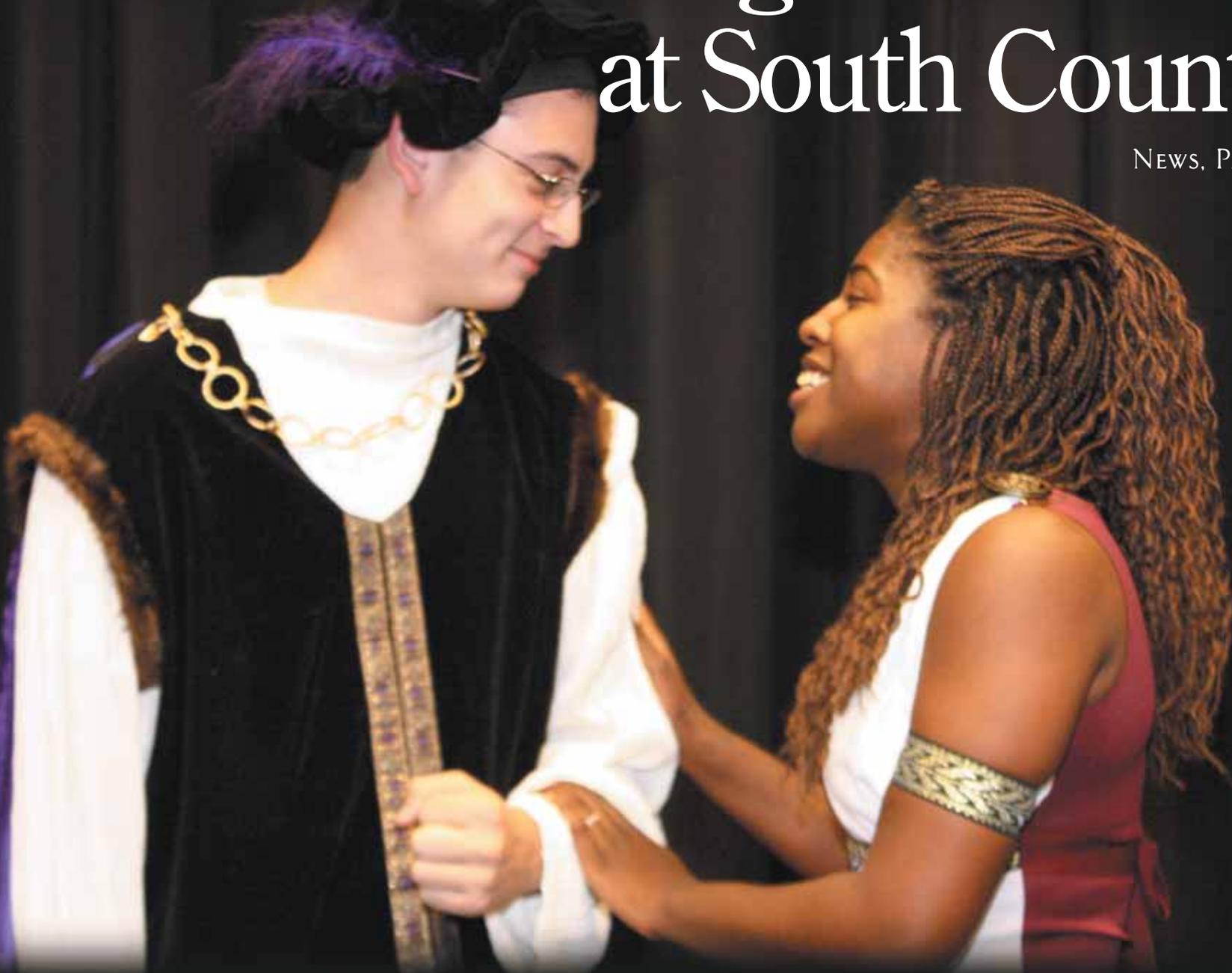


# 'A Midsummer Night's Dream' at South County

NEWS, PAGE 14



Theseus (Aaron Lichstrahl) and Hippolyta (Jahnee Simay) discuss plans for their wedding day in South County's upcoming production of "A Midsummer Night's Dream."

## Comstock Wins 10th District Race

ELECTION 2014, PAGE 3

## Neighbors Helping Neighbors

NEWS, PAGE 12

**WELLBEING**

PAGE 10

# THE NUTCRACKER

presented by  
*The Burke Civic Ballet*



Come share in the magic of the holiday tradition! Featuring 3-year-old miniature dolls to professional dancers courtesy of Colorado Ballet, this production will enchant all ages. Be mesmerized by a growing tree, magic tricks, leaping mice, toy soldiers, falling snow, authentic costumes made in the Ukraine, seventy-five dancing flowers and delectable confections from the Kingdom of Sweets. Treat yourself and friends to a wonderful entrée to the spirit of the season. Makes a perfect holiday gift!



Order online at [www.buffas.com](http://www.buffas.com)

*Saturday, November 15th at 2:00 & 6:00 p.m.*

*& Sunday, November 16th at 2:00 & 6:00 p.m.*

*Ernst Community Cultural Center Theater • NVCC Annandale Campus*

Adults – \$28 • Children/Seniors – \$20

For organized groups (10+) and  
handicapped seating, [burkecivicballet@gmail.com](mailto:burkecivicballet@gmail.com)



## Get Back in the Swing of Things!

### Latest Treatments in Back and Neck Pain

Thursday, November 20, 2014  
6:30 p.m.

Harbor View  
13200 Marina Way  
Woodbridge, VA 22191

*If you suffer back and neck pain, you won't want to miss this beneficial and educational lecture.*

This seminar is FREE and we ask that you register by visiting our Website at [inova.org/asktheexpert](http://inova.org/asktheexpert) or calling 1.855.My.Inova (694.6682).

