Look! Up in the Sky!

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No One Injured in Burke Nursery Fire

News, Page 6

Tilting at Voting Booths

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Osher Lifelong Learning Institute at George Mason University attendees pose for a picture taken from the camera attached to a hovering drone on Wednesday, Sept. 24.
Veterans of Foreign Wars Announces Scholarship Competition

Commander Bud Bishop of the Spring-field Veterans of Foreign Wars (VFW) Post #7327 announces this year’s VFW and its Ladies Auxiliary “Voice of Democracy” Scholarship Competition. Local high school students have the opportunity to compete for thousands of dollars in scholarships and a trip to Washington, D.C.

Students begin by competing at the local Post level with a deadline of Nov. 1, 2014. Post winners advance to District and then the first place District winners advance to the state (or Department) competition. All state winners receive a four-day trip to Washington, D.C. A total of $152,000 is awarded to national finalists. First place is a $30,000 college scholarship. Annually, around 40,000 students participate in the competition nationwide.

Students must write and record a three-to-five minute essay on this patriotic theme for 2014-2015: “Why Veterans are Important to our Nation’s History and Future” on an audio cassette, CD or digitally and present their recording, typed essay, and entry form at their local VFW Post 7327 by Nov. 1, 2014.

Interested students and teachers should contact the Voice of Democracy Chairman (D.M. Benedict) at VPW Post #7327 by email at cmdpost7327@va.vfwwebmail.com, by phone at 703-541-3139 or write to the Post at P.O. Box 123 Springfield, VA 22150-0123 for more information.

For details visit www.vfw.org/Community/Voice-of-Democracy.

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Why is October one of the best times to replace your windows?

Because if you call us now, you can get your more energy-efficient windows installed before the really cold weather is here.

Our exclusive High-Performance Low-E 4® SmartSun™ glass is up to 70% more energy efficient.¹ It’s engineered to make your home more comfortable in the colder months.

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Why have our customers chosen us over another window company?

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   - Our exclusive Fibrex material was researched by Andersen for 30 years before it was installed in even one home. Our Fibrex material is twice as strong as vinyl.

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   - Our window has the elegant look and strength of a wood window, but our Fibrex material doesn’t demand the same maintenance of wood.

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Call for your FREE Window Diagnosis

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It’s like getting FREE WINDOWS for 1 year¹

NO MONEY DOWN
NO PAYMENTS
NO INTEREST FOR 1 YEAR

PLUS
SAVE $229 on every window¹
and
SAVE $629 on every patio door¹

Offer only available as part of our National Product Rewards Plan.

Farms Markets

Each Thursday, from 3-7 p.m., the Fairfax County Government Center hosts a farmers market in its parking lot. The Government Center is at 12000 Government Center Parkway, in Fair Oaks, and the next markers are slated for Oct. 2 and Oct. 9.

Two farmers markets are still open in the City of Fairfax. They’ll run through Nov. 1 at the corner of West and Main streets. The Downtown Fairfax Coalition Community Market is held Saturdays, from 8 a.m. - 1 p.m. The Sunday Farmers Market will run from 10 a.m. - 2 p.m. For more information, call 703-642-0128.
By Abigail Constantino

Parish Hall of the Church of the Good Shepherd in Burke was at full capacity on Wednesday, Sept. 24, for an Osher Lifelong Learning Institute at George Mason University (OLLI-GMU) lecture by Christopher Vo titled “Drones: Our New Toys, Tools, and Robot Companions.” More than 140 OLLI-GMU members attended.

Vo, who grew up in Burke, is a doctoral candidate at George Mason University. His research focuses on the use of drones in shepherding, moving animals and people. OLLI-GMU member Martha Powers contacted Vo to do a session when she saw a picture of him in The Washington Post flying a drone. “How cool! I wanna see drones. OLLI needs to have a drone class,” she said.

Rich Goodwyn joined Vo and assisted with the demonstrations. Goodwyn and Vo are members of the DC Area Drone User Group. They displayed four drones of varying sizes. Three were quadcopters — multirotor helicopters — and one was shaped like an airplane.

Vo’s presentation included the early history of unmanned aircraft systems, or drones, starting from a 19th-century photographer in a hot air balloon to cameras attached to pigeons. But it was during World War II that drones diverged from civilian to military use.

These days there are various uses for drones in the field of ecology, mapmaking and surveying, resources and agriculture, and search and rescue during disasters and crises.

However, issues regarding trespassing, invasion of privacy, criminal use, and general nuisance accompany these advantages. “There are potential bad uses for drones but this is true for all technology,” said Vo.

Should drones be classified as aircraft? Most drone flights occur in Class G or uncontrolled airspace, which is from the ground to 1200 feet above ground level. There are few regulations in operating in this area, mostly they concern visibility.

However, those who operate drones should be aware of the temporary flight restrictions in parts of Northern Virginia, which do not allow the flight of drones, said Vo.

VO DEMONSTRATED drones’ hovering capabilities using the smallest quadcopter while inside Parish Hall but the class moved outside to watch the bigger quadcopters take flight.

OLLI-GMU member George Addison, of Fairfax City, was impressed with the presentation. “I might order the little small one from Amazon. I may even chase the cat with it,” he said.

Goodwyn and Vo said that those interested in making their own drones can learn how and the cost to make one can range between a few hundred dollars to more than a couple of thousand. The DC Area Drone User Group holds workshops for all levels.

Vo’s session was an experience in role reversal for Joan Lunsford, of Clifton. She knew him when he was about 10 years old. “He was a little mischievous, cute, funny.” She was Vo’s viola teacher at Keene Mill Elementary School in Springfield. “You never know what these talented students might end up doing,” she said.

