

About 1,000 area residents participated in a family friendly 3K fun walk beginning and ending at Robinson Secondary School.

**WELLBEING**

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# Walk to Feed the Hungry

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Remembering  
Grace

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Four Independents  
Challenge  
Connolly in 11th

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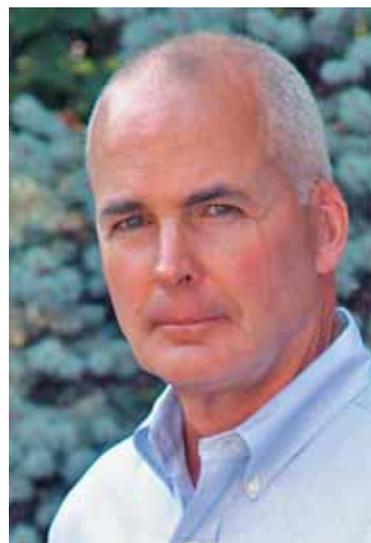


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**Connolly**



**Perkins**



**Galdo**



**Gibson**



**DeCarlo**

**GERALD E. CONNOLLY (DEMOCRAT, INCUMBENT)**  
 ♦ Website: <http://connolly.house.gov>  
 ♦ Facebook: [www.facebook.com/CongressmanGerryConnolly](http://www.facebook.com/CongressmanGerryConnolly)  
 ♦ Twitter: @GerryConnolly  
 ♦ For information on district offices and other ways to contact Congressman Connolly, go to <http://connolly.house.gov/contact-gerry/>  
 U.S. Rep. Gerry Connolly is currently serving his second term in Congress. Prior to his election to Congress, he served 14 years on the Fairfax County

Board of Supervisors, including five years as Chairman. He lives in Mantua with his wife Cathy, and daughter Caitlin.  
 Money raised: \$1,715,721

**CHRISTOPHER S. PERKINS (REPUBLICAN)**  
 Email: [Chris@Perkins2012.com](mailto:Chris@Perkins2012.com)  
 Facebook: [www.facebook.com/PerkinsforCongress](http://www.facebook.com/PerkinsforCongress)  
 Twitter: @CPerkins2012  
 Chris Perkins is a retired United States Army Green Beret, combat veteran and small-business owner who has multiple

advanced degrees in national security affairs. He and his wife, Petra, have lived in Northern Virginia since 1991 and have two children and a grandson.  
 Money raised: \$304,768

**JOSEPH F. GALDO (GREEN PARTY)**  
 Website: [www.joegaldo.com](http://www.joegaldo.com)  
 Galdo is a 30-year resident of Fairfax County, married with 5 adult children, and holds a PhD in physics from the University of Virginia. Retired from the U.S. Department of Energy, he previ-

ously worked in the Department of Defense and in the private sector, and also operated his own business.  
 Money raised: \$4,917

**MARK T. GIBSON**  
 Website: [Gibson4congress2012.com](http://Gibson4congress2012.com)  
 Twitter: @Gibson4congress  
 Facebook: [www.facebook.com/Gibson4congress2012](http://www.facebook.com/Gibson4congress2012)  
 YouTube: [Gibson4congress2012](http://Gibson4congress2012)  
 A resident of Fairfax since 1997 and a lifelong Washington area resident,

Gibson holds a Master's degree in Economics and has more than 20 years of management success. He currently serves as chief operating officer for a small business in Fairfax. He has never held or run for any political office.  
 Money raised: \$0

**CHRISTOPHER F. DECARLO (INDEPENDENT)**  
 Website: [www.honestyandethics.com](http://www.honestyandethics.com)  
 Twitter: @86corruption  
 Email: [cdecarlo@fairfaxpropane.com](mailto:cdecarlo@fairfaxpropane.com)  
 Money raised: \$0

## Perkins, Four Independents Challenge Connolly

### About the 11th District

This will be the first election using new district maps based on 2010 Census data. Virginia's 11th congressional district includes the City of Fairfax, most of Fairfax County, and the eastern portion of Prince William County. The Towns of Clifton, Haymarket, Occoquan, and Vienna are also located in the 11th District. U.S. Rep. Gerald Connolly (D), who was first elected to the U.S. House in 2008, represents more than 650,000 residents.

In the 2012 redistricting, The Hill, a newspaper that publishes daily when Congress is in session, notes that Connolly inadvertently benefitted from a Republican plan to build up Republican incumbent districts in the redistricting process. Connolly's 11th district lost portions of its Republican base to neighboring Frank Wolf's 10th district, resulting in a more Democratic district for Connolly. According to 2010 census data, Virginia's 11th district is one of the wealthiest congressional districts in the nation, with couples earning an average median annual income of more than \$90,000. On election day, Connolly will face Republican challenger Chris Perkins, and four Independent candidates: Mark Gibson, Joe Galdo, Chris DeCarlo and Peter Marchetti.

—Victoria Ross

### Q&A With Candidates

**Editor's Note:** The Connection asked each candidate to answer the following questions, and limit their answers to 100 words or less, along with an optional "bonus" question. Peter M. Marchetti, an Independent Green Party candidate, did not submit answers to The Connection's questions. All campaign finance data was provided by the Virginia Public Access Project, and current through June 30, 2012.

**Q: Virginia's 11th district is the wealthiest in the country in terms of median income. Its proximity to Washington, D.C. means a**

**large number of federal employees and government contractors. How would you address the looming defense cuts? Are you willing to raise taxes to resolve the deficit?**

**Connolly:** The massive defense and domestic spending cuts that will occur if Congress is unable to pass a balanced deficit reduction plan is a real threat to our region. Protecting and growing Northern Virginia's economy has always been my top priority and that's why I have called for Congress to

See Q&A, Page 4



Map of Virginia's redrawn 11th Congressional District

**"The massive defense and domestic spending cuts that will occur if Congress is unable to pass a balanced deficit reduction plan is a real threat to our region."**

—Gerald E. Connolly (D-Incumbent)

**"Additional revenue will come by growing the economy and expanding the base, not by raising taxes."**

—Christopher S. Perkins (R)

# Q&A With 11th District Candidates

From Page 3

cancel its recess and come back to Washington to solve this crisis. We need a bi-partisan plan that includes both revenue and spending cuts to balance our budget and avoid reckless cuts that would harm our local economy.

**Perkins:** The 11th District will be second only to Virginia's eastern shore in terms of the hardest hit region in America by the combined trillion dollars of defense cuts that Mr. Connolly voted in favor of. With a half trillion dollars of these defense cuts already moving forward, the additional \$492 billion that is part of 'sequestration' must be replaced with a more balanced plan that targets non-security related government programs. The worst thing we can do is raise taxes in a depressed economy. Additional revenue will come by growing the economy and expanding the base, not by raising taxes.

**Galdo:** A combination of tax reform and moderate cuts to the defense budget and other discretionary programs is the pragmatic approach that will provide for a strong defense, minimize the impact on the economy, preserve low tax rates for most Americans, and protect programs for the working poor, the disabled, and retirees. The key is moving to a simple, fair, and responsible tax code that expands the tax base rather than raising rates on middle-income families. My plan, detailed on my website, is estimated to yield a budget surplus of \$55 billion and enables us to start paying down the debt.

**Gibson:** The severe defense cuts of sequestration associated with the Budget Control Act of 2011 must not occur; these cuts are disruptive and damaging. Instead, I support measured steps to reduce Defense expenditures by paring antiquated programs, modernizing employee benefits, reducing facilities and infrastructure, and eliminating duplicative overhead. As a community we need to diversify our economy with greater focus on information technology, medical technology, and academia. I favor a complete overhaul of the tax code to collect taxes in an equitable manner; broadening the tax base will result in some taxpayers paying more.

**Q: "In Nothing We Trust?" Many polls indicate that voters have a "trust deficit" in our government leaders. How would you go about restoring citizen's trust in our government?**

**Connolly:** One of the great things about representing Virginia's 11th district is that I get to be in my district every morning,

every night, and every weekend. In the morning, I face the same challenging commute that many of my constituents deal with. In the evening and on weekends, I'm able to meet with them at civic associations, community events, and even the grocery store. I think that personal contact keeps me in close touch and gives everyone an opportunity to ask me where I stand and hold me accountable. I like that about my job and believe it helps to restore some of that trust in government.

**Perkins:** I won't lie to them. That includes the much practiced art of telling half-truths, which I was raised to believe is the same as telling a half-lie. I also pledge 100 percent transparency in governance. You will be able to tell how I voted and, as importantly, why I voted a particular way, simply by going to my website. Finally, as someone who has helped bring warring factions together to find peace, I will work with members of both political parties to find common ground on the issues. You can compromise on legislation without compromising your principles or your values.

**Galdo:** I would strive to be an example of responsible and open government: demonstrating integrity and independence from special interests and party influence in working for the best interests of Northern Virginia and the nation; establishing more meaningful and frequent communications with voters; and taking a leadership role in achieving the goals promised to voters.