Millions of people suffer debilitating neck and back pain. If you are one of the millions please don't miss this opportunity. A FREE community lecture, to discuss causes of neck and back pain and the latest treatment options, will be held in your area by one of Inova Mount Vernon Hospital's experienced orthopedic spinal surgeons, Dr. Corey Wallach. This is an opportunity for you to Ask The Expert any questions you may have.



**Corey Wallach, MD**, completed his spine fellowship at the prestigious UCLA Comprehensive Spine Center which specializes in minimally invasive, motion preserving and traditional treatment for the neck and lumbar spine. He completed his residency at the University of Pittsburgh Medical Center, where he conducted research on biologic treatment strategies for degenerative spinal disorders, earning both national and international recognition for his efforts. He now serves as a medical director for the Inova Spine Institute.

**INOVA**  
Join the future of health.

# ELECTION 2014

LORTON/FAIRFAX STATION/CLIFTON CONNECTION EDITOR KEMAL KURSPAHIC  
703-778-9414 OR SOUTH@CONNECTIONNEWSPAPERS.COM



Virginia Del. Barbara Comstock (R) delivered her victory speech shortly after 10 p.m. at the Hilton Garden Inn in Ashburn before a standing room only crowd of about 350 supporters.



Fairfax County Supervisor John Foust delivered his concession speech around 9 p.m. Tuesday at the Dulles Marriott hotel. He was joined by his wife, Dr. Marilyn Jerome, and two sons.

PHOTOS BY VICTORIA ROSS/THE CONNECTION

## Comstock Wins 10th District Race

Comstock scores resounding 17-point victory over Democratic opponent John Foust.

BY VICTORIA ROSS  
THE CONNECTION

Shortly after 10 p.m. Tuesday night, Republican Del. Barbara Comstock entered the Hilton ballroom in Ashburn to the tune of her favorite song - "This One's for the Girls" sung by Martina McBride.

The sassy, defiant country anthem - which tells girls to "stand your ground when everyone's giving in" - struck the right chord with Comstock's supporters, who chanted and clapped along with the music as Comstock took the stage to deliver her victory speech.

Comstock, 55, was clearly savoring the moment, defeating Democrat John Foust, by a resounding 17 points for the Northern Virginia Congressional seat held by retiring Rep. Frank Wolf, Comstock's former boss and longtime political mentor.

Her decisive victory Tuesday ended one of the most contentious, expensive and closely-watched races in the Commonwealth.

When Wolf announced his retirement last December, the news sparked a flurry of speculation about the district's possible political shift, from solid Republican territory to more moderate "swing" district.

Democrats became bullish on the seat that had not been competitive for 30 years, and saw a prime pick-up opportunity.

In February, The Rothenberg Political Report rated the race as "leans Republican," noting that in recent elections, the district supported both Republicans and Democrats in presidential and gubernatorial races. The Washington Post ranked the seat as "the sixth most likely seat to flip control" in the 2014 election.



Virginia Del. Barbara Comstock delivered her victory speech shortly after 10 p.m. at the Hilton Garden Inn in Ashburn before a standing room only crowd of about 350 supporters.

**BUT COMSTOCK**, according to both GOP and Democratic party insiders, ran an extremely disciplined campaign, and consistently delivered an appealing, moderate message to voters.

"It was her race to lose from the start," said one longtime Democratic strategist.

As she addressed her supporters, Comstock thanked Wolf, and said she was "honored to follow in his footsteps."

"We'll take this great Virginia way and bring it to Washington for all of you," Comstock said. "We know that government closest to the people is the government that

works. The one thing I can promise you is that I'm going to work hard to push government down to you guys and gals in the 10th district."

Then she took a final, defiant swipe at Foust.

"I guess I'm finally getting a real job," Comstock quipped, referencing a comment Foust made during a debate about Comstock, a former Congressional aide and political lobbyist. Foust said his comments were taken out of context, but Comstock's campaign accused Foust of being "sexist," and repeatedly used the line against him in numerous campaign ads and stump speeches.

In his concession speech Tuesday before supporters at the Dulles Marriott, Foust, a Fairfax County Supervisor since 2007, alluded to the personal attacks and rancor that marked the contentious campaign.

"I think about the negative things my opponent said about me and the distortions," Foust said, standing on the stage with his wife, Dr. Marilyn Jerome, and his two sons. "It was hurtful. I think about how I would feel if those things were said about my own father, and I'm sorry I put my sons through this..."

Foust said there were many more substantive issues the candidates "could have talked about," and "so many things that remain to get done in Washington, things that led me to get into this race."

In her victory speech, Comstock said she considered "hiring fabulous people" one of her best attributes, and brought her campaign manager - Susan Falconer - onstage to thank her.

"We beat the boys, didn't we?" Comstock said.

**AFTER HER SPEECH**, Comstock left the stage as her theme song played again.

"I think it's really cool that she played 'This One's for the Girls' as she came in and left the stage," said Eve Marie Barner

### ELECTION RESULTS

#### U.S. Senate

U.S. Sen. Mark R. Warner (D), 1,066,783, 49.12%  
Ed W. Gillespie, (R), 1,049,524, 48.33%  
Robert C. Sarvis, Libertarian, 53,414, 2.46%  
Write In, 1,968, 0.09%

#### VA 8th District U.S. House of Representatives

Democrat Donald S. Beyer Jr., 127,981, 62.95%  
Republican Micah K. Edmond, 64,175, 31.56%  
Independent Gwendolyn J. Beck, 5,420, 2.67%  
Libertarian Jeffrey S. Carson, 4,403, 2.17%  
Independent Green Gerard C. "Gerry" Blais III, 962, 0.47%

#### VA 10th District U.S. House of Representatives

Republican Barbara J. Comstock, 125,643, 56.50%  
Democrat John W. Foust, 89,706, 40.34%  
Libertarian William B. Redpath, 3,392, 1.53%  
Independent Brad A. Eickholt, 2,433, 1.09%  
Independent Green Dianne L. Blais, 942, 0.42%  
Write In, 261, 0.12%

#### VA 11th District U.S. House of Representatives

U.S. Rep. Gerald E. "Gerry" Connolly (D), 106,726, 56.77%  
Suzanne K. Scholte (R), 75,760, 40.3%  
Marc M. Harrold (Libertarian), 3,263, 1.74%  
Joe Galdo (Green), 1,737, 0.92%  
Write In, 527, 0.28%

SOURCE: VPAP.org, unofficial results

**Fairfax County Transportation Bond** \$76 million for pedestrian projects; \$6 million for bike improvements; \$16 million for spot road improvements. \$100 million total.

