or video live streaming or digital archiving of committee and subcommittee proceedings.

Parent Notification To Protect Students
To the Editor:
Fairfax Zero Tolerance Reform (FZTR) supports a bill introduced by Del. Timothy Ruff (R-40) requiring that parents be notified by principals or their designees before they are questioned about a serious or violent violation and that students be warned about their due process rights. This bill, HB 1080, aligns with a recent U.S. Supreme Court decision that protects student Miranda rights and it ensures parents/guardians are considered partners at the very beginning of any disciplinary process. It would not affect a teacher’s ability to impose discipline in the classroom.

FZTR strongly opposes three other bills introduced by officials, two in the House (HB 656 and two in the Senate (SB 391 and SB 167) because they do not go far enough to protect parent and student rights and some, in fact, will make the situation worse for families and children. We urge their patrons to work with Del. Hugo to get his bill passed. HB 1080 most closely aligns with the outcomes supported by FZTR and by parents throughout Fairfax and Virginia.

On other discipline issues, FZTR supports:
- HB 365 and HB 887, which would require school superintendents to provide education services to students who are suspended or expelled.
- HB 366 and HB 544, which would prohibit long-term suspensions and expulsions based solely on disruptive or disorderly behavior offenses. Ca: veat: Cyberbullying is not to be considered a technology offense.
- HB 367, which would require school divisions to report their disciplinary offenses and outcomes as part of the Board of Education’s School Report Card.
- HJ 66 and HJ 89, which would join a Direct Legislative Audit Review Committee (JLARC) evaluation of school suspension and expulsion practices.

FZTR cannot support SB 168 Closed-Circuit Cameras because it would legislate a change in current school practices, and could codify existing deleterious practices where officials claim any school activity has an effect on “safety.” FZTR opposes HB 1179, to allow school divisions to provide their character education programs during a summer student official are addressing much-needed school discipline reforms and student protections. Fairfax Zero Tolerance Reform was formed in 2005 by parents concerned over mandatory, inflexible student discipline practices in Fairfax County Public Schools. Its mission is to transform the FCPS discipline system from a criminal and punitive approach to a restorative, educational, and therapeutic process by working with families, FCPS, county staff, civil rights and child development specialists, and legal representatives. More information about FZTR’s discipline reform efforts is available at FairfaxZeroToleranceReform.org.

Fairfax Zero Tolerance Reform (FZTR)

Live Streaming, More
You can watch legislative sessions of the Virginia General Assembly andlisten to live streaming video at the General Assembly website: http://legis.state.va.us/
Follow the Virginia Senate on Twitter, @vasen and the Virginia House of Delegates on Twitter (@hova)
Visit http://legis.state.virginia.gov/1_cit_guide/ contacting_my_html to look up who your legislators are, and how to contact them. You can also track particular legislation that interests you, or browse some of the thousands of bills that have been introduced by topic seeking an abortion to first view an ultrasound of the baby. If women will be forced to have an unnecessary medical procedure, an ultrasound, then men should have a rectal exam and a cardiac stress test before receiving a prescription for erectile dysfunction medication, Howell proposed in an amendment. It’s a bit of comic relief in a year when the more conservative Virginia General Assembly will pass many new laws at odds with the views of most Northern Virginians.

Although many press reports describe the Democratic-controlled Senate of the past as a barrier to anti-abortion legislation, in fact one of the most significant anti-abortion laws escaped that body last year. The requirement that most facilities that provide abortions meet the physical standards of a hospital will likely close many if not most of these facilities.

These anecdotes represent just a few grains of sand of what is actually transpiring right now in Richmond. — Mary Kimm

Letters to the Editor
To the Editor:

Parents seeking cooperation from teachers and schools to keep children out of trouble are likely to be surprised to hear that schools are prepared to contest parental requests to be transferred out of the district. A recent survey by the Sierra Club and the American Civil Liberties Union of Vermont found that 40 percent of school districts planned to appeal such requests.

The survey was conducted among 1,200 school districts in 40 states, and it found that 22 percent of districts planned to appeal all requests for transfers, while 58 percent planned to appeal some requests.

The results are alarming, given the rising cost of education and the need for schools to provide a safe and supportive environment for all students. Appeals of parental requests for transfers could divert resources away from the needs of students who are struggling academically.

Character education must be a fully-integrated, school-wide, daily process employed in every classroom if it is to be truly effective. It cannot be “taught” in a 6-week setting but, rather, instilled through consistent actions, interventions, and supports.