I support a six-term limit for the House of Representatives, "no budget, no pay" legislation, stronger ethics reform, and campaign finance reform. I would like to see a sharing of power through proportional distribution of committee and subcommittee chairs instead of majority party take all.

**Gibson:** As an independent candidate and Congressman, voters will know that I have no interests other than maintaining their trust and providing effective representation. I am not part of a political party or movement with its own agenda; I have not signed any pledges to constrain positive action; and I have not accepted money from anyone other than voters of the 11th District.

**Q: What do you see as the top 3 social issues of our times, and what is the role of government in addressing these issues?**

**Connolly:** Clearly there is an effort, led by politicians in Virginia like (Attorney General) Ken Cuccinelli, to impose an extreme social agenda that would harm women's health. They want to restrict a woman's right to choose, allow insurance companies to deny coverage for birth control, and even

## Bonus Question: Tell us something about yourself that most people don't know

**Connolly:** One of the proudest moments of my career was my vote to pass the Lilly Ledbetter Fair Pay Act. It was one of the very first votes I cast, and as the father of a daughter in college, it was particularly gratifying to know that she will begin her career in a nation that finally recognizes that she—and all women—deserve equal pay for equal work. Being able to give my daughter a framed copy of that bill was an incredible feeling.

**Perkins:** After college, I worked for four years as an offshore commercial fish-

erman and subsequently enlisted in the Army after listening to President Reagan's inaugural address.

**Galdo:** I sang in the chorus that accompanied Leonard Slatkin and the National Symphony Orchestra's performance of Mahler's 8th Symphony, "Symphony of a Thousand," at the Kennedy Center in 2006.

**Gibson:** I served as an officer with Ocean City, Md., Police Department for the summer of 1984 between my first and second years of graduate school.

## DeCarlo Answers With Lyrics

Chris DeCarlo offered the lyrics from his YouTube music, rap video "Fight for Our Lives" as response to the Connection's questions.

**Q: How would you address the looming defense cuts? Are you willing to raise taxes to resolve the deficit?**

I'm the fighter that's not on the take,  
Swinging for the laws we got to make.  
But corruption's the Champ in this town,  
I'm ready to fight; I'm ready to get down.  
Put me in a match, I can make him bleed,  
A quick left and a right, he's on his knees.  
He buys everyone, he's all about the Bengi's,  
I'm not doing this to meet all my friend's needs.  
Character, ability, strength and the truth,  
These virtues flow straight from my roots.  
We work together to meet our demands,  
I'm not afraid to get dirt on my hands.

**Q: Many polls indicate that voters have a "trust deficit" in our government leaders. How would you go about restoring citizen's trust in our government?**

They keep on giving us the same two choices,  
Tell us what to think with the same tired voices.  
How could this happen, we were never consulted,  
I sit in disbelief, I'm amazed and insulted.  
Vote for me so we can finally begin,

To right all the wrongs and end all the spin,  
For and by the people is the way it's gotta be,  
So knuckle up cast your vote and get behind me.

**Q: What do you see as the top 3 social issues of our times, and what is the role of government in addressing these issues?**

This mission is important, we've got to succeed,  
We've got to stop 'em or we're gonna continue to bleed.  
The cash keeps coming motivatin' the lies,  
We've got to cut the flow so that the truth can survive.  
Never working with each other cause they're just so set,  
They're blasting each other every chance that they get.  
They're spending all their time on the left and on the right,  
While we become the refugees of that fight.

**Answer to Bonus Question:** I am the first Congressional candidate to create his own music, rap, videos and the first Congressional candidate to rap about political corruption.

shut down organizations that provide women with critical health care services like breast cancer screenings. I will always stand up to ensure that women have access to affordable birth control and are not charged more by insurance companies just because they are women. Government should not interfere in women's private health care decisions.

**Perkins:** I receive more questions about abortion rights than any other social issue. I believe the government should never come between a woman, her doctor or her family, nor do I believe that taxpayer funds should be used for such a procedure. How we should educate our children comes in second, an issue I believe is best left to the individual states to drive competition and choice. Illegal immigration also generates a lot of interest. The federal government needs to secure our borders, but we must also determine a pathway to legal status for the 11 million who are already here.

**Galdo:** Corruption and greed, civil rights, and drug addiction top my list. Gov-

ernment policies that feed the growing disparity in the distribution of income and wealth, that have obliterated past progress in reducing poverty and that precipitated the great recession, must be reversed. Congress must halt erosion of basic rights, such as due process, privacy, and freedom of religion that has occurred in recent years, and find the correct balance between conflicting rights and freedoms, and between liberty and security. And, it is time to declare the war on drugs a failure and find a better solution.

**Gibson:** The paramount issues are personal liberty and accountability as well as economic freedom and responsibility. Our rights are nationwide, not statewide. Government's role is to enforce our rights and liberties, and ensure that individuals and business can compete on their strengths in a competitive free market. We also need to ensure that the less fortunate and underserved get the attention and encouragement they need to participate and contribute to the best of their abilities.

# Walk to Feed the Hungry

Sept. 29 was a "Day to Serve" in Springfield, Burke and Fairfax areas.



Photo Contributed

**Participants in the 3K walk contributed 2,200 items of canned food and other necessities for area organizations helping people in need.**

Early in the year Elder Jack Gerard of The Church of Jesus Christ of Latter-day Saints (LDS) reached out to Maryland Governor Martin O'Malley, Virginia Governor Robert F. McDonnell, West Virginia Governor Earl Ray Tomblin and Washington, D.C. Mayor Vincent C. Gray to invite them to collaborate with the LDS Church in a regional "Day to Serve" to benefit all of the communities in this wide swath of the country.

The governors and the mayor eagerly joined together and took leading organizational roles to support this effort, and each one issued an official proclamation declaring Sept. 29, 2012, as a regional "Day to Serve." They encouraged faith groups, community groups, social organizations, businesses and all citizens to organize or participate in community service projects to help improve neighborhoods and communities.

In response to Governor McDonnell's support for the effort, the Annandale Virginia Stake of the LDS church reached out to civic, interfaith leaders and others in the local Annandale Stake community including Springfield, Burke and Fairfax, inviting them to join with the LDS church in the day of service. On Sept. 29, the designated "Day to Serve" date, a family friendly 3K fun walk was held in Fairfax County beginning and ending at Robinson Secondary School in Fairfax. The desired outcome of the event was to benefit local food pantries such as Ecumenical Community Helping Others (ECHO), whose members belong to religious congregations in Springfield and Burke, and the Annandale Christian Community for Action, Inc. (ACCA), an alliance of 26 churches in the Annandale community. The benefit was not limited to those organizations however; "Day to Serve" wanted to touch other Fairfax County-based organizations like The Lamb Center, a daytime drop-in center for the poor and homeless, and Our Daily Bread, a volunteer-based organization focused on easing the plight of low income residents. The entry fee to the walk was simply an item or items of non-perishable food and/or toilet-

ries and a heartfelt desire to help provide for those in need.

It was estimated about 1,000 persons participated in the walk and that 2,200 items of canned food and other necessities were collected from the participants. In addition, members of local congregations in the Annandale Stake community will be collecting food and other necessities from giving shoppers at previously approved area Giant food stores over the next several weeks to further provide needed food items and other necessities to local food pantries.

Also, the LDS church donated six

semi truckloads of food for the "Day to Serve" project, each valued at about \$40,000 worth of food. The governors of Maryland, Virginia and West Virginia and the mayor of the District of Columbia selected the recipients of the food. The food organizations were able to order the kind of foods they needed most. All of the region's LDS congregations have also been encouraged to reach out to food pantries in their communities to offer them assistance through ongoing member support and \$1000 worth of food donations from their local LDS Bishop's Storehouse.

## PUMPKIN CHOCOLATE CHIP



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## Two Events - One Day with SUN DESIGN!

Saturday, October 13<sup>th</sup> — 10am-4pm



**Free Remodeling and Design Seminars**

Saturday October 13th, 2012 **10am-12pm**

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

Seminars:

- 10 Tips for a Stress-Free Remodel
- Reinventing Your Home for Today's Lifestyle

RSVP: [info@sundesigninc.com](mailto:info@sundesigninc.com) or call Sabrina at 703.425.5588 to reserve your seats.



**Remodeled Home Tour - Back by Popular Demand**

Saturday, October 13<sup>th</sup>, 2012 - **12-4pm**

Where: 4724 Holly Avenue, Fairfax, VA 22030

This NATIONAL CotY Award-Winning renovation was transformed from a 1960's, 2-level split foyer, into a traditional, country-style home with added 3rd level and full wrap-around porch.

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## Be Prepared: What's on the Ballot?

**E**arly voting (technically voting absentee-in-person) is already underway in Virginia, so you can go out and vote this week.