OLLI-GMU offers its 1,200 members the opportunity to continue learning with classes and seminars. Membership is $375 a year, which includes unlimited classes. For those interested in becoming members, there is an introductory rate option and an opportunity to sit in on a class.
Suzanne Scholte knows she has her work cut out for her. “This isn’t a race anybody’s thinking is worth looking at,” she said at a meet and greet event in Montclair last weekend. “I think it was described as ‘Quixotic.’”

The Republican candidate opposing incumbent Gerry Connolly for Virginia’s 11th district representative seat was dressed in a grey suit with a colorful silk scarf draped around her neck. A hint of sweat glistened on her brow, perhaps due in equal parts to the warm afternoon in late September and the “crazy” schedule of campaign events she’s undertaking; this was the second of three for the day.

“I have the disadvantage,” said Scholte. “I’m not a politician, I’ve never held a political office. I’m trying to do everything I can to be everywhere I can, talk to everybody I can.”

The meet and greet took place at the home of Janet Gorn, a state department employee and president of the Kings Highway Republican Women’s E-Club. Since she’s known Scholte, Gorn has been impressed by “her sincerity, her energy and that she really wants to make a contribution to not only a local community, but to our country.”

SCHOLTE, a wife and mother of three young men (two are graduates of J.E.B Stuart High School and active duty military, and one attends Immanuel Christian School), has been going door to door, visiting a different church, synagogue and mosque every Sunday, and holding town hall meetings. And at every turn, she’s trying to solicit communication and feedback, whether for or against her.

“We don’t screen who comes,” said Kelley McLean, who has worked with Scholte on the North Korea Freedom Coalition, a nonpartisan human rights advocacy group Scholte founded, and currently chairs, in 2003. “First we have commenting, then open the floor up for questions. We’ve had people yelling at her and she says, ‘That’s great, tell me.’”

When Scholte decided to run for Congress, she asked McLean to come along as her coalitions director and assistant. “At first I thought my job was going to be scary,” McLean said. “I thought I was going to be that ‘body person’ that if someone doesn’t agree with them I’m supposed to pull her away from it. She’s not like that. She says ‘No, I want to talk to that person. Let’s talk, sit down, see what we can work out.’”

Despite not holding office herself, Scholte has spent plenty of time around Capitol Hill. She was the youngest chief of staff on the Hill while Ronald Reagan was in office and as president of the non-profit Defense Forum Foundation for almost three decades, coordinates that group’s nonpartisan Congressional Defense and Foreign Policy Forums in Washington.

“What motivated me to run is that my work has always been about working across party lines to get things done,” Scholte said.

Though she was born in Connecticut, Scholte’s family moved to Virginia when she was very young. She’s been a resident of northern Virginia since the ’70s and graduated from Loudoun County High School. Her previous work, and that of the Defense Forum Foundation, focuses on promoting strong national defense, freedom, democracy and human rights abroad. In particular, Scholte has spent considerable time in Japan and North Korea.

Q: What do you think are your top three accomplishments in your humanitarian work?

A: The continuous Defense Forum Foundation, started in the 1980s, raising awareness of Islamofascism, China cyber attacks, the vulnerability of our electric grid, all kinds of issues. I can say I’ve had Ted Cruz’s staff and Nancy Pelosi’s staff at my programs.

Getting passage of the North Korean Human Rights Act. That was unanimous, working with Democrats and Republicans. Having people understand there is a pro-West Muslim democracy that has been established in Western Sahara. I’ve been very much involved with getting the recognition of their cause in Congress. I’ve had to battle against a huge lobby effort by the Moroccans.

Q: If you’re elected, what would be your top three priorities as a congressman?

A: Fixes to health care, trying to correct the problems that have been created by the Affordable Care Act.

Pushing to reverse the Sequester cuts. It’s just going to get worse, we’re going to get more and more vulnerable.

Meeting our commitments to our fellow workers and to our veterans, being able to preserve the benefits that we’ve promised them.

Q: Give our readers three reasons they should vote for you on Election Day.

A: I will be a servant to the people of this district. I’m not running to be a politician, I would term limit myself right away.

I will work across party lines. Some of my Democrat friends are already talking about things that we can do that could really help. I would be very reflective and understanding of people who live in this district. The family I rescued out of North Korea, who are now citizens, northern Virginians: No one understands the importance of having a government that serves you, that you don’t serve, like they do.

Q: How would you show off northern Virginia to an out-of-town friend?

A: Restaurants! We have so many great ones. What kind of food do you want? Japanese, Bolivian, we have such a diverse culture.

Q: Tell us something you think people would find surprising about you.

A: I’ve taught kindergarten Sunday school since 1994. Everything I need to know I can learn from kindergartners, what’s really true about life, just caring about other people. It’s just a natural thing with children.
**Elections 2014**

**Prepare for New Voter ID Requirements**

There are new requirements for voter identification that voters must bring with them to the polling place.

In Fairfax County, 13,000 active voters currently do not have DMV issued photo identification, and of those, only a couple of dozen people have applied for a Virginia Voter ID card available free from local voter registrars.

Virginia law now requires all voters to provide one of the following forms of photo identification at the polls:

- Valid Virginia Driver’s License or Identification Card
- Valid Virginia DMV issued Veteran’s ID card
- Valid United States Passport
- Valid Virginia DMV issued Driver’s License
- Virginia Voter Photo ID Card obtained through your local registrar’s office

Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their local electoral board in order for their provisional ballot to be counted.

Virginia’s provisional ballot requirements also apply to absentee voters who vote in-person in all elections.

A voter who does not bring an acceptable photo ID to the polls will be offered a provisional ballot.

Any registered voter who does not possess one of the above mentioned forms of photo ID can apply for a free Virginia Voter Photo Identification from any general registrar’s office in the Commonwealth.