Yes, 214,344  
No, 83,999

#### City of Fairfax Advisory Referendum

regarding length of term for Offices of Mayor, City Council and School Board, and whether the term of office should be increased from two years to four years.

No, 4,600  
Yes, 2,243

\* All results unofficial as reported morning of Wednesday, Nov. 5, 2014.

Gleason from Loudoun County. "She has a remarkable ability to build coalitions. I don't know anyone who can call her extreme."

SEE ELECTION, PAGE 4

# ELECTION 2014

**Chief Election Official Teri Ayres and assistant chief election official James Emery Jr., both of Fairfax, help fourth year Johns Hopkins University student and Robinson graduate Michael Daniel with a ballot sent in the mail.**



PHOTOS BY TIM PETERSON/THE CONNECTION

## Paper Trail

Single voting method helps streamline the process.

BY TIM PETERSON  
THE CONNECTION

**W**hen it comes to voting, paper is the past, the present and the future. The assistant chief election officer at Robinson Secondary school James Emery Jr. of Fairfax said paper is too valuable as a voting record to abandon.

“It’s so there’s a verifiable means to do a recount,” he said. “You can run it all through the machines again. There’s a paper trail: It’s in the box, saved and archived.”

The touch-screen voting machines available in previous years made recounting much more difficult. And trying to facilitate voting with both options simultaneously led to confusion for some citizens, which slowed down the entire process.

This year, paper is king across Virginia.

“They feel like for accountability purposes that’s the way to go,” said Chief Election Officer at Robinson Teri Ayres of Fairfax.

Working with only paper ballots requires a little more labor on the part of the election staff to prepare and make sure no one gets a double ballot. But still, she said, “We’ve seen lines go a little bit faster.”

Chief Election Officers Bill Patterson at West Springfield High School and Ravi Udeshi at Centreville High School experienced similar levels of smooth operation thanks to the single voting option.

“The ballot box is new, it’s flawless,” said Patterson, a Springfield resident. “Things have been pretty smooth, generally.”

Ayres said despite sticking with paper ballots, a new counting machine is helping improve efficiency this year. The DS200 Digital Scan Voting Systems box doesn’t just make a head count like previous machines; it actually creates a digital image of both sides of the ballot, and counts that.

None of the three locations’ officials experienced many voters having trouble complying with the new identification legislation. “I think the majority of people were informed, but some just weren’t sure what the law stated,” said Patterson.



**The Centreville choir was set up outside the entrance of the school raising money to support their organization. (Top, from left) Anna Adere, James Thomas, Jacqueline Bond, Pooja Karandikar, Adrianna Hauser, Rebecca Pearce (front) Tre’von Patton and parent of a former choir member Mary Moles of Clifton.**

Fairfax County released its unofficial returns data after the polls closed. Official returns won’t be available until later in the month. But according to the unofficial report, Braddock district had a 46 percent turnout, including 32,526 in-person votes and 2,975 absentees; Lee district saw 41.4 percent, with 25,815 in-person and 2,046 absentee; while Springfield notched 47.8 percent with 35,797 in-person votes and 3,659 absentees.

The county swung hard for incumbent democrat Senator Mark Warner, with (again the unofficial report from Fairfax County) 175,687 votes to republican challenger Ed Gillespie’s 122,790 and libertarian Robert C Sarvis’ 6,652.

### VIEWPOINTS

What was the main issue for you in this election?

How did you vote and why?

**Daniel Ross Miller of Clifton**

“The proposition talking about exempting military spouses from paying property tax. I’m prior military, with the Air Force and I have friends still serving in Iraq and South Korea, so it’s an issue for me. I’m torn between democrats and republicans, but I mainly vote republican.”



**Donna Moseley of Clifton**

“Balance, perspective, collaboration, making the right decisions, regardless of party lines. I voted for Warner, Comstock and yes on the initiatives. See, no party lines.”



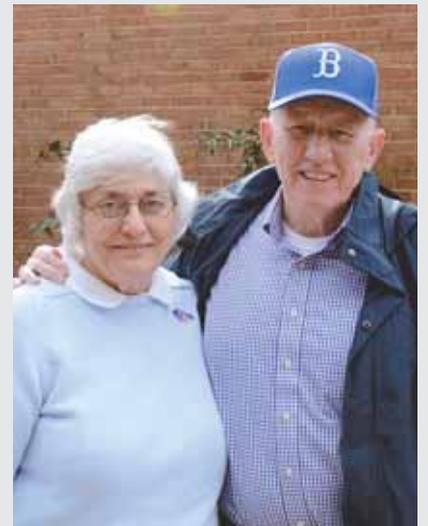
**Mauro Maldonado of Springfield**

“For me it was economic issues. I’m concerned with the state of the so-called ‘recovery,’ that our ‘leaders’ have done nothing about. I voted republican down the line. Both sides have their cons, but the republicans seem to have a more natural edge when it comes to matters of the state versus matters of the heart like democrats do.”