Fairfax Zero Tolerance Reform calls upon the community, elected officials, principals, and the Fairfax County School Board to support these bills as aligned with our community values. Parent notification, in particular, was a key platform issue for many elected FCPS board members who claimed their support for this during their campaigns. We are encouraged that our elected officials are addressing much-needed school discipline reforms and student protections.

Fairfax Zero Tolerance Reform (FZTR)

Letters to the Editor
To the Editor:

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed.

Write
The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Letters must be signed. Include home address and home and business numbers. Letters are routinely edited for length, grammar, spelling, and factual errors. Send to:

Letters to the Editor
The Connection
1606 King St.
Alexandria, VA 22314
Call: 703-917-6444.
By e-mail: south@connectionnewspapers.com
A Night at the Races

Cub Scout Pack 1965 hosts its annual Pinewood Derby.

Cub Scout Pack 1965’s annual Pinewood Derby competition took place on Friday, Jan. 27 at King’s Glen Elementary School. Forty-five Cub Scouts, from grades 1-5, participated in the Derby. Each Cub Scout designed and built his own car and competed by Den. Medals were awarded in two categories: Fastest Car and Best Design. The first place winners advance to the district-wide races on Saturday, March 3 in Fairfax. In addition to the Scouts, siblings and adults including King’s Glen Principal Sam Elson (with cars he built as a child) participated in the races.

First place winners, from left, are Aidan DeVore, Brennan Stewart, Max Eder, Logan McLachan, Thomas Brunelle, Ben Wolin, Cole Bergren, Samuel DeVore, Olly Sculli and Ryan Arnold

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**Burke Connection**
February 2-8, 2012
Burke Connection

**George Washington’s Garden.**

SUNDAY / FEB. 5

7th Annual Seed Exchange.

announcements should be submitted at
gardens and landscape will be
290 182 4401. $10. The beauty, use
crafts. Register at
registered adult. Learn fact and
children must be accompanied by a
program for ages 5 and older;
Green Spring Road, Alexandria. Code
swap. Register at 703-642-5173.

FRIDAY / FEB. 10

Virginia Opera: Orphée.

7 p.m., George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. Proceeds will benefit the Virginia Opera Foundation. More information: www.virginiaopera.org. Fee $44-$86. 888-945-2468 or 703-575-2900.

SUNDAY / FEB. 11

The Vagina Monologues.

9:30 a.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Code 290 182 2501. $10. The Virginia Opera will present “Orphée” on Feb. 10 and Feb. 12 at 8 p.m. George Mason University Center for the Arts Concert Hall, 4400 University Drive, Fairfax. The Virginia Opera’s production of Orphée, based on Jean Cocteau’s management of the myths of Orpheus and Eurydice. Feast in French with English supertitles. Tickets are 84¢-86¢, available at 888-945-2468 or www.gmu.edu.

FRIDAY / FEB. 17

Seeking Singers for John Rutter’s “Requiem” at Messiah Unitarian Methodist Church

Community members are invited to sing! Required rehearsals are Sundays, February 10 & 17 and March 4 & 11 from 3-5 p.m. You must attend at least 3 of the 4 Sunday rehearsals.

There is a mandatory rehearsal with the orchestra on Saturday, March 17 from 9:30-11:30 a.m. The performance is Sunday, March 18 at 3 p.m. Cost is $10 to purchase the vocal score. To sing with us, contact Fran at 703-369-0892, ext. 107 or flumerwood@world-heritage.org. Messiah Unitarian Methodist Church 6213 Rolling Road, Springfield, VA 703-369-0892 • www.messiahumc.org

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**KIDDIE COUNTRY II**

FULL TIME 9:30 A.M.-3:30 P.M.