Employees applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad. Once the application is processed, the card will be mailed directly to the voter.

**Provisional Ballot Process**

A voter who arrives at the polling place without an acceptable form of photo identification will be given the opportunity to vote a provisional ballot. After completing the provisional ballot, the individual voting will be given written instructions from the election officials on how to submit a copy of their ID to their local electoral board. Voters applying for a free Virginia Voter Photo ID Card will have their copy counted. A Friday postmark will not be sufficient. Written notice of the ID must be delivered to the local electoral board by noon on Friday, October 10. Written notice may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Note that the copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted.

A voter will have until noon on the Friday following the election to deliver a copy of the identification to the local electoral board. Voters may submit a copy of their ID via fax, email, in-person submission, or through USPS or commercial delivery service. Note that the copy of the ID must be delivered to the electoral board by noon on Friday, or the provisional ballot cannot be counted.

**More Election Information**

Fairfax County Board of Elections, 703-222-0776, www.fairfaxcounty.gov/elections


State Board of Elections, 804-367-8901 Toll Free: 800-552-9745. Fax 804-371-0194 email: elections@virginia.gov

http://www.sbe.virginia.gov
Fall Festival Goes On Despite Fire

Smoldering burlap ignited decorative dried corn stalks

By Tim Peterson
The Connection

In nearly 40 years, there’s never been a fire at the family-owned Burke Nursery and Garden Centre. That is, until last Monday, Sept. 22.

Owner Hope Schmid said they received a delivery of dried corn stalks about 11 a.m. that morning. By 3 p.m., the stalks had lit up, along with the large wooden lean in which they were being stored. “For something like this to happen, timing is never good,” Schmid said. “Especially because we’re trying to get ready for the festival.”

The nursery’s “Pumpkin Playground” opens next week and features a variety of games, rides and, of course, pumpkins for children to enjoy. “We were all working on the fall festival,” said general manager Fred Dickinson, an employee since the nursery opened in 1977. “I was actually headed over to get something and saw the smoke, and at the same time, a driver came in with some sod for a job we were doing.” Dickinson and the driver both dialed 9-1-1 around the same time.

The nursery got a quick response from West Springfield’s engine #27 and Burke’s engine #14. “I think it’s easy nowadays to buy plant material, so I was really frightened,” said Schmid. “We were just super grateful no one was hurt.”

Firefighters sprayed a finishing foam and made sure everything was stable before leaving. The lean-to was primarily used to store equipment like a generator, forklift, golf carts and lawn mowers. Fortunately most of those were in use around the fall festival. The fire only destroyed a handful that were still in the structure.

THE NURSERY AND FIREFIGHTERS were also lucky a stiff breeze of 20-25 miles per hour was blowing that day, away from the main nursery building. Schmid said that helped keep the fire in a somewhat contained “E” shape and prevented it from spreading to other buildings. “It totally surprised me that it burned,” said Schmid’s father Ron DeAngelis, who opened the nursery after first running a roadside flower stand at the corner of Rolling and Old Keene Mill Roads.

Because the fire didn’t affect the majority of the nursery’s merchandise, the staff was able to get back to work once the firefighters had it under control. Dickinson said business only faltered that day due to the road being closed, but things are largely back to normal for the community business. “I think it’s easy nowadays to buy plant material, Halloween or Christmas decorations at a big box store,” said Schmid, “but those people don’t necessarily have knowledge and passion for plants like the people who’ve worked for us.”

“We try to treat people fairly,” added DeAngelis. “Over the years, we have a good rapport with everybody. So there’s no reason why we shouldn’t be here.”

And thanks to a quick response from the West Springfield and Burke stations, they still are.
time and effort working to liberate people in North Korea and Western Sahara.

Various human rights organizations rank those populations as some of the most persecuted people in the world.

“She’s the lady that, if she sees something’s on fire, she’s going to go do whatever it takes to go put it out,” said McLean. “She runs towards it.”

“She’s strong and courageous,” said Bill Card, the chairman of the Prince William County Republican Committee. “She’s faced down dictators, she can certainly face down her peers in Congress when she gets there.”

It was working with members of both parties in Congress that helped Scholte get the North Korean Human Rights Act of 2004 passed. “That was a classic example of what you can do when you want to get things done,” Scholte said. “I compromised with my Democrat friends.”

THE LAW lays out specific ways for the United States to help North Korean refugees. Scholte’s role in its passage and her continuing advocacy work has helped her earn a number of humanitarian accolades, including the 2008 Seoul Peace Prize and 2013 Order of Diplomatic Service Sungnye Medal, the government of South Korea’s highest award for a non-Korean.

Kang Seo is an external relations associate and translator for Free North Korea Radio, and has worked with Scholte as “a mouth for her to speak Korean” each time the candidate has visited Seoul over the past three years.

“The impression I got was she loves people a lot, she cares,” said Seo. “Whether you know them or not, it doesn’t matter. Any time she meets with people, she wants them to engage with her, talk with her. She wants to listen to their stories. That kind of thing attracts people.”

What friends and colleagues of Scholte describe as her “personable,” “sincere” and “energetic” nature, Seo said has helped Scholte affect Koreans on their own human rights issues.

“She’s the one that brought ourselves back to engage with that problem,” said Seo. “Her concern and her heart actually surprised me the most when I first met her.”

### Scholte on ‘Crazy’ Campaign Schedule

Are you living with chronic joint pain?

Learn about state-of-the-art treatments for your condition from one of the area’s leading orthopedic surgeons who practice at Inova hospitals.

Dr. Goyal will discuss causes, risk factors, symptoms and some of the latest treatment options for osteoarthritis and joint pain.