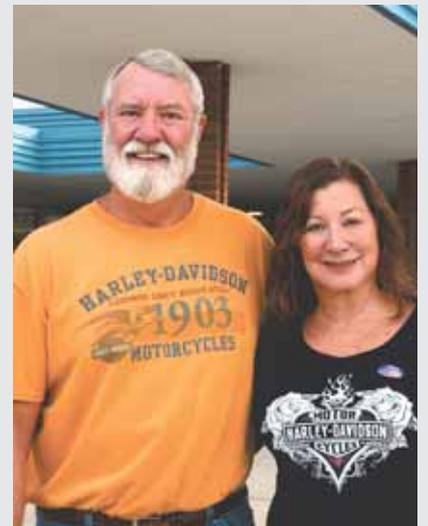
**Anne and Joe Plummer of Burke**

She said, “It’s primarily a state election, so it’s about who is going to advocate more for state issues. I like the way Warner has tried to reach across the aisle, to try to get something actually done.” He said, “She’s much loftier than I am. I don’t want the republicans to get control. I’m more of a bare-knuckled in-fighter.”



**Curt and Bev Gilbert of Fairfax**

He said, “Between the economy, border security, truth in government. There are a lot of things we haven’t seen in the last six years. I voted republican across the board.”



## Substance Abuse Forums to be Held Nov. 10 and 18 in FCPS

The signs and symptoms of teenage drug abuse, the actions parents can take, and where to find supportive resources will be shared at an upcoming "Protect Against Substance Abuse" community program, scheduled for Monday, Nov. 10, at South County High School, and Tuesday, Nov. 18, at Fairfax High School. The nonprofit Unified Prevention Coalition of Fairfax County (UPC) and its work group, PROTECT (Parents Reaching out to Educate Communities Together), will present this educational program. The Nov. 10 forum, hosted by the South County High School PTSO, begins at 7 p.m. in the silver box theater. The Nov. 18 program, hosted by the Fairfax High School PTSA, will begin at 7 p.m. in the choral room. Middle school and high school parents are encouraged to attend with their children.

"Our program makes an impact on each audience because of the very personal stories of the dangers of substance abuse told by our panel of parents, young adults in recovery, and professionals working in this area," said Jennifer Lewis-Cooper, UPC's PROTECT coordinator. Paula King, intake officer with Fairfax County Juvenile and Domestic Relations Court, will moderate both forums. Panelists will include Chris Leibowitz, a young adult in recovery; Bill Fulton, school resource officer coordinator, Fairfax County Police Department; and David Edleman, clinical supervisor, Fairfax-Falls Church Community Service Board Youth and Family Team. Greg Richter, parent of a daughter in recovery, will participate in the South County event. Lori Shapiro, parent of a son in recovery, will take part in the Fairfax event. UPC is a nonprofit organization made up of more than 60 community partners and members, including Fairfax County Public Schools and the Fairfax County Police Department. For more information, visit [www.unifiedpreventioncoalition.org](http://www.unifiedpreventioncoalition.org).

## Looking for a New Place of Worship? Visit Antioch Baptist Church!



### All Are Welcome!

Sunday Worship 8:00, 9:30 & 11:30 a.m.  
Sunday School for Children & Adults 9:30 a.m.  
Married Couples Sunday School 11:30 a.m.

Rev. Dr. Marshal L. Ausberry, Sr., Senior Pastor

**Antioch Baptist Church**  
6531 Little Ox Road  
Fairfax Station, VA 22039  
703-425-0710 • [www.antioch-church.org](http://www.antioch-church.org)



Enjoy Our Oyster Bar  
New Varieties Arriving Weekly



Thursday—Saturday 4-9 P.M.

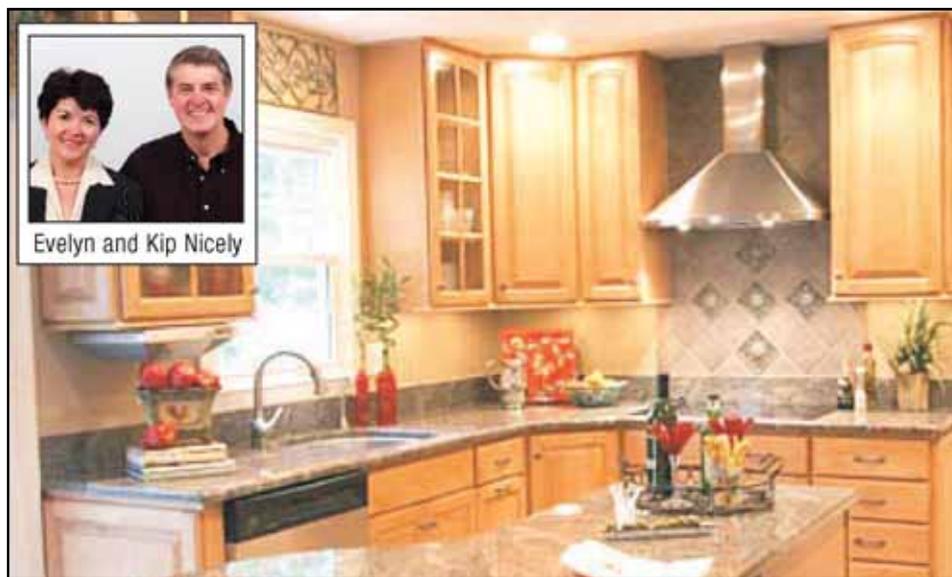
Serving Locally Grown Produce

"House Aged Premium Angus Beef"

Grilling Over Wood

**9000 Lorton Station Blvd., Lorton, VA**  
**703-372-1923 • [firesidegrillva.com](http://firesidegrillva.com)**

## Your "Nicely Done" Kitchen or Bath is Right Around the Corner! A "One-Stop Shop" That Goes Above and Beyond Your Imagination



Are you living with an out-of-date kitchen? Not enough space for your dishes...much less to entertain guests the way you would like? For most people, the main purposes of a kitchen are to cook, eat and socialize. Why not own a kitchen that allows all of that to happen with ease?

Family owned and operated by Evelyn and Kip Nicely, Nicely Done Kitchens is dedicated to making sure each and every client is amazed with

their new kitchen.

Evelyn and her highly professional team of designers strive to make every one of your ideas come true, while offering valuable recommendations from their years of experience. They will also take care of all the measuring, construction logistics and tedious details.