Every voter in Virginia will vote for a U.S. senator and member in the U.S. House of Representatives, in addition to president of the United States and two constitutional questions.

Two constitutional questions will appear on all Virginia ballots, one about the use of eminent domain and one about the timing of a particular session of the General Assembly to consider overriding vetoes by the governor of legislation that was passed by the assembly. See <http://www.sbe.virginia.gov/webdocs/201211ConstitutionalAmendmentsPoster.pdf>.

In the races for U.S. House of Representatives, it's worth noting that redistricting resulted in significant changes in Northern Virginia in terms of who your U.S. representative will be. If you live in Reston, for example, you were represented by Jim Moran and the 8th district, now you are in the 11th district where the incumbent is Gerry Connolly. Fairfax County is represented by three Congressional Districts, 8, 10 and 11.

In Fairfax County, voters will also decide whether to invest in infrastructure based on

### Serve as Election Officer

Election Officers work at the polls on Election Day to ensure elections are run in an honest and well-organized manner. Election officers are paid \$100 - \$200 for the day depending on assignment and locality. Election Day begins by showing up at an assigned polling place before 5 a.m. and remaining on the job until all votes are tallied after the polling places close at 7 p.m.

Requirements to serve as an election officer include: being registered to vote in Virginia; not holding elected office and not being an employee of an elected official; enjoying meeting other people and serving the public; being detail-oriented, able to take direction well and not easily distracted. Election officers must attend training before Election Day. Many officers are assigned to their "home" precinct or a nearby precinct or asked to work in the absentee precinct.

Fairfax County needs 3,000 election officers in its 239 precincts for Election Day. Call 703-324-4735.

Arlington County will need 900 election officers in its 52 precincts on Nov. 6. To apply, visit <https://sites.google.com/site/arlingtoncountypollworkers/apply-now>

The City of Alexandria needs 500 election officers to serve at its 27 precincts. Call 703-746-4050.

four bond questions, answering yes or no to supporting \$75 million for parks, \$55 million for public safety facilities, \$25 million for library facilities and \$30 million for stormwater and sewer improvements. [http://www.fairfaxcounty.gov/elections/nov\\_2012\\_county\\_bond\\_issues.pdf](http://www.fairfaxcounty.gov/elections/nov_2012_county_bond_issues.pdf).

### Last Week to Register to Vote

To vote on Election Day, you must be registered at your current address no later than Oct. 15, 2012. Registered voters should have received a new voter card in the mail by now. You can check your registration status online by visiting the State Board of Elections website at [www.sbe.virginia.gov](http://www.sbe.virginia.gov). There you can also download a voter registration form and mail or fax it to your elections office address.

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### Editorial

### Letter to the Editor

## Land Preservation Success

To the Editor:

You often don't hear stories of government actually working well, so I thought people would enjoy hearing about Virginia's great successes in land preservation.

When I first moved to West Springfield in 1970, I was in third grade and Springfield was the edge of Northern Virginia. We used to play in the woods and in Accotink Creek, which is now Davenport and Greenspring Village. We used to visit the dairy farm, which is now the regional library at Huntsman and Keene Mill. It disappears quickly, and that is why I have dedicated myself to preserving what we have. Over the years, my bills and those that I have helped pass have preserved hundreds of thousands of acres of open space. I can now say that 3.8 million acres, 15 percent of Virginia's total acreage, has been preserved!

In 1995, only 6,000 acres were being preserved annually. Since the beginning of the 2000s, there are about 72,000 million acres preserved each year.

Here's how we made this happen:

Under Virginia's old land-pres-

ervation system, in order to save it, the state would have to buy land outright. This was a very expensive way to preserve land, and in NoVa, where land is so expensive, it practically precluded any land preservation. Many years ago, I led the effort to preserve land through purchasing just the development rights. Under this approach, the state purchases just the development rights. The land owner maintains title to the land, but is restricted in its use and can never develop it. This is known as a "conservation easement."

This conservation easement is then recorded in the land records of the court, so at any time in the future, if someone tries to purchase or develop the land, there is a permanent prohibition on development.

By taking the concepts generated in the land conservation easement method outlined above, my fellow General Assembly members and I increased its effectiveness by combining it with tax credits in 1999. This bill allowed a landowner to get a tax credit of 40 percent of the value of his land.

After this tax credit bill went into effect, land preservation in Virginia exploded resulting in a 1100 percent increase!

**Del. Dave Albo (R-42)**  
Fairfax Station



Last year's 7th Annual Buddy Walk. This year's is at GMU.

## DSANV 8th Annual Buddy Walk

**T**he Down Syndrome Association of Northern Virginia hosts the 8th Annual Buddy Walk on Saturday, Oct. 20, from 10 a.m. to 2 p.m. at George Mason University to support the organization's mission to raise awareness of Down syndrome and help create a world in which every person with Down syndrome is a valued and contributing member of their community. Brian Ray, president of DSANV, says that the walk is not only the company's most important fundraiser, but it also brings the community together for a day of fun, inspiration and celebration.

The Buddy Walk includes a one-mile walk followed by a day of family-friendly activities and entertainment. This year's event features a live performance by Chris Burke, lead singer of the Chris

Burke Band and Goodwill Ambassador for the National Down Syndrome Society. Other activities and entertainment will include moon bounces, pony rides, cartoon characters, a petting zoo, face painters, food vendors and more.

Last year, the Buddy Walk attracted over 1,500 people and raised more than \$200,000 to support individuals with Down syndrome and their families.

The money raised from the Buddy Walk supports DSANV's work to provide emotional, educational and social support to people with Down syndrome, their families and the professionals who serve them. DSANV's programs and services include The Learning Program, the Champion Football League, parent support, educational programs, scholarships and camperships.

# News

## Volunteer Spotlight

Ways you can make a difference.

❖Fest and Fabulous! Join Volunteer Fairfax as they celebrate the 18th annual VolunteerFest on Saturday, Oct. 27. Held in conjunction with National Make a Difference Day, VolunteerFest mobilizes hundreds of volunteers to help nonprofits accomplish tasks that they would not have the time or resources to do on their own. There's a volunteer opportunity for everyone, so prepare to make a difference. Go to <http://volunteerfairfax.org> to sign up and participate.

❖A Library Jubilee - The Fairfax Library Foundation's annual fundraiser will be held on Saturday, Oct. 13 from 5 to 8 p.m. at the Oakton Library. Enjoy a night filled with live music, hors d'œuvres and cocktails. Auction items will include winery packages, autographed books, an African safari, vacation and sporting events and much more. Local bestselling author David Baldacci and his wife Michelle will be honored. Buy your ticket soon at <http://www.fairfaxlibraryfoundation.org/programsvesupport/pj/>.

❖Arts for Art's Sake - The honor of your presence is requested for the inaugural Arts Award Luncheon Oct. 12 from noon to 2 p.m. when the Arts Council celebrates outstanding support of the arts and recognizes the extraordinary contributions of artists, arts organizations, individuals and businesses in Fairfax County, the City of Fairfax, and the City of Falls Church. Award will be presented for Citizen of the Year, Arts Education, Arts Impact, and Arts Philanthropy. Tickets and sponsorships are going fast. Register today to ensure your place: <http://www.artsfairfax.org/arts-awards-luncheon/2012>.

—Victoria Ross

### Be Alert for Deer

It's that time of year again: "rutting season." Deer are especially active during the months of October and November so residents can expect to have increased encounters with local deer.

As of July 2012, there have been 59 non-reportable deer-related vehicle crashes in Fairfax County. There have also been 31 reportable (damage over \$1,500) collisions involving animals, predominately deer, as of mid-September 2012. Police caution motorists to stay alert for deer in the roadways and learn more about deer to decrease their chances of a deer/vehicle crash.