This FREE lecture is designed to provide our community members with important information about the latest medical advances in specific orthopedic specialties and help you find solutions to health issues that may increase your quality of life.

Register today for this FREE lecture! To better serve you, we ask that you register online at Inova.org/AskTheExpert or by calling 1.855.My.Inova (1.855.694.6682)
**OPINION**

Does the Change in Voter ID Laws Matter?

More than 22,000 active voters in Northern Virginia are without the required ID.

**EDITORIAL**

For the current election, new, more stringent voter identification laws are in effect.

Taken together, more than 22,000 of Northern Virginia’s close-in voters right now do not have the photo identification now required to vote in the coming election. While there are simple ways to get an identification card for Election Day, so far, only a handful of voters have done so.

In Fairfax County, 13,247 of the county’s 67,756 active voters do not have the photo identification they will need to vote on Election Day.

In Alexandria, 2,729 of the City’s 85,671 active voters do not have the photo identification they will need to vote on Election Day.

In Arlington, 6,348 of the county’s 140,255 active voters do not have the photo identification they will need to vote on Election Day.

These numbers are analyzed by the State Board of Elections, and include voters who do not have a match in the DMV data, and also are not designated as military, overseas or federal only voters, who do not have an active Federal Postcard Application or Annual Absentee status online by going to http://www.sbe.virginia.gov.

**Register**

For More Election Information:

**FAIRFAX COUNTY BOARD OF ELECTIONS**

703-222-0776, www.fairfaxcounty.gov/election

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22033, FAX 703-324-2205; email voting@fairfaxcountys.gov

**STATE BOARD OF ELECTIONS**

804-864-8901 Toll Free: 800 552-9745 FAX: 804 371-0194

email info@sbe.virginia.gov

http://www.sbe.virginia.gov

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If you or anyone you know might need identification to vote, the process is simple. Contact your local board of elections and go apply for your ID card. There is help in place to transport voters who need help getting there.

In order to vote on Election Day, you must be registered at your current address no later than Oct. 13, 2014. You can check your registration status online by going to www.sbe.virginia.gov.

**Stopping Domestic Violence: You Can Make a Difference**

By John C. Cook and Joe Meyer

By now we have all seen the video. We know he hit her because we saw it. But how did they get there? Did she reach out for help? Would she have known how? Perhaps most importantly, how common is this domestic violence? The answer, unfortunately, is that domestic violence is much more common than you may think.

According to Safe Horizon, a victim assistance organization, “one in four women will experience domestic violence in her lifetime.” The Violence Policy Center found that “72 percent of all murder-suicides involve an intimate partner and 94 percent of the victims of these murder-suicides are female.” The children in homes where domestic violence occurs are among its most serious victims. Studies show that the 3 million children who witness domestic violence in their homes each year can suffer significant emotional and cognitive harm, even if they are not on the receiving end of the physical abuse. Many men are victims of domestic violence as well, and this scourge knows no economic or racial limits. Violence sneaks in slowly. It may start as financial control or social restrictions, but studies show us that abusive relationships tend to follow a pattern. Once a violent episode takes place, it is very likely it will happen again. The average victim is assaulted seven times before they leave for good. Here’s how the story could end: In Fairfax County, domestic violence is the number one cause of homicide. Safe Horizon tells us that, “every year, 1 in 3 women who is a victim of homicide is murdered by her current or former partner.”

Our message is that you can get out of this terrible situation, and your neighbors and friends can help. There are resources in Fairfax to help victims, and there is an increasing chorus of voices standing up to say this is unacceptable.

As two involved members of our community, a Fairfax County supervisor and the executive director of Shelter House, we are among the many outspoken advocates for resources for victims and showing the men, women, and children in these situations a better way. Whether you are in fleeing abuse, or you witness abuse and need information on how to address the issue, you can call the Fairfax County 24 hour hotline at 703-360-7273.

October is Domestic Violence Awareness Month, and there are many ways to raise awareness and help worthy organizations. One opportunity is to join us at an event to stop domestic violence and raise money for Shelter House and Fairfax CASA. The event will be held on Wednesday, Oct. 22 at Coyote Grill in Fairfax from 4:30 – 6:30 pm.

Shelter House’s domestic violence shelter, Artemis House, is Fairfax County’s only emergency shelter for families and individuals fleeing domestic/sexual violence and human trafficking. Fairfax CASA, or Court Appointed Special Advocates, helps children navigate the confusing and scary aftermath of domestic violence. Please join us and the increasing number of people speaking out to end domestic violence.

John C. Cook is Fairfax County supervisor (R-Braddock District) and Joe Meyer is executive director of Shelter House.

**Register**

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John C. Cook is Fairfax County supervisor (R-Braddock District) and Joe Meyer is executive director of Shelter House.
Burke to Celebrate History Day

Focus on transportation, Burke School’s 75th anniversary.

The Burke Historical Society’s Annual Burke History Day will be held on Saturday, Oct. 11. The event will take place in Old Town Burke at The Burke Volunteer Fire and Rescue Department, 9501 Old Burke Lake Road, Burke, across from the Burke Post Office, 10 a.m.-4 p.m. The theme for this year’s Burke History Day is transportation and will feature exhibits, children’s activities and presentations about various forms of transportation and the evolution of how people traveled to and from Burke for profit and pleasure. In addition, the Burke School will present a special exhibit in celebration of their 75th anniversary.

Whether it’s the rolling hogsheads filled with tobacco heading to the ports in Alexandria or the steam engine, transportation in Burke is a compelling topic to explore.

The event is also a fitting occasion to observe the Burke School’s diamond jubilee. This building at the corner of Burke Lake Road and Lee Chapel Road opened in 1939 as the Burke Elementary School, replacing a smaller building that had served that purpose since 1912. Built as a WPA project and dedicated in 1940, the school has seen many changes over the years, including expansions, integration, and eventual conversion to today’s special education center. The Burke School will share this history with the public through historic photographs, memorabilia, and anecdotes from former students and teachers.