Feel free to stop by their newly-remodeled showroom to browse the gorgeous displays and get ideas for your new kitchen.

**Custom Kitchen and Bath Design, Remodeling and Project Management**

— Also, KitchenLite —

Ask about our KitchenLite program for a cost-effective smaller remodel.

**PROFESSIONAL MEMBERSHIPS:**

- The National Kitchen and Bath Association (NKBA)
- The American Institute of Architects (AIA)
- The American Society of Interior Designers (ASID)
- The SEN Design Group (SEN), Nationally Ranked #5
- The National Association of Remodeling Industry (NARI)
- The Better Business Bureau of Washington, D.C. (BBB)



**Come Visit Our Showroom**  
8934 Burke Lake Road

Kings Park Shopping Center—At the intersection of Burke Lake, Rolling and Braddock Roads.  
Hours 9:30 a.m. - 6 p.m. M-F; 10 a.m. - 3 p.m. Sat.

**703-764-3748**

Watch our informative video at [www.NicelyDoneKitchens.com](http://www.NicelyDoneKitchens.com)



**Battalion Chief E M Ranck III explains the work of the Fairfax County Fire & Rescue Hazardous Materials unit.**



PHOTOS BY TERRANCE MORAN/THE CONNECTION

**Terrance Moran simulates a collapsed building high-line rescue, descending 100 feet from a height of 50 feet.**

## HOT Topic **Fairfax County Fire & Rescue invites the media for Hands-On Training.**

BY TIM PETERSON  
THE CONNECTION

**R**ob Schoenberger is pretty good with a 15-foot extendable camera. Its built-in microphone and powerful lights come in handy, paired with a Delsar seismic sensor device, when trying to locate people trapped under the rubble of a collapsed building.

Technical Search Specialist and Medical Specialist Schoenberger is a member of Virginia Task Force 1, the humanitarian disaster response team within the Fairfax County Fire & Rescue Department. He's based out of Fire Station 21 in Fair Oaks.

As a partner of the Office of US Foreign Disaster Assistance (USAID-OFDA) and the Federal Emergency Management Agency (FEMA) the Task Force responds to local, domestic and international catastrophes.

They've seen action for Hurricane Sandy around the east coast, in Haiti for the 2010 earthquake and dozens of other cities and countries in the aftermath of tornadoes, floods, quakes and building collapses.

It's called up by one of the federal agencies, which funds the Task Force, not the county. But their experience makes it a win-win for everyone.

"The important thing I think everyone in Fairfax County needs to understand is that these international and national resources are first used locally and respond in any local emergency, which is a huge, huge benefit for the residents of Fairfax County, as well as the region," said

Fairfax Fire Chief Richard R Bowers.

Schoenberger trains regularly with that nuanced equipment, as well as more unwieldy tools like hydraulic concrete hammers and car door separators.

"Everyone wants to go out," he said, "so the more you can do, the more valuable you are."

Schoenberger and other members from the Fire Department hosted the media Oct. 30 for a hands-on look at some of the disaster relief services the Task Force provides.

The Fairfax County Urban Search and Rescue training site, tucked back among

dilapidated, burnt-orange brick buildings of the former prison system in Lorton, also facilitates training for the majority of the government agencies and military branches.

Captain I William S. Moreland of the Fire Station 13 in Dunn Loring said most of the time while responders are in the field doing their jobs and the media and civilians are curious what's going on, "You don't get to actually touch anything."

It was an opportunity for reporters to trade notebooks and cameras for electric wall-breakers and door-cutters. To look the part, everyone was ushered into dense black boots, flame-retardant overalls and jackets, work gloves and helmets.

**THE TOUR** started with climbing inside a two-month old ambulance, outfitted to bring the emergency room to someone's doorstep. Medical technician and paramedic Susan Tomczak, with North Point Fire Station 39 in Reston, demonstrated the new LUCAS 2 automated chest compressor that's doubling CPR success rates.

"Medicine changes literally daily," said Physicians Assistant Al Pacifico, with the Fairfax County Fire & Rescue Occupational Health Center in Fairfax. "We constantly have to be on top of our game."

Next door was a mobile emergency room tent, powered by generators and capable of supporting surgeries and other health services for up to two weeks of deployment. The Task force maintains roughly 220 firefighters and paramedics, but only about 82 deploy at a time.

Then the nine-year-old German Shepherd "Cazo" demonstrated his ability to search for people trapped beneath a pile of rubble. In addition to dogs, technicians like Schoenberger use cameras and Delsar to place GPS markers where they think people are located. Next they bring in concrete



**Tim Peterson pulls back on a tool on a window-shattering tool designed to keep the glass from exploding into the vehicle and further injuring any victims.**

breakers, giant automatic hammer-chisel hybrids that are either electric (Bosch or Hilti) or hydraulic (Stanley). In more capable hands, the tools can create a hole big enough to remove a person in a matter of minutes.

Another extraction technique practiced at Lorton is the high-line rescue: getting a victim down from damaged building when the elevator and stairs aren't an option. Media members strapped on a complex harness and were lowered diagonally from 50 feet in the air, down diagonally 100 feet to ground level.

**WHEN HAZARDOUS** materials are involved, the Task Force has a unit for that too.

They handle gas leaks, unknown chemicals and spills. "When people need help, they call 9-1-1," said Jim Franklin, a technician and driver of the Hazmat engine out of Fire Station 440 in Fairfax Corner.

"When 9-1-1 needs help, they call us."

The real heavy lifting took place with two wrecked cars, simulating potential spinal cord injuries from traffic accidents. The doors and roofs had to come off.

Through a laborious use of a 65-pound Holmatro Extrication Tools door expander and cutter, the media team made a convertible out of a minivan in about half an hour. The professionals require less than half that.

The pros also train rigorously: once a month at the Lorton facility and daily at their home stations.

"The training never stops, and that's the way the calls work, said Captain I Randal L Bittinger. "We're prepared for everything and we're doing it, everything."