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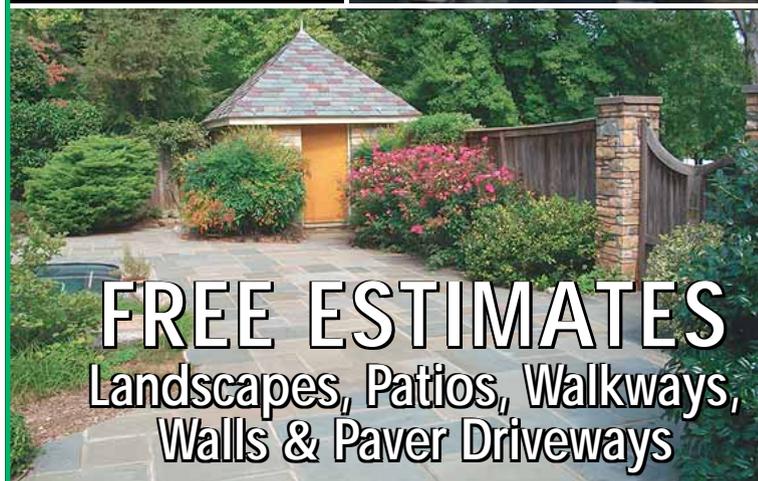
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# OPEN HOUSES

## SATURDAY/SUNDAY, OCTOBER 6 & 7

When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit [www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com) and click on the "This Week in Real Estate" link. **Call Specific Agents to Confirm Dates & Times**

### Burke

6100 Eagle Landing Rd. \$649,900...Sun 1-4.....Carol Hermandorfer.....Long & Foster.. 703-503-1812

### Centreville

6056 Deer Hill Ct.....\$264,500....Sun 1-4.....Debbie Besley.....Long & Foster.. 703-346-5103

### Chantilly

13722 Springhaven Dr...\$419,900....Sun 1-4.....Anne Lefevre.....Weichert.. 703-402-7595

### Clifton

8209 Cub Den Ct.....\$1,125,000....Sun 1-4.....John Cooney.....Fairfax.. 703-989-9969  
11906 Wolf Run Ln.....\$699,900....Sun 1-4.....Marsha Wolber.....Long & Foster.. 703-618-4397

### Fairfax

4027 Maple St.....\$399,900....Sat 1-4.....Jenny Arias..Coldwell Banker.. 571-221-2688  
4027 Maple St.....\$399,900....Sun 12-3.....Josie Barondess..Coldwell Banker.. 571-217-7447  
4103 Halsted St.....\$598,000....Sun 1-4..Herb/Adeline Medeiros.....Long & Foster.. 703-980-9769

### Fairfax Station

6100 Housatonic Ct.....\$689,000....Sun 1-4.....Mary Ruehl..Coldwell Banker.. 703-451-2500

### Falls Church

7937 Freehollow.....\$587,000....Sun 1-4.....Christine Shevock.....RE/MAX.. 703-475-3986

### Kingstowne/Alexandria

5314 Harbor Court Dr.....\$439,950....Sun 1-4...Tom & Cindy & Assoc.....Long & Foster.. 703-822-0207

### Springfield

7937 Donegal Lane .....\$649,900....Sun 1-4.....David Unterman.....RE/MAX.. 703-869-1876  
7904 Ballston Ct.....\$449,900....Sun 1-4.....Linda Maxwell.....Long & Foster.. 703-452-3912  
8102 West Point Dr.....\$469,000....Sun 1-4.....Joni Koons.....Weichert.. 703-209-7277

**To add your Realtor-represented Open House to these weekly listings, please call Steve Hogan at 703-778-9418 or e-mail the info to [shogan@connectionnewspapers.com](mailto:shogan@connectionnewspapers.com) All listings due by Tuesday at 3 P.M.**

# Wellbeing

## Preparing for Cold and Flu Season

Health care professionals offer advice for staying healthy.

By Marilyn Campbell  
The Connection

While many of her friends and family members enjoy the cooler temperatures and vibrantly colored leaves that herald the arrival of autumn, Mary O'Brien braces herself. For her, fall and winter mean sniffles, sneezes and frequent trips to the doctor.

"I usually catch about four colds between October and April," said the North Potomac, Md., mother of two preschool children. "Between myself, my husband and our kids, it seems like someone always has a runny nose, fever or cough."

Local health care professionals say that while cold and flu season peaks in January and February, it can begin as early as October and extend through May. While there is no cure for the cold or flu, there are a few strategies that can increase one's chances of staying healthy.

Clean hands are the first line of defense against germs that cause illness. "I advise my patients to practice good hand washing

habits, avoid touching their faces when possible, and cover their mouths when they sneeze or cough," said Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church and Molina Healthcare.

Rachel Lynch, manager for Prevention and Self Care at Inova Health System in Fairfax adds, "Hand sanitizers are a great option if you're out and about or don't have access to soap, but you should always make sure you clean your hands before and after eating, when you've been around other people who might be sick, or when you've come in contact with animals."

Experts also stress the importance of safeguarding one's immune system: "Getting enough sleep, drinking lots of water and getting exercise are also important in helping your immune system stay healthy and strong," said Lynch.



Photo by Marilyn Campbell/The Connection

**Experts say good hand washing habits, especially for children, can help keep illness at bay.**

She went on to advise patients to avoid spreading germs to others: "If you're not feeling well, stay home. If we keep people who are sick at home, we're not spreading it to individuals who aren't sick. A lot of times, people think it's strong to push through and still go to school or work even if you're not feeling well."

**WHEN IT COMES** to staving off the flu, healthcare professionals say to vaccinate.

"The CDC (Centers for Disease Control and Prevention) reminds us that the single best way to prevent the flu is to get an influenza vaccine each season," said Diane M. White, a registered nurse with a master's of science in nursing and director of the Nurse Practitioner Marymount University Student Health Center in Arlington.

How does one know whether or not they should get a flu shot? "The CDC recommends that anyone over 6 months of age gets vaccinated, especially those at high risk for complications ... like [people with] asthma, diabetes and chronic lung disease, pregnant women, children between 6 and 23 months of age, anyone 65 or older and those who live with or care for those [at] high risk," said Glossa.

Glossa adds that because the antibodies take about two weeks to provide the full measure of protection, the CDC recommends that the public get vaccinated as soon as the new vaccine is offered.

Experts say that some people are afraid to get the vaccine because they believe it may cause the flu, but that notion is inaccurate: "Injected flu vaccines only contain dead viruses so it can't infect you," said Glossa. "The nasal vaccine, known as FluMist, is the one type of live virus flu vaccine, but this virus is specially engineered to remove the parts of the virus that make people sick."

Glossa offers one caveat: "People with severe allergies, especially those with an allergy to eggs, or anyone who has had a severe reaction to flu vaccines in the past, should check with their doctors before getting a flu shot."



**Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network in Alexandria, Reston and Falls Church.**

**Cold or Flu? Understanding the Difference**

"Symptoms of the flu range from mild to severe, but usually begin with a fever and body aches, and often include a cough and/or a sore throat, a headache, a runny nose, fatigue and chills, and potential vomiting, nausea and/or diarrhea. In many cases, the flu will resolve on its own in four to ten days with plenty of rest and liquids. If symptoms are severe, a doctor can prescribe antiviral medication to help lessen the duration and/or symptoms."

— **Dr. Jean Glossa, medical director for the Fairfax County Community Health Care Network.**

## Beating Bad Breath

Dental experts offer solutions for chronic halitosis.

By Marilyn Campbell  
The Connection

When Amanda Welch's boyfriend asked her to marry him last spring, she accepted his proposal on one condition: that he find a cure for his bad breath.

"I just couldn't live with the smell," said the Arlington resident. "It was horrible. I told him he had to do something."

Foul breath, also known as halitosis, can affect a person socially and professionally. "I have heard many stories about bad breath ruining people's lives: business executives losing their jobs, young people whose dating lives were ruined, and even a few engagements and one marriage that were broken off," said McLean resident and halitosis specialist Richard A. Miller, DDS. He is also the author of "Beating Bad Breath."

Halitosis can be triggered by everything from poor oral hygiene to smoking to diabetes to kidney failure. "Typically, bad breath originates in your gums and tongue. It is caused by waste from bacteria in the mouth, decayed food particles [or] other debris in your mouth, and bad oral hygiene," said Dr. Raymond K. Martin, spokesman for the Academy of General Dentistry. "The decay and debris produce a chemical compound that causes the unpleasant odor. Even stress, dieting, snoring, age and hormonal changes can have an effect on your breath. Dry mouth and tobacco also contribute to the prob-

lem."

Mouthwash, experts said, often only provides a temporary solution. Martin recommended cleaning one's tongue with a toothbrush or tongue scraper, increasing water intake and chomping on sugar-free gums that contain xylitol, a sugar substitute. He also advised those who wear dentures, mouth guards or retainers to clean the devices thoroughly between uses.

Bad breath treatment centers offer hope to those with super-sized malodorous dilemmas. During the initial session, which typically lasts about an hour and a half, patients get a diagnosis of the culprit behind the offensive fumes. "We have a halimeter that monitors the amount of sulfite in the breath that causes odor. This gives an idea of

**News**

### Inova Provides 'Link to Pink'

To celebrate the growing awareness around breast cancer, Inova Breast Care Institute is hosting several events throughout October. Free Screening Mammogram Day Saturday, Oct. 27. Available at all the following locations:

- ◆ Inova Fairfax Hospital
- ◆ Inova Loudoun Hospital
- ◆ Inova Mount Vernon Hospital
- ◆ Inova Fair Oaks Hospital
- ◆ Inova Imaging Center - Franconia/Springfield
- ◆ Inova Imaging Center - Dulles South
- ◆ Inova Imaging Center - Leesburg
- ◆ Inova Imaging Center - Mark Center

This free screening mammogram is available to all women over 40 who have a physician order. Registration is required. Please call 571-423-5400. Survivorship: Thriving through Integrative Strategies Oct. 6 from 9:15 a.m.-3 p.m. at Inova Loudoun Hospital

Dispelling the Myths About Breast Cancer Oct. 17 from 6:30-8:30 p.m. at Inova Mount Vernon Hospital

Key to the Cure Oct. 17-21. Saks Fifth Avenue will donate 2 percent of sales to Life With Cancer. Saks Fifth Avenue, Tysons Galleria Women's Health Fair Oct. 20 from 10 a.m.-noon at Inova Fair Oaks Hospital

Treatment Options for Breast Cancer Oct. 23 from 6:30-7:30 p.m. at Inova Fair Oaks Hospital

For information or to register on any of these events, visit [www.inovalinktopink.org](http://www.inovalinktopink.org) or call 1-855-MY INOVA (1-855-694-6682).