The event is free, open to the public, and is in conjunction with the Burke Volunteer Fire and Rescue Department’s Annual Open House.

The Burke Historical Society is a nonprofit 501(c)3 organization whose goal is to preserve the history of Burke through the collection of photographs and artifacts, through publications, through research into the people, places and customs of many eras, and through living history. Burke Historical Society works to protect local Burke history through maintenance of its artifacts, buildings and cemeteries. For more information, visit www.burkehistoricalsociety.org.

Herrity Calls for Heroin Problem Update

“Heroin is here, it’s on our doorstep,” said supervisor Pat Herrity (R-Springfield).

Citing a 163 percent rise in heroin overdoses in Northern Virginia between 2011 and 2013, Herrity proposed a successful motion to the Board of County Supervisors last week, asserting the County Executive report back to the board on just how bad the heroin problems in Fairfax County are and how they could be dealt with.

“This problem ranges through all demographics, it doesn’t have a face,” said Herrity, “and for that reason often goes unnoticed until it’s too late.”

The motion followed an extended discussion of heroin and synthetic marijuana product K2 Spice to the agenda of the public safety committee meeting. As of press date, there isn’t one scheduled.

“Having a conversation about the two things together is a good thing,” said Lee supervi-
Top Chef for Seniors

Retirement community residents choose Sunrise Signature Chef.

By MARYCASTLE CAMPBELL
The Connection

Faces Delanie shivered on the start of the competition, which was sponsored by Sunrise Senior Living head-quartered in McLean, Va., and held at The Fairfax, a Sunrise community, five of the company’s top chefs prepared their healthy meals, making use of only fresh, local ingredients. A panel of Sunrise residents judged the chefs’ creations. One of the goals of the competition was to break monotony about the quality of food served in retirement communities.

Winning Recipe: Miso Cod and Spinach

Miso Cod and Spinach, created by Floyd Stephen, Brighton Gardens of Dunwoody in Atlanta, Ga., won the Sunrise Signature Chef and received $1,000.

Winning Recipe: Miso Cod and Spinach

Miso Cod and Spinach

by Floyd Stephen, Brighton Gardens of Dunwoody in Atlanta, Ga.

Ingredients:

1 1/2 lbs cod filets, 4 oz each
6 garlic cloves, peeled / minced
1 1/2 cups chicken stock
1/4 cayenne pepper
1 1/2 lbs shiitake mushrooms, stemmed / julienned
3 garlic cloves, peeled / minced
1 1/2 lbs cod filets, 4 oz each
1 1/2 cups chicken stock
1 1/2 cups chicken stock
1/4 cayenne pepper
1 1/2 lbs shiitake mushrooms, stemmed / julienned
3 garlic cloves, peeled / minced
1 1/2 lbs cod filets, 4 oz each
6 garlic cloves, peeled / minced
1 1/2 cups chicken stock
1/4 cayenne pepper

Instructions:

1. Place the cod filets in a steamer and steam for 4 minutes, or until fish reaches 145˚F for 15 seconds. Make sure the fish is firmly steamed and cooked perfectly.
2. In a small bowl, mix the cayenne pepper, garlic, chicken stock, and cayenne pepper.
3. In another bowl, add the shiitake mushrooms and cod to the mixture.
4. Add the spinach and sauté for 4 minutes. Turn off the heat and set aside.
5. Mix in the miso sauce, which should be thick. Let it sit for 1 minute.

Residents of Sunrise Senior Living served as judges during the Senior Eats Nutritional Challenge in Fort Belvoir.

Fairfax County is offering the following: Five Caregiver Seminars in October.

Fairfax County is offering the following: Five Caregiver Seminars in October.

The winning recipe was Miso Cod with Spinach. During the competition, which was sponsored by Sunrise Senior Living head-quartered in McLean, Va., and held at The Fairfax, a Sunrise community, five of the company’s top chefs prepared their healthy meals, making use of only fresh, local ingredients. A panel of Sunrise residents judged the chefs’ creations. One of the goals of the competition was to break monotony about the quality of food served in retirement communities.

All of our finalists did an incredible job creating meals that could rival our country’s top restaurant chefs,” said Tim Whelan, vice president, Dining Services for Sunrise.

“We commonly look at ways to provide more variety for our residents and the Nutritional Challenge is a great way to add unique, healthy dishes to our menu.”

The chefs were judged on their ability to meet Sunrise’s Signature Dining criteria, which includes using fresh, seasonal ingredients. After the competition chefs and residents discussed the recipes used, nutritional needs of seniors and the role that eating healthfully can lead to better cognitive function, memory, and heart health.

“Our goal is to give our residents delicious and nutritious food with real variety each day,” said Lawrencia Quaye, Executive Chef at The Fairfax.

None of the five chefs who made it to the finals competition were from the Washington, D.C. region. The winner Chief Floyd Stephen of Sunrise, Georgia, was named the Sunrise Signature Chef and received $1,000.

All of our finalists did an incredible job creating meals that could rival our country’s top restaurant chefs.”

— Tim Whelan, vice president, Dining Services for Sunrise.

Winning Recipe: Miso Cod and Spinach

by Floyd Stephen, Brighton Gardens of Dunwoody in Atlanta, Ga.