As physically taxing as the roof removal was, several non-firefighter participants commented how different and dramatically more difficult it must be to do the same work while trying to keep victims calm.

"When you're in that position, your job is to focus," said Station 39 Commander, Captain II Kit Hessel. "You decompress a little afterwards, relax, take it in. It's one of those things you have to get through."

During the morning session, multiple calls came in over the radio with accidents requiring extractions. It was an active reminder why the teams devote so much effort to preparation.

"These guys train the hardest," said Hessel. "You never want to make a bad call, but they're the people you want on a bad call."

## AREA ROUNDUPS

### Westminster Invites Seniors to Pickle Ball, Dog Parade

Westminster at Lake Ridge invites active adults in the Occoquan area to join in a "Field Day" on Tuesday, Nov. 11 from noon-2 p.m. The event includes a Pickle Ball match, tree planting ceremony and dog parade.

The Pickle Ball match is expected to be a competition between residents and staff. The sport is a tennis-like game with a light ball that doesn't stress joints. It is a game suitable for all ages, especially good for older adults who wish to maintain their balance and eye-hand coordination.

The event takes place on the Pickleball Court at Westminster at Lake Ridge, a continuing care retirement community. A committee of residents has repurposed the former tennis court area as a Pickle Ball court and a colorful dog park. A Bald Cypress Tree will be planted inside the new Dog Park in a special ceremony.

The event takes place at Westminster at Lake Ridge, Former Tennis Courts next door to River Ridge clubhouse (southeastern corner of Westminster property) 12191 Clipper Drive, Lake Ridge. Parking is provided in the large lot to the left of the main entrance. Visitors are welcome to park in any space not marked Reserved. Take the free shuttle to tennis court area from Main Entrance.

### Focus on Pedestrian Safety

Fairfax County police have just begun a new pedestrian-education initiative. Officers will distribute

safety fliers to residents they observe violating pedestrian-safety laws. Over the past three years, more than 400 pedestrians have been struck and injured in crashes on county roadways. Typically, October is the highest month for pedestrian-involved incidents. According to Capt. Mike Grinnan, commander of the Traffic Unit, "This increase is likely due to a combination of factors, including decreased daylight hours." He urges walkers, motorists, and bicyclists to pay close attention to pedestrian-safety rules, such as crossing with a light and using a crosswalk. Grinnan also noted that some residents are running in the roadway where there are sidewalks, sometimes two or three people abreast. "This simply isn't a safe practice," he said. "Wherever there are sidewalks available, they should be used."

However, police stress that pedestrians and motorists are equally responsible for observing laws and safety practices related to pedestrian right-of-way. For more information about pedestrian safety, go to <http://www.dmv.virginia.gov/safety/#programs/pedestrian/index.asp>.

### Civil War Forum at the Fairfax Station Railroad Museum

Jon Vrana, Civil War expert and local historian, will present a Civil War Forum, "Hard Times, The Confinement of Northern Virginians in Union Prisons During the Civil War," on Wednesday, Nov. 12, at 7:30 p.m. Doors open at 7 p.m. The Forum will be held at the Fairfax Station Railroad Museum located at 11200 Fairfax Station Road, Fairfax Station. The Forum is free and open to the public. For more information on Museum events, [www.fairfax-station.org](http://www.fairfax-station.org), 703-425-9225.

## Above and Beyond

### Clifton resident collects Bed Bath & Beyond coupons for New York Ronald McDonald House.

Donna Netschert hates anything to go to waste, which is why she collects coupons. Two weeks ago, a comment from a friend inspired her to do something more with her coupons from Bed Bath & Beyond.

"She said they never expire," said Netschert, a Clifton resident. "They always have an expiration date on them, but they will always take them. It's one of life's little secrets. For \$5 off, \$10 off, for me it's found money."

Netschert decided to start sending these everlasting coupons to Barbara Zobian, a woman volunteering to help families get settled into the New York City Ronald McDonald House. She heard about Zobian's work from fellow Clifton resident Caryn Franca, mother of Nicholas Franca who died of the childhood cancer neuroblastoma.

"Nicky was a wonderful young man who touched many lives," said Netschert. "He just made the most of his life and set such a wonderful example in how to live."

The Francas had gone to New York for Nick to receive specialty treatment at the Memorial Sloan Kettering Cancer Center. Franca ended up helping her friend from Chantilly High School Megan Crossett, who was staying in the Ronald McDonald House with her infant daughter Rachel, also diagnosed with neuroblastoma.

Franca met "Angel Barbara" through Crossett and learned how she had helped hundreds of women and families acclimate to the city by arranging haircuts and visits to FAO Schwarz toy store, as well as buying home goods like bedding and egg crate mattresses.

"She's the real story," Netschert said of Zobian. "I'm just on the ground floor here."

Netschert has bulked up her coupon collection with donations

from friends and other Clifton residents who saw her post about the project on the community's Facebook page. She also unashamedly lifts them from the garbage at the Clifton post office.

"It's a way to contribute without it being expensive and time-consuming," said Netschert.

As she collects, she either hands the coupons off to Franca to transport when she visits New York City, or sends them directly to Zobian. Netschert encourages anyone interested in helping to mail their Bed Bath & Beyond coupons to Barbara Zobian, 345 East 73rd Street, Apt. 2 L, New York, NY 10021. She said Zobian is also asking for gift cards to Target, T.J.Maxx and iTunes.

"There will always, sadly, be people in the Ronald McDonald House," she said.

— TIM PETERSON



**November 15th**  
10am to 4pm

Presented by  
**SUN DESIGN**  
Design. Remodel. Relationships.