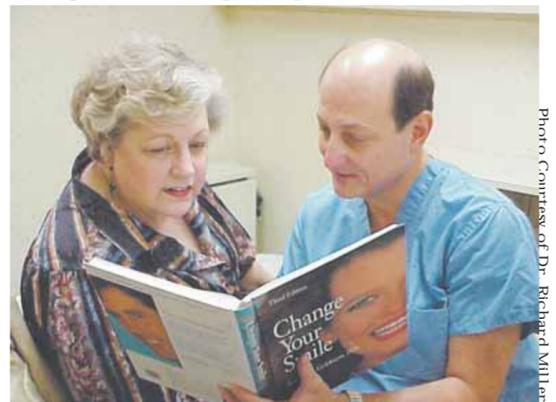


Photo Courtesy of Dr. Richard Miller

**Halitosis specialist Dr. Richard Miller counsels a patient on oral health care. Experts say mouthwash often provides only a temporary solution for bad breath.**

the severity of the problem," said Miller, who runs the Fresh Breath Clinic in Falls Church. "We check for bleeding under the gums and look for everything that can possibly contribute like stones in the back of the throat or anything going down the sinuses."

After the diagnosis, patients get a treatment plan. Services don't come cheap, however. An initial office visit starts at \$350 and increases according to the severity of the problem. Most insurance plans don't cover services like halitosis.

Still those who've cleared the air say finding a solution is worth every penny. "We're getting married, so it was worth it to us," said Welch.

**OPENING NEXT WEEK IN SPRINGFIELD!**

**TITLE Boxing Club: Where it all started.** TITLE Boxing Club is owned by retired professional boxer and promoter Danny Campbell, Kansas City businessman Tom Lyons, and David Hanson and Tony Carbajo. TITLE Boxing, LLC is one of the world's largest distributors of boxing, kickboxing and MMA equipment, apparel and accessories. The first TITLE Boxing Club was opened in Kansas City in 2008 and is rapidly expanding across the US, selling out in Kansas City, Denver, Chicago, Dallas, and St. Louis.

**Your FIRST SHOT IS FREE. Come in today to try a FREE POWER HOUR Workout!**

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f TITLEBoxingClubSpringfield www.titleboxingclub.com

From **TITLE Boxing Club Springfield Owners: Brother & Sister, Sam Heaps & Kate Carski.** As a resident of Alexandria and the area's largest government contractor, I decided to look for an opportunity completely different from what I was doing for the past eight years. While researching business opportunities I came across TITLE Boxing Club, one of the fastest growing fitness franchises in America. I dragged my little brother Sam with me, who has personal training experience and who is also a natural fitness buff, to Kansas City to see what the hype was all about. Sam had been exposed lightly to boxing, but I'd never boxed before or even watched a boxing match on TV. I learned quickly that TITLE Boxing Club wasn't about learning how to fight, but the most incredible calorie-burning, endurance training, fun and addictive workout I'd ever experienced!

TITLE Boxing Club's POWER HOUR uses boxing and kickboxing techniques developed by professional trainers. As a runner I had plateaued. I wanted something else to turn to and I had just found it! (I could hardly walk for four days after taking this POWER HOUR workout.) We believed so much in the POWER HOUR class, that a month later we agreed to open three TITLE Boxing Clubs in the Northern Virginia area. We're excited to say it's now here to share with you, your family, friends and coworkers!

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Kate & Sam

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## Real Life Stories Told for a Critical Cause

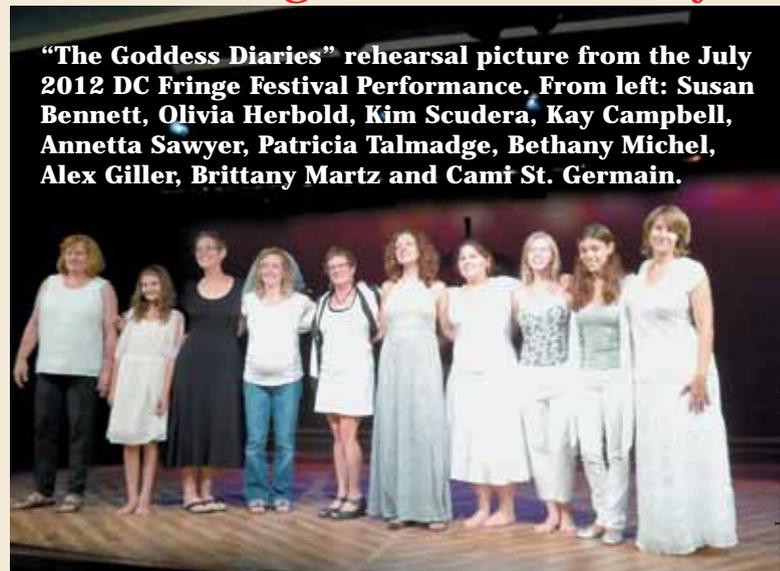
### "The Goddess Diaries" at George Mason University.

By David Siegel  
The Connection

Local Oakton playwright Carol Lee Campbell has taken stories of real women's journeys from adolescence through later stages of life and used them to make a theatrical production called "The Goddess Diaries."

After a well-received run at the recent 2012 Capital Fringe Festival in Washington, D.C. under the direction of Stacey Jones, "The Goddess Diaries" will be performed at George Mason University with proceeds benefiting the Mason Victims of Violence Fund. The Fund provides support and assistance to student victims of sexual and domestic violence.

Campbell has melded stories she has gathered into eight different vignettes that include dramatic and comedic stories along with music and choreography by Sabrina Haritos with a narrator to stitch together the evening. Each story is delivered



"The Goddess Diaries" rehearsal picture from the July 2012 DC Fringe Festival Performance. From left: Susan Bennett, Olivia Herbold, Kim Scudera, Kay Campbell, Annetta Sawyer, Patricia Talmadge, Bethany Michel, Alex Giller, Brittany Martz and Cami St. Germain.

by a woman of a different age reflecting upon what has happened and its effects.

Both Campbell and Jones describe the production as "inspiring and compelling." "The Goddess Diaries" was first presented at the Unitarian Universalist Congregation of Fairfax in Oakton in 2009. Under Campbell's guidance, the show "blossomed into a full production."

According to Campbell, a building structure for the performance was "the positive challenges as she listened to women share life stories with her." She used the collected stories to "construct upon ancient Celtic notions of building shared wisdom through narrative. "Since the stories are human stories they are for everyone."

Stacey Jones, a Luther Jackson Middle School teacher, has been

### Where and When

"The Goddess Diaries" at the Harris Theater, George Mason University, University Drive, Fairfax. Performances: Oct. 12 & 13, 2012 at 7:30 p.m. \$5-\$20. 703-993-2787 or visit [www.cfa.gmu.edu/tickets](http://www.cfa.gmu.edu/tickets). Note: Recommended for ages 13-plus.

associated with "The Goddess Diaries" almost since the beginning. She worked with Campbell to further develop theatrical story arcs to make them an organic and real whole.

For Jones the idea is to make the production into one that depicts "different pictures of women's lives as a fulfilling experience and written to everyday women." It is a show that both women and men will find meaningful either as a "mirror" or as "a magnifying glass."

Sarah Jebian, a professional performer now living in Oakton, will direct the performance. For Jebian "taking personal stories and developing into a theatrical performance connects with audiences. They can emotionally relate to the life lessons."

### THURSDAY/OCT. 4

**Paintings & Pairings.** 6:30-9 p.m., at Alzheimer's Family Day Center, Fairfax. Support Alzheimer's research and families of victims/those with Alzheimer's. 703-204-4664 or [www.thealzheimersfdc.org](http://www.thealzheimersfdc.org).

### FRIDAY/OCT. 5

**George Mason University Alumni Weekend.** All day. George Mason University Fairfax Campus, 4400 University Drive, Fairfax. Mason Alumni return to their alma mater to reunite, remember and celebrate their Patriot Pride. Check out <http://alumniweekend.gmu.edu/> or call 703-993-8696 to register.

**Used Book Sale.** 10 a.m.-6 p.m., at the Burke Centre Library, 935 Freds Oak Road, Burke. Books for children and adults at bargain prices. 703-249-1520.