Ingredients:

1 1/2 lbs cod filets, 4 oz each
6 garlic cloves, peeled / minced
1 1/2 cups chicken stock
1/4 cayenne pepper
1 1/2 lbs shiitake mushrooms, stemmed / julienned
3 garlic cloves, peeled / minced
1 1/2 lbs cod filets, 4 oz each
6 garlic cloves, peeled / minced
1 1/2 cups chicken stock
1/4 cayenne pepper
1 1/2 lbs shiitake mushrooms, stemmed / julienned
3 garlic cloves, peeled / minced
1 1/2 lbs cod filets, 4 oz each
6 garlic cloves, peeled / minced
1 1/2 cups chicken stock
1/4 cayenne pepper

Instructions:

1. Place the cod filets in a steamer and steam for 4 minutes, or until fish reaches 145˚F for 15 seconds. Make sure the fish is firmly steamed and cooked perfectly.
2. In a small bowl, mix the cayenne pepper, garlic, chicken stock, and cayenne pepper.
3. In another bowl, add the shiitake mushrooms and cod to the mixture.
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George Mason Holds 3rd Patriot Intercollegiate Golf Invitational

George Mason University held its third Annual Intercollegiate Golf Invitational on Sept. 27-29 at Laurel Hill Golf Course in Fairfax. Seventeen college teams accepted George Mason’s invitation and fielded a total of 104 players.

The event was held at Laurel Hill Golf Course, the site for the U.S. Amateur Public Links Championship hosted in 2013.

Each collegiate team fielded five members. Individual scores were used to tabulate first and second place team finishes. Additionally, individual scores were used to award first and second place finishes.

After a practice round on Saturday to acquaint the golfers to the Laurel Hill course, the participants played 36 holes of golf on Sunday. The rules of the competition require that each golfer carry their clubs and walk the course. The result is that most players are rather tired after 7-8 hours of play and walking Laurel Hill — a long and hilly course of 7,010 yards in length.

The event concluded on Monday with a final 18 holes of play around 4 p.m. After tabulating the scores first place was awarded to the University of Missouri team with a combined team score of 851 and Marshall University came in second at 854.

Ryan Zech from Missouri won the award for best individual score shooting four under par. Christopher Crawford from Drexel and Clark Robinson from Marshall were tied for second place each scoring three under par.

The results of this event will be used for NCAA rankings to determine invitations to the NCAA Regional events planned for spring 2015.

— Terrance Moran

Volunteers at Messiah United Methodist Church worked on 30 mission projects in the community.

More than 350 members of Messiah United Methodist Church in Springfield took church to the community on Sunday, Sept. 7, performing 30 mission projects including repairing a boardwalk maintenance at Hidden Pond Nature Center; serving meals at Rising Hope UMC (Route 1 corridor), Capitol Hill UMC (DC) and Fisher House (military veterans); sorting donations at area charity thrift stores and building fences at picnic tables at Camp High Road, a United Methodist camp in Manassas.

The day of service — in which the combined manpower performed a year’s worth of community service — is part of a United Methodist initiative called “Change the World Day.”

Photos Contributed

Change the World Day volunteers at the Claude Moore Farm in McLean.

‘Changing the World’ at Springfield Church

Photos by Terrance Moran/The Connection

Heidi Weston of Messiah United Methodist Church in Springfield drills screws to build a privacy fence at Camp Highroad in Aldie, Va. during ‘Change the World Day’ in September.

George Mason Patriot’s Golf Team

Ryan Zech, Ist Place in Individual scoring.

Scott King, George Mason’s Golf Coach, tabulating scores.

Messiah United Methodist Church members pack food for the church’s ongoing weekend backpack program, which provides food for the weekend for children who receive free and reduced-price meals at school.
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For more information on sponsorship opportunities, please contact Amie Capriles at amiecапрiles@microsoft.com or 703-362-6970.
ENTERTAINMENT

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

THURSDAY/OC'T. 2 - SATURDAY/OC'T. 4

THURSDAY/OC'T. 2 - SUNDAY/OC'T. 5
“You’re Such An Animal.” Workhouse Arts Center, 9518 Workhouse Way, Lorton. Lorain Benenski shares her tribute to the animals she loves. Using several techniques of stippling or painting with inks, pastels, acrylics or watercolor, the suite of work demonstrates the variety of animal portraiture that can be achieved through different mediums and styles.

THURSDAY/OC'T. 2 - WEDNESDAY/DEC. 31
War on the Doorstep: Fairfax Militia in the War of 1812. The Civil War. Interpretive Center at Historic Blenheim, 3610 Old Lee Highway. Open Tue.-Sat. 10 a.m.-3 p.m. Free tours at 1 p.m. 703-591-0560.

THURSDAY/OC'T. 2 - SUNDAY/FRB. 8, 2015
Dressing for the Occasion: An Exhibition of Costumes and Textiles Representing Fairfax Personabilities and Events
Exhibition. Workhouse Arts & Visitor Center, 10209 Main St, Fairfax. Open daily 9 a.m.-5 p.m. 703-385-8414.

SUNDAY/OC'T. 5
Aquilla Theatre: Wuthering Heights. 7 p.m. George Mason University Center for the Arts. 4400 University Drive. Aquilla Theatre performs Wuthering Heights. $20-$44. 888-945-2468.

Fairfax Pets On Wheels 19th Annual “Paws for a Cause” 3K Walk. 12-3 p.m. Weber’s Pet Supermarket, 13012 Lee Highway, Fairfax. Proceeds from the walk will go toward recurring veterinary visits, spay/neuter, and insurance. All pre-registered participants will receive a “Paws for a Cause” t-shirt. $20-$25. 703-324-5424.

Cold Press Soap Making. 12:30-4:30 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Learn how to make cold process soap using all natural botanical ingredients. This demonstration shows you how to safely handle and store lye, how to add fragrance/extollients/colours and gives you covering/molding/curing/packaging ideas. Take home two bars of soap with your choice of fragrance. Registration at www.fairfaxcountygov/parks/ green spring using code 290 488 4401 or call 703-642-5175.