Join Sun Design, KohlMark Group, Daniels Design and Remodeling, and Eco-Nize Closets to **tour design trends of newly renovated homes and closet designs** on the scenic back roads of Clifton, Virginia.  
**Rain or Shine. IT'S FREE.**




*Location: 12722 Clifton Heights Lane, Clifton, VA*

SunDesignInc.com

**SUN DESIGN**

703.425.5588

design/build | additions | kitchens | baths | basements | outdoor spaces




*Location: 12182 Queens Brigade Drive, Fairfax, VA*

KohlMark.com

**KOHLMARK**  
GROUP

703.764.1200

Architects + Builders




*Location: 11216 Hunting Horse Drive, Fairfax, VA*

DanielsRemodeling.com

**DANIELS**  
DESIGN & REMODELING

703.239.2700




*Location: 7500 Clifton Road, Clifton, VA*

EcoNizeClosets.com

**eco-nize**  
CLOSETS

888.ECO.NIZE

**ABOUT THE TOUR** Visit the website for full details:  
[RemodelersCharityHomeTour.com](http://RemodelersCharityHomeTour.com)

# OPINION

## Sometimes Perception Really Isn't Reality

By JOE MEYER  
EXECUTIVE DIRECTOR/SHELTER  
HOUSE, INC.



### COMMENTARY

Fairfax County is home to one of the wealthiest populations in the country. Unbeknownst to many, the county is also home to the second largest population of homelessness in this region. In fact, more than 1,200 residents of Fairfax County are without stable and safe homes.

Homelessness in Fairfax County is a real problem and many cannot fathom an issue of this nature plaguing their community. There is a need for greater understanding of homelessness in Fairfax County. Some myths must be dispelled, especially if we want to end these cycles.

Homeless doesn't mean jobless. The 2014 Point in Time Data for Fairfax County states 59 percent of homeless adults in families are employed.

Additionally, the American Payroll Association states more than two thirds of Americans live paycheck-to-paycheck.

Shelter House is working to cure the epi-

dem of homelessness in our community. There are differing opinions on how to treat the symptoms, but Shelter House knows the most effective cure for homelessness is prevention. It requires an understanding of the root causes and a compassionate approach. Programs like Housing First and Rapid Rehousing have proven most effective with the clients.

It is clear the emergency shelter system can only accommodate a small fraction of the growing number of homeless families. Many are forced to live in places unsafe or unsuitable for human habitation. Others move place to place with children, staying intermittently with others. Emergency shelters cannot provide intensive long-term assistance necessary to stabilize lives. While transitional housing provides assistance, families respond better to service interventions from a stable, permanent housing base. Thus the reason HUD's Housing First is a viable option.

SHELTER HOUSE is also finding success in

HUD's Rapid Rehousing Program. The program targets those who would find themselves homeless if not for the assistance. Financial assistance and supportive services are provided to prevent individuals and families from ever becoming homeless.

**FAMILIES DON'T WISH TO BE HOMELESS.** Many aren't interested in handouts, just a hand up. Accountability for a portion of their rent can help to build them up after being torn down by the weight of their world. Case management, financial literacy classes, and credit counseling gets them back on track. They are challenged and supported in developing realistic plans they can implement and see through. There's dignity in the ability to support your family in your own home. This program gives them that dignity. HUD reported 83 percent were still stably housed after two years.

People who are homeless are not a nuisance. We are all part of a community. If we work to change our perception, we can change their reality.

If you want to be part of the solution in ending homelessness in your community please visit [shelterhouse.org](http://shelterhouse.org).

## November Is Adoption Month

Here's how you can help find a forever family for children and teens waiting in foster care.

By JOAN BRADY  
THE CONNECTION

If you are lucky, you don't know what it's like to live in the precarious limbo that defines foster care in this country. A world where you go to sleep at night, not knowing if, in the morning, your social worker is going to show up and tell you that it's time to move, again. A world where each move is faced with the desperate hope that this new family will be the one who commits.

Not everyone is in a position or even interested in adoption. But anyone can help spread the word about specific children who are available for adoption. You could be the person who helps to connect a child to the family who will be there to support and cheer him/her on through life.

November is National Adoption Month. Consider that regionally, there are about 3,000 children in



See more about (clockwise) Krishana, Jaheim and Anna at [thepicmeproject.wordpress.com](http://thepicmeproject.wordpress.com)

foster care. About 300 teenagers age-out of foster care from around our region without being adopted or reunited with family every year. Three hundred may sound like a small number, but that's 300

derless kids every year, dumped into society. (Sources: The Adoption and Foster Care Analysis and Reporting System (AFCARS); The National Capital Region Annual Report on Foster Care by the Metropolitan Washington Council of Governments, 2013.)

The Washington Metropolitan Council of Governments (COG) and I have teamed up to create The PicMe Project. Each child is featured in a one-minute slideshow that introduces his/her story. Leveraging social media to distribute the slideshows, we hope that someone will see each story and want to learn more.

To succeed, we need a network of people. People willing to take just a few moments each month to share each child's story with his/her own network through Facebook, Twitter, friends and family and religious and professional organizations. For just a few minutes every month, you might be the person who helps to connect a child to his/her forever family.

If you are interested in joining The PicMe Project network, contact Anne Havlovick: [anne.havlovick@gmail.com](mailto:anne.havlovick@gmail.com)

Joan Brady is a professional photographer; mentor and advocate for current and former foster children; volunteer with *paws4People*, *Fairfax Families4Kids*, and others; and a resident of Great Falls. Reach her at [joan@joanbradyphotography.com](mailto:joan@joanbradyphotography.com)

Fairfax Station,  
Lorton & Clifton  
**CONNECTION**

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

@LFSCConnection

An independent, locally owned weekly newspaper delivered to homes and businesses.