CALL 703-455-0063 FOR MORE INFORMATION

**Burke Community Church**
703-425-0205

**Burke Connection**
February 2-8, 2012

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**OPEN HOUSES**

**SATURDAY & SUNDAY, FEBRUARY 4 & 5**

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<td>Sun 1-4</td>
<td>Scott Knoll</td>
<td>Samson Prop., 703-626-3446</td>
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<td>Centreville</td>
<td>15477 Whitechapel Ct</td>
<td>$639,900</td>
<td>Sun 1-3</td>
<td>John Richardson</td>
<td>Goshen, 703-880-2143</td>
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<tr>
<td>Chantilly</td>
<td>25602 America Sq.</td>
<td>$1,025,000</td>
<td>Sat/Sun 1-4,Tue Sun 1</td>
<td>Carol Brown</td>
<td>Toll Brothers 703-322-0373</td>
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<td>25506 Meadowls Q</td>
<td>$324,500</td>
<td>Sun 1-4</td>
<td>W. Glaze Pumphrey</td>
<td>Keller Williams</td>
<td>703-615-2700</td>
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<td>Sun 1-4.7</td>
<td>Tami Irby</td>
<td>Long &amp; Foster 703-968-7050</td>
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<td>12020 Silvertree Dr</td>
<td>$544,900</td>
<td>Sun 1-4</td>
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<tr>
<td>9003 Triple Ridge Rd</td>
<td>$537,250</td>
<td>Sat 1-4</td>
<td>Vanessa Simmons</td>
<td>Long &amp; Foster 703-452-8650</td>
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<td>Springfield</td>
<td>7320 Reservation Dr</td>
<td>$1,075,000</td>
<td>Sun 1-4</td>
<td>Marilyn Lynen</td>
<td>Long &amp; Foster 703-790-1990</td>
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<td>206 Patrick St NW</td>
<td>$589,888</td>
<td>Sun 1-4</td>
<td>Marian O’Reilly</td>
<td>Samson Prop., 703-519-3482</td>
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**Wellbeing**

**Cybercycling for Better Health**

Exergaming — exercise combined with video games — might offer a greater cognitive benefit than traditional exercise alone.

By Marilyn Campbell, The Connection

The game offers both a cardiovascular and an intellectual challenge. “Navigating a 3D landscape, anticipating turns and competing with others requires additional focus, making these activities depend in part on executive function, which was significantly affected,” Dr. Jan Gabbi, an Alexandria resident and the medical center director at Greenspring, says that there are two types of memory changes that occur with age. “The normal age-related change in memory is not progressive and does not lead to disability. This is characterized by delay in recall such as ‘word searching,’ she said. “The other category is dementia, a relentlessly progressive deterioration in brain function that usually affects memory first and later judgment, initiative, personality and finally movement and swallowing.”

Research shows that exercise may prevent or delay dementia and improve cognitive functioning in normal aging. “Although we may not completely understand the specific processes that contribute to dementia, current evidence certainly suggests that physical and cognitive activities improve functioning in older adults,” said Kristin Anderson, M.D., M.P.H., family and preventive medicine physician for Molina Healthcare and Community Health Care Network in Reston. “An example of this would be ballroom dancing, which involves learning steps paired with exercise.”

The American College of Preventive Medicine reports that only 14 percent of adults aged 65-74 years old and only 7 percent of those over 75 report regular exercise. “Motivating people at any age to exercise can be a real challenge,” said Brad Hibs, a Burke resident and a wellness manager at Greenspring retirement community in Springfield. “Certainly this generation is especially challenging due to the fact that for most this is not something they were accustomed to doing on a routine basis.”

Mary Lee Esty, Ph.D., L.C.S.W., president of the Brain Wellness and Biofeedback Center of Washington, says neurofeedback — essentially biofeedback for the brain during which clinicians attach sensors to a person’s scalp to rebalance brainwave activity — might also improve cognitive functioning. “There is more and more evidence that neurofeedback actually improves executive functioning even in early dementia,” she said. “A personal experience was when my mother-in-law was in her early 90s, and it was increasingly obvious that she was having to search for words and having trouble with fluency. But even after just one treatment, it made a huge difference in her word retrieval and ease of conversation.”
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West Springfield’s Robinson Getting Back in Shape

Standout point guard returns after missing five weeks with injured ankle.

West Springfield senior April Robinson struggled to catch her breath outside of the visiting locker room at T.C. Williams High School. The Spartans had defeated the Titans 40-37 on Jan. 30 when Robinson’s breathing became enough of a challenge that it caught the attention of head coach Bill Gibson.

“Are you OK?” Gibson asked her star point guard.

“What’s the matter?”

“I’m out of shape,” a winded Robinson responded.

“Realizing No. 32 was simply out of gas, Gibson added, “He’s out of shape.”

“We all knew that,” he said with a laugh. “That’s why we’ve been trying to get you in shape.”

Robinson, a 2011 first-team All-Met selection, has worked on her endurance since returning to the lineup after missing more than a month with an injured ankle.

Robinson in the backcourt and forced her to work off and the Titans put her to the test. TC pressured was Robinson’s fourth game after her five-week lay-off, which started on Jan. 3.

Getting Back in Shape

Robinson back on the floor.

West Springfield led 38-37 with less than a minute to play when Robinson came up with a steal and called timeout. After the Spartans extended their lead to 40-37, Robinson blocked Gaby Moss’ potential game-tying 3-point attempt. Moss got another chance in the closing seconds, but the Titan standout’s 3-point shot was off the mark.