MONDAY/OC'T. 6
‘Fore’ the Kids Golf Tournament. Registration 9:30 a.m., shotgun start 11 a.m. at International Country Club, 1320 Lee Jackson Memorial Highway, Fairfax. All proceeds benefit Boys & Girls Club programs for underprivileged, at-risk youth in Fairfax County. Includes golf, cart, dinner, raffles, prizes, live and silent auction. Visit http://tinyurl.com/ forthekids2014 for more. For sponsorship opportunities, contact Amir Capriles at amir.capriles@microsoftcorp.com or 703-362-6970.

Move & Groove with Mr. Skip. 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. Mr. Skip, who is all about music and movement, sings original and classic kids songs like Old McDonald in the five and under crowd. He gets the kids off their seats and moving. For more information, visit www.fairfaxarts.org or call 703-352-3 ARTS.


MONDAY/OC'T. 6 – FRIDAY/OC'T. 31
Pumpkin Patch. 10 a.m.-8 p.m. Messiah United Methodist Church, 6215 Rolling Road, Springfield. Pumpkins are available from 10 a.m. – 8 p.m. daily until Oct. 31, when the patch closes at 6 p.m. 703-569-9862.

FRIDAY/OC'T. 3
Alonzo King LINES Ballet. 8 p.m. George Mason University Center for the Arts, 4400 University Drive. Performance by Alonzo King’s contemporary ballet company. $26-$44. 888-945-2468.

FRIDAY/OC'T. 3-SUNDAY/OC'T.19
Earth and Fire Ceramics Exhibition
Workhouse Arts Center, 9601 Ox Road, 22079 Lorton. An exhibition featuring the works of 35 leading ceramic artists from the nine nations: Indonesia, Malaysia, the Philippines, Singapore, Thailand, Laos, Vietnam, Cambodia and Myanmar. http://workhousearts.org

FRIDAY/SEPT. 26- SUNDAY/OC'T. 12
Edgar Allan Poe’s Nevermore. Friday and Saturday at 8 p.m. Sunday at 5 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. Take a musical journey into the heart and soul of Edgar Allan Poe, America’s first truly visionary poet. Lyrics are adapted from Poe’s writings. Admissions: $15. www.workhousearts.org. 703-584-2000.

SATURDAY/OC'T. 4-SATURDAY/OC'T. 25
40 Years of Potomac Valley Watercolorists Public Opening Reception
Workhouse Arts Center, 9601 Ox Rd, 22079 Lorton. This exhibit of 100 watercolor painting celebrates its 40 year existence of the Potomac Valley Watercolorists. http:// workhousearts.org

SATURDAY/OC'T. 4
Gogo Grandmothers Kickoff. 3 p.m. Burke Community Church, 9900 Old Keene Mill Road, Burke. Worship dance performances by Children of the Light. Keynote speaker: Leslie Lewis, U.S. Coordinator of Gogo Grandmothers. Learn more about Africa and the Gogos. AIDS in Africa has orphaned over a million children who are being raised by their grandparents (called Gogos). The Gogo Grandmothers ministry provides prayer and Refreshments will be served. Email gogo@burkecommunity.com for more.

The Senegal St. Joseph Gospel Choir will perform at George Mason University’s Center for the Arts on Oct. 4.

Photo Courtesy of the Artists
The Senegal St. Joseph Gospel Choir will perform at George Mason University’s Center for the Arts on Oct. 4.

about Africa and Africa. AIDS in

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SUNDAY/SATURDAY/OC'T. 4
Special Railroad Technology Exhibit. 12-4 p.m. Fairy Station Railroad Museum, 11200 Fairfax Station Road, Fairfax. Exhibits will feature innovations introduced over the years by local inventors as well as “futuristic” concepts. Rare, authentic railroad patent models will be displayed as well as Museum artifacts used along the local railroad. Admission: free for Museum members and children under 5; $2 children 5-15; $4 adults 16 and over. For more information, visit www.fairfax-station.org or call 703-425-9225.

photo courtesy of lido frame productions for virginia opera

Stephan Powell as Sweeney Todd and Phyllis Pancella at Mrs. Lovett in Virginia Opera’s production of “Sweeney Todd” playing at George Mason University’s Center for the Arts on Oct. 11 – 12.

Photo Courtesy of Epicure Café}

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“Attend the tale of Sweeney Todd…”

Such are well known lyrics for those familiar with the musical “Sweeney Todd—The Demon Barber of Fleet Street.” Good news is coming. The production of “Sweeney” as a rarely done opera is arriving from the Virginia Opera.

And for those who have not seen this Tony Award-winning, musically moody rich account of revenge and passion this is a golden opportunity. Sung in English, the production is arriving soon at George Mason University’s Center for the Arts. “Sweeney Todd” has music and lyrics by Stephen Sondheim and book by Hugh Wheeler. Why in operatic form? Well, Sondheim himself called “Sweeney Todd” a “dark operaetta.”

“Sweeney Todd” is a musical tale all about a man named Sweeney Todd living in Victorian England. He is wronged by a powerful, lecherous judge. Todd loses all that matters to him. He spends years plotting his payback. Todd and a colorful meat pie shop owner named Mrs. Lovett work as partners to build a thriving business built upon a most unexpected ingredient for tasty meat pies.

Stephen Sondheim transformed a play into a musical that captures in full measure its vigorous full-throated, full-blooded and emotionally generous story telling — which is what opera is,” said director Ron Daniels. It is “exuberant; full of energy the audience will feel and experience. The show emotionally spins the audience on a dime from horror to comedy and back again. It is not a timid production.”