**Homecoming Parade.** 5 p.m., at WT Woodson High School, 9525 Main Street, Fairfax. Meet at the main school entrance for the homecoming parade. [www.wtwoodsonsports.org](http://www.wtwoodsonsports.org).

**Powder Puff Game.** 6:15 p.m., at WT Woodson High School, 9525 Main Street, Fairfax. First the freshmen and the sophomores compete, then the juniors go up against the seniors. [www.wtwoodsonsports.org](http://www.wtwoodsonsports.org).

**Pep Rally and Bonfire.** 8 p.m., at WT Woodson High School, 9525 Main Street, Fairfax. After the second game enjoy a pep rally preceding a bonfire at 9 p.m., between the softball field and stadium featuring a live DJ and concession stand. [www.wtwoodsonsports.org](http://www.wtwoodsonsports.org).

**The 4th Annual Taste of the Vine.** 6:30-9 p.m., at the Blenheim Historic Civil War Interpretive Center, 3610 Old Lee Highway, Fairfax. Wine from

# COMMUNITIES OF WORSHIP



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### Christian Reformed

Grace Christian Reformed Church  
703-323-8033

### Episcopal

Church of the Good Shepherd  
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St. Andrew's Episcopal Church  
703-455-2500

### Lutheran

Abiding Presence Lutheran  
Church 703-455-7500

### Methodist

Burke United  
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Fox Meadow Winery and hors d'oeuvres by Fairfax's Dolce Vita; mingle with fellow history enthusiasts and bid in the silent auction. \$50. 703-591-5305 or hilcarn31@aol.com.

**SATURDAY/OCT. 6**

**George Mason University Alumni Weekend.** All day. George Mason University Fairfax Campus, 4400 University Drive, Fairfax. Mason Alumni return to their alma mater to reunite, remember and celebrate their Patriot Pride. Check out <http://alumniweekend.gmu.edu/> or call 703-993-8696 to register.

**Used Book Sale.** 10 a.m.-5 p.m., at the Burke Centre Library, 935 Freds Oak Road, Burke. Books for children and adults at bargain prices. 703-249-1520.

**Second Annual Fairfax Festival of the Arts.** 10 a.m.-6 p.m., at Fairfax Corner, 11900 Palace Way, Fairfax. National and international artists sell artwork—90-plus artists offer more than 10,000 pieces for sale—and provide the opportunity for you to meet painters, sculptors, photographers, jewelers, digital artists, glass, fiber and ceramics artists. [www.paragonartevents.com/fairfax/](http://www.paragonartevents.com/fairfax/).

**Taste of Woodson and Homecoming Anniversary Gala.** 11 a.m.-midnight, at WT Woodson High School, 9525 Main Street, Fairfax. On homecoming day enjoy pre-game restaurant samples and a fun fair until the 1:30 p.m. kickoff; starting at 8 p.m., the entire Woodson community joins for an evening of food, dancing, a silent auction and the intro of the initial class inductees to the Athletic Hall of Fame. [www.wtwoodsonsports.org](http://www.wtwoodsonsports.org).

**SUNDAY/OCT. 7**

**George Mason University Alumni Weekend.** All day. George Mason University Fairfax Campus, 4400 University Drive, Fairfax. Mason Alumni return to their alma mater to reunite, remember and celebrate their Patriot Pride. Check out <http://alumniweekend.gmu.edu/> or call 703-993-8696 to register.

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**WEDNESDAY/OCT. 10**

**Open Access=Open Data.** 3-4:30 p.m., George Mason University, Research Hall, Room 163, 4400 University Drive, Fairfax. A three-part presentation featuring a senior advisor with the National Science Foundation, a physics, and an astronomy and computational sciences professor and a geography professor from Mason; light refreshments served. 703-993-2544 or [chollan3@gmu.edu](mailto:chollan3@gmu.edu).

**Fairfax Art League October Opening Reception.** 7-9 p.m., at the Fairfax Old Town Hall Gallery, 3999 University Drive, Fairfax. Meet the artists of Forty-Nine Shades of Color and Gray, Doris Jenkins' oil paintings and Betty Baumgartner's photography and sculpture; the exhibit runs through Oct. 5-31 from 10 a.m.-2 p.m. Mondays through

Thursdays. [www.fairfaxartleague.net](http://www.fairfaxartleague.net).

**THURSDAY/OCT. 11**

**Band Extravaganza.** 7-9 p.m., West Springfield High School Auditorium, 6100 Rolling Road, Springfield. The West Springfield High School Band Boosters plays a free community concert featuring wind symphony, jazz ensemble and the masterworks show. [president@wshsband.org](mailto:president@wshsband.org).

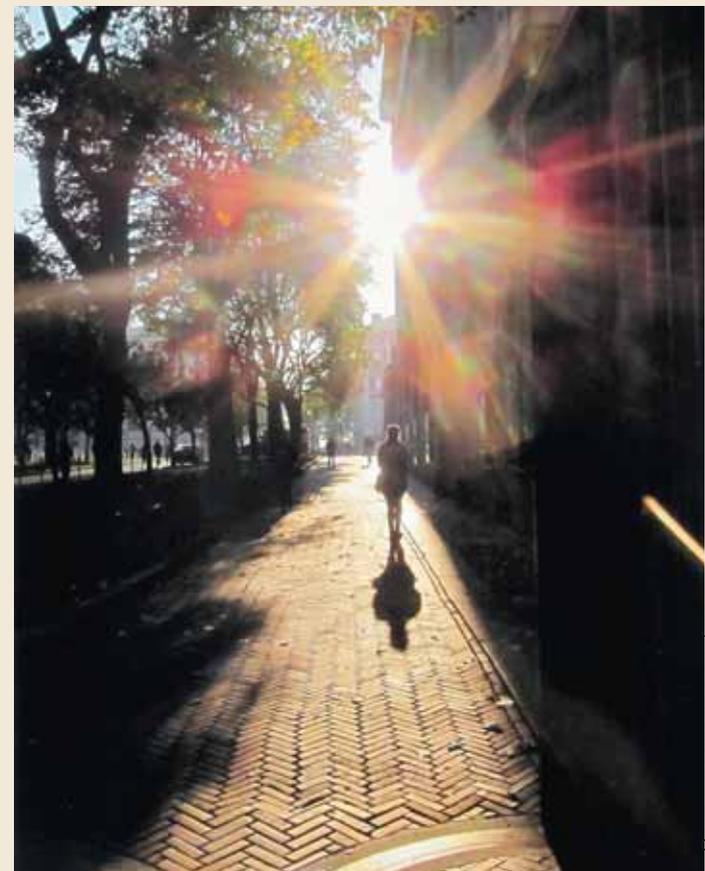
**FRIDAY/OCT. 12**

**The Goddess Diaries.** 7:30 p.m., at the Harris Theater, George Mason University, 4400 University Drive, Fairfax. Eighth short personal narratives about key milestones in the lives of women and girls; proceeds benefit GMU Victims of Violence Fund. \$5, GMU students; \$10, GMU faculty and staff; \$15, groups of 10; \$20, general admission. [cfa.gmu.edu/calendar/1069/](http://cfa.gmu.edu/calendar/1069/).

**SATURDAY/OCT. 13**

**Fall Festival in Old Town Historic Fairfax.** 10 a.m.-5 p.m., Downtown Fairfax, 10455 Armstrong Street, Fairfax. The traditional festival brings unique crafts and gifts, activities from local art groups and businesses, more than 400 juried crafters, children's rides, music and food. 703-385-7949 or [www.fairfaxva.gov](http://www.fairfaxva.gov).

**A Blast From the Past Chrysanthemum Show.** 2-5 p.m., at Merrifield Gardens Fair Oaks, 12101 Lee Highway, Fairfax. Door prizes, Fukusuke exhibits, a "Blast From the Past"-themed design competition and hundreds of mums: cut, in hanging baskets, in containers, everywhere. 703-560-8776.



Courtesy of Fairfax Art League

Columbia Campus by Betty Smiley Baumgartner.

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Photo by Louise Krafft/The Connection

West Springfield middle blockers Destini Davis (7) and Savannah Schutzmeister leap to block against T.C. Williams' Kate Whitmire on Oct. 2.

## West Springfield Volleyball Beats TC in District Opener

**Senior middle blockers Davis, Schutzmeister make big plays for Spartans.**

By Jon Roetman  
The Connection

After the lights went out in a literal sense during the West Springfield-T.C. Williams volleyball match on Oct. 2, Spartan senior middle blockers Savannah Schutzmeister and Destini Davis turned the lights out on the Titans in a figurative fashion.

Schutzmeister and Davis combined for a match-ending stuff block on Titans standout Kate Whitmire, adding a stylish finishing touch to West Springfield's 3-1 (14-25, 25-18, 26-24, 27-25) victory at T.C. Williams High School in Alexandria.