“[Robinson is] a smart player,” Gibson said. “She understands the game and she knows time and situations. That’s a big plus. Her basketball IQ is really good.”

The victory improved the Spartans’ record to 17-6, with a 9-2 district mark. TC’s two district losses came during a holiday tournament in Miami, when the team was without Robinson. The Spartans have won nine in a row and are ranked No. 6 in the Washington Post’s top 20.

The Titans fell to 13-6, with a 9-2 district mark. TC’s two district losses have come against West Springfield by a combined four points.

Standout point guard returns after missing five weeks with injured ankle.

West Springfield point guard April Robinson is working to get back in shape after returning from a five-week absence due to an ankle injury.

Logan Battle led West Springfield with 19 points during a 40-37 victory against T.C. Williams on Jan. 30.

Woodson Tops Lake Braddock

Woodson sharp-shooter Tommy Stepka hurts Bruins with long range shooting.

Woodson High junior forward Alfred Carr (42) goes for a jump ball during last Friday night’s Patriot District boys’ basketball game between the Bruins and host Cavaliers. No. 4 in the foreground for Lake Braddock is sophomore forward Sam Fiedorek.

Beating them at their house is hard to do.”

Woodson freshman Eric Bowles Jr. forced a turnover on the first possession of the game and the Cavaliers maintained a disruptive up-tempo brand of defense for the duration of the contest.

“Our coaches really stressed going aggressive but being under control and taking the right shots,” said Cavalier junior Alfred Carr, who finished with 13 points. “We really did that and Tommy hit the threes to open up the middle and I got the chance to work inside.”

The win was Woodson’s ninth in the Patriot District and seventh consecutive. Head coach Doug Craig says none of it matters if his team can’t produce similar results in the upcoming postseason.

“We’re trying to be consistent and keep getting better,” said Craig. “We’re winning games now but we want to be the best team in February and March.”

Burke Connection Sports Editor Jon Roetman 703-251-3015 or jroetman@connectionnewspapers.com

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Announcements

NOTICE OF TRUSTEE’S SALE
3015 Dower House Drive, Herndon, Virginia 20171
Fairfax County

In execution of a Deed of Trust dated September 29, 2006, in the original principal amount of $479,000.00, recorded as Deed Book 18118 at Page 9050, and recorded in Deed Book 19139 at Page 236, in the Clerk’s Office of the Circuit Court of Fairfax County, Virginia, the undersigned Trustees will on Friday, February 10, 2012, at 10:00 a.m., by the front main entrance to the Fairfax County Courthouse, 411 Chain Bridge Road, Fairfax, VA 22030, offer for sale at public auction to the highest bidder the following property: a house, lot, and improvements thereon, commonly known as 3015 Dower House Drive, Herndon, Virginia 20171, and more particularly described as follows:

Lot Three Hundred Two (302), Section Three (3), Franklin Farm, as the same appears duly dedicated, platted and recorded in Deed Book 9532 at Page 1059 among the land records of Fairfax County, Virginia

Tax Map No.: 035-2-048-0822

This sale is subject to the restrictions, rights of way, conditions, easements, and mechanics’ liens, if any, whether of record or not of record, to the extent any of the foregoing applies, and takes priority over the lien of the Deed of Trust. This sale is also subject to a 120-day right of redemption in favor of the Internal Revenue Service.

Deposit of $15,000.00 or 10% of the sales price, whichever is lower, by cashier’s or certified check, shall be required to qualify as a bidder prior to the sale, except for the Noteholder.

The deposit, without interest, is applied to the purchase price at settlement. Settlement will be held on or before fifteen (15) days after sale. Upon purchaser’s default, the deposit shall be forfeited and the property shall be resold at the risk and costs of the defaulting purchaser.

The balance of the purchase price shall be paid at closing or on a scheduled closing. Settlement shall be at the offices of the undersigned Trustees, or other mutually agreed upon location. The property and any improvements thereto shall be sold in AS IS condition, as is, subject to any restrictions, easements, and mechanics’ liens, if any, whether of record or not of record, to the extent any of the foregoing applies, and takes priority over the lien of the Deed of Trust. This sale is subject to the restrictions, rights of way, conditions, easements, and mechanics’ liens, if any, whether of record or not of record, to the extent any of the foregoing applies, and takes priority over the lien of the Deed of Trust. This sale is also subject to a 120-day right of redemption in favor of the Internal Revenue Service.

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