Conducting the music will be Adam Turner, Virginia Opera’s principal conductor and artistic advisor. He will be directing an orchestra of 30. The production has “great, powerful voices that will amplify the story. There will also be a full chorus singing with an intensity and a joyful presence,” said Turner.

The role of Mrs. Lovett is performed by Phyllis Pancella, a renowned mezzo-soprano. She is relishing the role of someone with “raw emotions as they spin out of control.” She said, “Mrs. Lovett doesn’t think what she does is unethical. She is broke and needs money to survive. And she loves Sweeney.”

Sweeney Todd is played by baritone Stephen Powell. “The character of Sweeney drew me to the role. I want to create some sympathy for him,” said Powell. “Is his behavior at being wronged so far-fetched” as he seeks revenge? Come taste the “Sweeney Todd” magical elixir for yourself.

Virginia Opera opens 40th season with a full-of-life “Sweeney Todd.”

BY DAVID SIEGEL
The Connection

Where and When

George Mason University, Center for the Arts presents Virginia Opera’s production of “Sweeney Todd — The Demon Barber of Fleet Street.” 4400 University Drive, Fairfax. Performances: Saturday, Oct. 11, 2014 at 8 p.m. and Sunday, Oct. 12, 2014 at 2 p.m. Tickets $44-$98. Tickets are half price for youth through grade 12. Call 888-945-2468 or visit cfa.gmu.edu.

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Strong Service Game Propels South County Volleyball

By Jon Roetman
The Connection

With South County comfortably ahead in the third set of Tuesday’s match against West Potomac, Stallions senior Cathy Scaniffe sent a serve over the net. The ball sailed through the air, drilled a Wolverine player in the face and fell to the floor, giving the Stallions an 11-3 lead.

It was that kind of night for both teams, as South County put forth a dominant performance behind the service line and West Potomac never had a chance.

The South County volleyball team defeated West Potomac 3-0 (25-7, 25-12, 25-12) on Sept. 30 at South County High School. The Stallions totaled 16 aces and showed the necessary improvement to satisfy head coach Trista Barnhart.

“We did not serve so well the last match, so we worked on that specifically in practice,” Barnhart said. “The girls knew they had to come out here and prove to me what we did in practice would relay [to the match], which they did. I was really proud of what they did.”

What was the problem before?

“I would definitely say that they were worried about looking bad or missing the serve or disappointing the team,” Barnhart said, “when they need to go back positive like, ‘I’m going to get this.’”

Negativity was not an issue for South County on Tuesday. The Stallions served with power and finesse, and took control of the match.

“We knew that we could beat this team,” senior setter Amber Ragunas said, “so we weren’t really as worried and in our heads about serving.”

Freshman defensive specialist Cassidy Ragunas, junior libero Brooke Birch, junior defensive specialist Kori Thomas and Amber Ragunas each had three aces for South County. Senior outside hitter Scaniffe and senior middle blocker Rachel Snare each had two.

When the Stallions needed more than just a serve to score, Scaniffe, Snare and junior opposite hitter Gabrielle Hall took care of business.

Scaniffe finished with 10 kills, Snare totaled nine and Hall had seven.

“[Scaniffe is] great mid-approach at [deciding where to place her attack] and going strong,” Barnhart said. “Rachel is just flat-out aggressive. She really goes after it. Especially this year, being a senior, she has the full confidence that I’ve been wanting out of her for the past two seasons, and this year she’s just full-blown going at it.”

Jessica Dorn led West Potomac with six kills.

South County senior Cathy Scaniffe had 10 kills and two aces during Tuesday’s sweep of West Potomac.

The victory improved South County’s record to 16-2. The Stallions (5-0) have beaten four of five opponents by 20 points or more.

South County will play four straight road matches, starting with a contest against Lee at 7:15 p.m. on Monday, Oct. 6. West Potomac (5-4) will host Stuart at 5 p.m. on Tuesday, Oct. 7.

Robinson Volleyball Beats Langley

The Robinson volleyball team split a pair of matches during a Dig Pink event on Sept. 27 at Robinson Secondary School, starting with a 3-2 win over defending VHSL 6A state champion Langley.

The Rams fell to Battlefield, 3-1, in the second match.

Robinson also lost a road match to West Springfield, 3-2, on Monday, dropping the team’s record to 4-4.

Robinson faced McLean on Wednesday, after The Connection’s deadline. The Rams will host Annandale at 7 p.m. on Thursday, Oct. 2.

Robinson, Lake Braddock, SoCo Football Have Bye Weeks

The Robinson, Lake Braddock and South County football teams have byes this week, and will return to action on Oct. 10.

Robinson improved to 5-0 with a 56-21 win over Herndon on Sept. 26. The Rams will host Madison for homecoming at 7:30 p.m. on Friday, Oct. 10.

Lake Braddock improved to 4-1 with a 28-17 victory against Annandale on Sept. 26. The Bruins’ only loss was a 19-17 defeat against Robinson on Sept. 12.

Lake Braddock will travel to face Woodson at 7:30 p.m. on Friday, Oct. 10.

South County remained undefeated with a 56-6 win over Lee on Sept. 26. The Stallions (5-0) have beaten four of five opponents by 20 points or more.

South County will host T.C. Williams at 7:30 p.m. on Friday, Oct. 10.

Spartans Lose to Defending Champs

The West Springfield football team had its three-game winning streak snapped with a 31-0 loss to defending VHSL 6A state champion Centreville on Sept. 26.

The Spartans (3-2) are on a bye this week and will return to action at home against West Potomac at 7:30 p.m. on Friday, Oct. 10.

Woodson Football Earns Second Win

The Woodson football team won its second consecutive game on Sept. 26, beating T.C. Williams 56-21.

The Cavaliers (2-3) are on a bye this week and will host Lake Braddock at 7:30 p.m. on Friday, Oct. 10.
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