The Titans built an 18-10 lead in the fourth set, but the Spartans responded with six straight points and trailed 19-17 when many of the lights in the TC gym turned off during a rally. After a brief delay, West Springfield continued its comeback and eventually produced an energized ending with a stuff block on Whitmire, who finished with a match-high 27 kills.

"I have to say, I don't think there's a more fun way to end a game," West Springfield head coach Stephanie Noriega said, "than on a stuff block against a very respected player."

Schutzmeister and Davis ended the third set in the same fashion, stuff-blocking Whitmire for the final point, capping an 8-1 run.

What goes into blocking a player like Whitmire, a 6-foot-1 outside hitter who is committed to James Madison University?

"You have to read her," Davis said, "and you have to talk to your teammate."

Davis finished with eight kills and Schutzmeister

had six.

"I'm so proud of them as seniors," Noriega said. "This is their third year on varsity and it's so fun to see them go from somewhat clueless sophomores [to the players they are now]. They've always been good kids, they've always been hard workers and so they deserve the progress that they've made. It's really fun to see them really have a chance to shine this year as seniors and to be in the spotlight more than they've been in the past."

West Springfield started the season 3-5 but has won its last five matches. After losing to Fairfax on Sept. 4, the Spartans defeated Hayfield, Oakton, Robinson, Washington-Lee and the Titans, who entered Tuesday's match ranked No. 3 in the Northern Region Volleyball Coaches Association top 10 poll.

Junior outside hitter Jennifer Zimmerman finished with a team-high nine kills against T.C. Williams. Junior outside hitter Monica Naderi-Colon had eight kills, senior opposite hitter Adrienne Melean had seven kills and senior middle blocker/outside hitter Madelyn McMurray had five.

West Springfield lost the first set, 25-14, and trailed by at least five in sets three and four, but found a way to get the job done in its Patriot District opener.

"We have moments where we don't play well, but they get out of it," Noriega said. "They don't stay in a volleyball funk for very long. That's definitely one of their strengths. They pull themselves out of it. It's really not me. It's all coming from them. They never give up [and] they fight hard. We've had [multiple five-set matches] this season where we've gone to five and won and it's because they fight until the bitter end, and I love that about this team."

West Springfield will host Centreville at 7:15 p.m. on Thursday, Oct. 4.

"It comes as a message for the rest of the district," Schutzmeister said about beating T.C. Williams. "We didn't do so well the first part of the season so now ... we're coming back."



Photo by Craig Sterbutzel/The Connection

Isabel Josephs and the South County field hockey team lost a 1-0, weather-shortened game against Westfield on Sept. 27.

## South County Loses Weather-Shortened Game

Inclement weather prevented the South County field hockey team from attempting a second-half comeback against Westfield on Sept. 27, but Stallions head coach Leah Conte was pleased with her team's effort during what proved to be a 30-minute contest.

Westfield's Katelyn Rennyson scored less than five minutes into the game and the Bulldogs won a 1-0, weather-shortened game at South County Secondary School. The teams completed the first half, making the game official, but never made it out for the second half after inclement weather forced coaches and players inside the school at halftime.

Westfield and South County met

in last year's Northern Region championship game, with the Stallions winning, 4-1. This year, Westfield defeated South County 3-0 during a tournament on Aug. 25. While Conte was disappointed the season's second meeting between the teams was cut short, she said she was happy with the way the Stallions performed.

"It's a bummer because it was a very high-speed, well-skilled game and you love to play high school games at that level," Conte said. "My team played very good team defense tonight. I was really, really happy with how we clicked defen-

**"We were anticipating the ball in the midfield really well and stepping up hard, and we just didn't capitalize on our opportunities."**

**—South County coach Leah Conte**

sively. We were anticipating the ball in the midfield really well and stepping up hard, and we just didn't capitalize on our opportunities."

South County bounced back with a 2-1, overtime victory against West Potomac on Oct. 1, improving the Stallions' record to 9-5, including 4-1 in the Patriot District.

Through 13 games, senior forward Alexis Schramm led South County

with 12 goals. Junior forward Isabel Josephs had seven goals and senior forward Stephanie Halsted had five.

South County will travel to face Annandale at 7:30 p.m. on Thursday, Oct. 4 and will conclude the regular season at home against West Springfield on Oct. 9.

—Jon Roetman



Grace LeGros



"Team Grace" at the Tough Mudder event in honor of sister Grace Thomas LeGros, who died from brain cancer in January. Left to right, Kris Floyd Thomas, Rich Thomas, Tom Bresnahan and Kim Thomas Krongaard.

Photos Contributed

# Remembering Grace

Fairfax family honors sister's fighting spirit by forming "Team Grace."

By Victoria Ross  
The Connection

**C**all it charm or charisma, some people just naturally light up a room when they walk into it. Grace Ann LeGros of Centreville was one of those people.

"When Grace walked into a room everyone knew she arrived and smiles swept over their face," said her brother, Tom Bresnahan. "She was the most vocal of the children and always cracked jokes whether it was appropriate or not. Out of the six kids she always got 'the look' from mom and the frown from dad to keep it down. But how do you stop a room full of people from laughing?"

On Jan. 12, 2012, Grace LeGros, 54, died after an 18-month battle with brain cancer. Her close-knit family was devastated.

On Sept. 8, her family formed "Team Grace," in her memory, and competed in the Tough Mudder race in Fredrick, Md. Tough Mudder, known as the "toughest endurance race on the planet," supports the Wounded Warrior Project.

"We wanted to find a way to honor Grace's fighting spirit. She demonstrated the same characteristics a Tough Mudder pledges. She never complained, she always helped others, she overcame all of her fears, and put team—or family—first," said Richard Thomas, her brother.

**UNLIKE OTHER** traditional endurance events, Tough Mudder consists of 10-12 mile trail run over rugged terrain, featuring steep inclines, water hazards and 18-25 military-style obstacles testing one's

toughness, fitness, strength, stamina, mental grit, teamwork and camaraderie.

"Grace was one Tough Mudder tackling her brain cancer. We know Grace was looking down on us as we competed in this crazy event, keeping her spirit alive," said sister Kim Thomas Krongaard.

Born in Bethesda on Feb. 6, 1958, LeGros was the oldest child of John and Mary Bresnahan's six children and grew up in Fairfax County. She married Scott LeGros in 1987, and had a daughter, Marygrace, 23, whose college graduation she was able to attend while battling her cancer.

The oldest of six children, Grace LeGros was "always in charge and always there" for her mom and dad, her husband Scott, her daughter Marygrace, her brothers and sisters—Betsy, Richard, John, Kim, Tom—and extended family and friends.

LeGros graduated from Robinson Secondary School in 1976, and pursued an art degree at Northern Virginia Community College. She also worked as a Fairfax County Animal Warden for 10 years after graduating from the Fairfax County Police Academy. She had a passion for animals, especially horses.

LeGros loved to ride horses in the Virginia countryside, and dreamed of one day owning her own horse farm, her family said. But more than anything, she loved spending time with family and friends at the beach.

"If we were to really have a Grace moment it would have to be Christmas mornings and Thanksgiving dinners, those were her moments she shared with the family which meant the world to her and to us," said Tom Bresnahan, her brother.

**IN THE SUMMER OF 2011**, Grace went in the hospital for routine gall-bladder surgery. After the surgery, she had difficulty waking up from the anesthesia. That was the first time her family knew something was wrong. A brain scan showed she had an aggressive brain tumor.

"We all felt such an overwhelming sense of helplessness," said Mary Bresnahan, Grace's mother. "But she was a fighter. She never complained."

Instead, Grace inspired her family and friends with courage, determination and compassion throughout her battle with cancer.

Krongaard said the family chose the slogan—"Cancer Cannot Conquer The Spirit"—for the "Team Grace" T-shirts because it embodied Grace's strength and determination as she fought cancer. Cancer could take her physically, but it could not crush her spirit, her family said.

"She was a trooper and 'Team Grace' will continue to train for future races with that motto in mind. It's our way of keeping Grace's spirit alive," Tom Bresnahan said. "It comes back to family and friends. It was her love for us that carried us all through this difficult time."

Throughout her trial with cancer, LeGros' family said she taught them many lessons.

"It takes tremendous courage for cancer patients in not only dealing with the realization of your diagnosis, but, in Grace's case, the acceptance that there is no cure but there is always hope," Mary Bresnahan said. "She taught us to embrace each day and know that there is so much kindness out in the world that will open up to you in your struggle with cancer or other serious illnesses. Do not be afraid to accept it."

Grace LeGros' family did just that.

For more information about Tough Mudder races, go to [www.toughmudder.org](http://www.toughmudder.org).

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Chesterbrook Academy, in Chantilly, VA seeks an exp. CDL Driver. Position is P/T Mon - Fri. Ideal candidate will have a valid VA CDL license & Med. Examiner's card; a HS diploma or equiv. (GED), be 23 yrs or older; 1+ yrs driving experience, preferably transporting children.

### Technical Writer:

Develop & prepare technical responses to RFP/RFQ & RFI on projects. Gather technical info among customers, designers & manufacturers. Understand drawings, diagrams & charts. Produce instruction manuals/SOPs to communicate complex info more easily. Strong writing & communication skills. Req. Master in Engineering or BS w/5yr exp. 40hr/wk. Resume to Condortech Services, Inc 6621-A Electronic Dr Springfield VA 22151

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Apply online at  
http://echoworks.balancetrak.com.  
Closing date October 26, 2012.  
NO PHONE CALLS.

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## CRACKED WALLS???

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**ABC LICENSE**  
SBD, Inc trading as Earl's of Ballston, 4215 N. Fairfax Dr., Arlington, VA 22203. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL for a Wine and Beer on and off premises license to sell or manufacture alcoholic beverages. John B. Snedden, 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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Call Hal @ (703)864-6616. Rate is \$50/hr.

**LEGAL NOTICE**  
According to the Lease by and between (1079) Devin Manigo 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: furniture. Items will be sold or otherwise disposed of on October 18, 2012 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

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## AUCTION

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## VA Commercial Real Estate AUCTION

**Friday, October 19, 2012 at 11:00 AM EDT**

**220 RAINBOW LANE, CHESAPEAKE, VA**

**FORMER 66 BED ASSISTED-LIVING FACILITY**  
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(1 Three Bedroom, Two Bath)  
(10 Two Bedroom, One Bath)  
(22 One Bedroom, One Bath)

- On 8.296 acres
- In the fast growing northwest quadrant of Battlefield Boulevard and Interstate 64 just off DeBaun Avenue
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- Owner Holds Real Estate License

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STATE OF SOUTH CAROLINA ) IN THE FAMILY COURT OF THE  
) NINTH JUDICIAL CIRCUIT  
COUNTY OF CHARLESTON )  
  
CASE NO: 2012-DR-10-2158  
  
KADEE LYNN AUSTIN and )  
LEE ALEXANDER RUBLE, )  
)  
Plaintiffs, )  
)  
IN RE: ZOIE AVA AUSTIN, )  
(a minor under 18 years old) ) NOTICE OF ADOPTION  
)  
)  
v. )  
)  
JOHN DOE, )  
DONOR ID NUMBER 1432, )  
Defendant. )

TO: ABOVE NAMED DEFENDANT:

**YOU WILL TAKE NOTICE** that an adoption action is pending having been filed on June 12, 2012, in the Family Court, in Charleston County, South Carolina, concerning the adoption of Zoie Ava Austin, born on May 18, 2009, in Charleston, South Carolina.

Kadee Lynn Austin, the mother of this child, identifies you as the father of the child. You as the identified father are entitled to notice of this adoption proceeding.

- If you choose to contest, intervene or otherwise respond to this adoption, you must file your response in writing with the Family Court of Charleston County, 100 Broad Street, Charleston, South Carolina 29401. This response must be filed within thirty (30) days of the date you receive this notice. Your response must include the Case Number of 2012-DR-10-2158.
- If you enter a response, you must keep the Court notified as to your current address and of any changes in your address during this adoption proceeding.
- Failure to file a response within thirty (30) days of receiving this notice constitutes consent to the adoption of the child and forfeiture of all rights and obligations that you may have in relationship to this child.
- If you have any questions, you should contact an attorney.

Cindy M. Floyd  
Attorney for Plaintiffs  
1327 Ashley River Road  
Building C, Suite 100  
Charleston, South Carolina 29407-5384  
843-820-5356

Charleston, South Carolina  
\_\_\_\_ day of \_\_\_\_\_ 2012.

STATE OF SOUTH CAROLINA ) IN THE FAMILY COURT OF THE  
) NINTH JUDICIAL CIRCUIT  
COUNTY OF CHARLESTON )  
  
CASE NO: 2012-DR-10-2158  
  
KADEE LYNN AUSTIN and )  
LEE ALEXANDER RUBLE, )  
)  
Plaintiffs, )  
)  
IN RE: ZOIE AVA AUSTIN, )  
(a minor under 18 years old) )  
)  
v. )  
)  
JOHN DOE, )  
DONOR ID NUMBER 1432, )  
Defendant. )

TO THE ABOVE NAMED DEFENDANT:

**YOU ARE HEREBY SUMMONED** and required to answer the Complaint in this action of which a copy is herewith served upon you, and to serve a copy of your answer to the said Complaint on the subscriber at her office, 1327 Ashley River Road, Building C, Suite 100, Charleston, South Carolina 29407, within thirty (30) days after the service thereof, exclusive of the day of such service.

**YOU ARE HEREBY GIVEN NOTICE** that if you fail to appear and defend and fail to answer the Complaint as required by this Summons within thirty (30) days after the service hereof, exclusive of the day of such service, judgment by default will be entered against you for the relief demanded in the Complaint.

**LAW OFFICES OF CINDY M. FLOYD**

Cindy M. Floyd  
Attorney for Plaintiffs  
1327 Ashley River Road, Bldg. C, Ste. 100  
Charleston, South Carolina 29407  
843-820-5356

Charleston, South Carolina  
\_\_\_\_ day of June 2012.

## NOTICE OF NONDISCRIMINATORY POLICY

AS TO STUDENTS FOR ANGELUS ACADEMY

Angelus Academy admits students of any race, color, national and ethnic origin to all the rights, privileges, programs, and activities generally accorded or made available to students at the school. It does not discriminate on the basis of race, color, national and ethnic origin in administration of its educational policies, admissions policies, scholarship and loan programs, and athletic and other school administered programs.

Angelus Academy is a private, non-profit elementary school sponsored by the Women's Apostolate to Youth and located at 7644 Dynatech Ct., Springfield, VA 22153. For more information, contact the principal, Mr. Joseph Ammirati, at 703-924-3996.

## OBITUARY

**George Negley Faircloth, Jr., 64**, of Manassas, died on September 26, 2012 at INOVA Fairfax Hospital. He was born in Washington, D.C. on February 18, 1948, a son of the late George Faircloth Sr. and Mamie Faircloth. Mr. Faircloth was retired from Fairfax County Utilities Department after 28 years.

He loved the blues and all music.

He is survived by two sisters and brothers-in-law, Linda and Rick Watts, of Bealeton, VA, Elizabeth T. and Gary Stanley of Big Stone Gap, VA, a nephew, Ronnie Stanley (MaryAnn) and a niece, Karen (Mike) Grose, their families, and cousins.

The family will receive friends on Wednesday, October 10, 2012 from 10-11 AM at Moser Funeral Home where services will be held at 11 AM

Interment to follow at Midland Cemetery, Midland, VA.

In lieu of flowers, memorial contributions may be made to the Leukemia and Lymphoma Society, 5845 Richmond Hwy, Suite 800, Alexandria, VA 22303.  
Online condolences available at [www.moserfuneralhome.com](http://www.moserfuneralhome.com)



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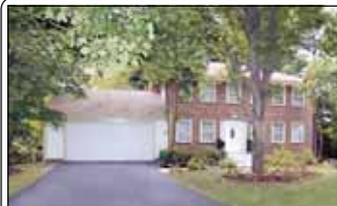
## Sheila Adams

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**FAIRFAX STATION \$1,295,000**  
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Welcome to beautiful Fairfax Estates where this lovely Colonial awaits you. Located on a cul-de-sac setting, huge 14,765 sq. ft. lot, 2 car garage with long driveway, 4 BR's, 3 1/2 Baths, hardwood flooring in foyer/family room, great kitchen with granite counters, adjacent family room w/lovely brick fireplace. Full walk out basement with recreation room, exercise room or media room.



**Pam Boe**  
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boe.pam@gmail.com



**Jim Fox**  
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jim.fox@LNF.com



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- Deck off BIG kitchen



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**Falls Church \$975,000**  
More room than you can imagine! All brick Colonial has large, bright rooms with lots of windows and is beautifully renovated. This 6BR/3.5BA home features hardwoods throughout, new windows & great floor plan. Fantastic kitchen adjoining family room with fireplace. Impressive & private Master Suite with amazing closets. Sited on half-acre grassy lot backing to parkland.



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Super sized 4 level split with room to room! 4 BRs, 4.5 Bas, gleaming hardwoods on 3 levels! Granite chef's kitchen w/42" cabinetry! Fin WO LL with FB. Over 3700 sq feet. Fenced back yard, on 6 private acres! All on a quiet cul-de-sac. Robinson Schools. 11906 Wolf Run Lane, Clifton.



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Beautiful 4 BR, 2 1/2 BA SF Colonial w/ upgraded Kit, new SS Appli, New Cabs, Granite Ctrs. FR & Kit Hardwoods. Huge Sun Room, and much, much more!

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**Fairfax Ridges of Glendilough \$699,900**

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