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to [connectionnewspapers.com/subscribe](http://connectionnewspapers.com/subscribe)

NEWS DEPARTMENT:  
[burke@connectionnewspapers.com](mailto:burke@connectionnewspapers.com)

**Kemal Kurspahic**  
Editor ♦ 703-778-9414  
[kemal@connectionnewspapers.com](mailto:kemal@connectionnewspapers.com)

**Amna Rehmatulla**  
Editorial Assistant  
703-778-9410 ext.427  
[arehmatulla@connectionnewspapers.com](mailto:arehmatulla@connectionnewspapers.com)

**Tim Peterson**  
Community Reporter  
703-314-0789  
[tpeterson@connectionnewspapers.com](mailto:tpeterson@connectionnewspapers.com)

**Jon Roetman**  
Sports Editor ♦ 703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
[@jonroetman](https://twitter.com/jonroetman)

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
[rosspinning@yahoo.com](mailto:rosspinning@yahoo.com)

ADVERTISING:  
For advertising information  
e-mail:  
[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Steve Hogan**  
Display Advertising, 703-778-9418  
[shogan@connectionnewspapers.com](mailto:shogan@connectionnewspapers.com)

**Andrea Smith**  
Classified Advertising, 703-778-9411  
[classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

**Debbie Funk**  
National Sales  
703-778-9444  
[debfunc@connectionnewspapers.com](mailto:debfunc@connectionnewspapers.com)

**David Griffin**  
Marketing Assistant  
703-778-9431  
[dgriffin@connectionnewspapers.com](mailto:dgriffin@connectionnewspapers.com)

**Editor & Publisher**  
Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](https://twitter.com/MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
**Production Manager:**  
Geovani Flores

**Special Assistant to the Publisher**  
Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
[@TheismannMedia](https://twitter.com/TheismannMedia)

**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



# NEWS



PHOTO BY MARISSA BEALE/THE CONNECTION

**Glenn Bydume is a retired Fairfax County Battalion Fire Chief. Music has always been a passion and his album "Late Night Hour," debuted in October 2014.**

## Fire Chief Returns To Music Full Time

**Retired Fairfax County battalion fire chief releases debut album.**

On Oct. 28, retired Fairfax County Battalion Fire Chief, Glenn Bydume, released his debut album, "Late Night Hour." His success did not come overnight, and he did not even start out with a career in music but, rather, a career in service.

"I've worked in every community of Fairfax County," said Bydume of his career as a firefighter, which spans 28 years.

He worked his way through the ranks, becoming a battalion fire chief in Tysons Corner in 1985, and serving as a shift commander in 1995 and 1996 at Station 26 near Annandale.

Before that, he was in the United States Air Force, where, even then, music was a prominent part of who he was. In 1978 he was stationed in Florida and then in Manila, Philippines. One night, Bydume and his friends were at the NCO Club where a Filipino band was playing.

"I asked the band if I could sing for them, and if they liked it could I join them." Bydume sang "I Wish it Would Rain" by the Temptations and blew the band away, going on to perform from base to base throughout Southeast Asia for nearly three years.

In 1984, he entered the USAF Tops in Blue talent contest as a male vocalist and won first place as a finalist in Tokyo, Japan.

Following his military service, Bydume returned to his hometown in Baltimore, Md., and formed a classic review band with his cousin. They covered music along the East Coast for several years, and performed one of Bydume's original songs in the national Budweiser Showdown Battle of the Bands, and won first place.

Bydume went on to win first



PHOTO COURTESY OF GLENN BYDUME

**Image of Glenn Bydume taken at the Slave Memorial at Mount Vernon.**

place, individually, in the 93 KYS Coors Light Talent Contest. All this he did part-time while also working as a firefighter, serving as Battalion Chief over Lorton, Springfield, Fort Belvoir, Alexandria and Franconia.

In 2009, he was Battalion Chief of operations and EMS Battalion Chief covering every area in Fairfax County.

As a lead singer for the Fairfax County Fire and Rescue Honor Guard, he also sang the National Anthem for, then, Vice President Al Gore at the Democratic National Committee Fundraiser.

Bydume retired from being a firefighter in 2012 and went back to music, full time. In November 2013, he received a contract from Tate Music Group and his R&B album "Late Night Hour" came out in October 2014. His album can be purchased through iTunes or through the Tate Music Group at <http://www.tatemusicgroup.com/>. On Nov. 9, he will be featured on the United Kingdom station, 365Soul.com.

- MARISSA BEALE

For a free digital subscription to one or all of the 15 Connection Newspapers, go to [www.connectionnewspapers.com/subscribe](http://www.connectionnewspapers.com/subscribe)

Be the first to know - get your paper before it hits the press.

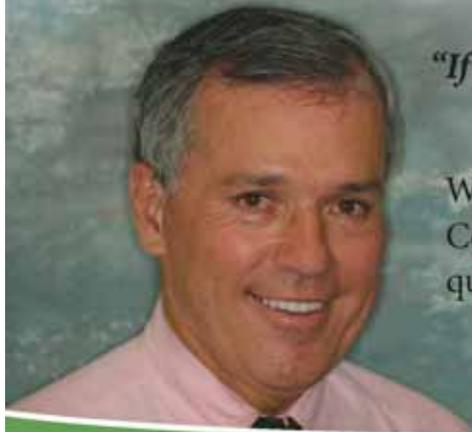
Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions? E-mail: [goinggreen@connectionnewspapers.com](mailto:goinggreen@connectionnewspapers.com)



THE CONNECTION NEWSPAPERS

I know how to make you smile  
Years of practice, patients and study are behind every smile I help create



*"If only I had known about your office sooner"*

We hear this so often. Come and experience what quality care is really all about.



JOSEPH P. CAVALLO, DDS  
General, Cosmetic, Implant & Restoration Dentistry

**CALL TODAY TO SCHEDULE YOUR NEW PATIENT  
COMPLIMENTARY COMPREHENSIVE EXAM (VALUE \$366)**

Expiration date 12/3/14. Not valid with insurance.

We are on Angie's list and voted Top Dentist by Nova Magazine

703.910.3868

12502 Lake Ridge Dr., Suite A, Lake Ridge

[www.CavalloDentistry.com](http://www.CavalloDentistry.com)



**CHEF CENTER**  
FOOD AND RESTAURANT SUPPLIES

**COMING  
SOON**



**5409 Port Royal Road • Springfield, VA 22151**

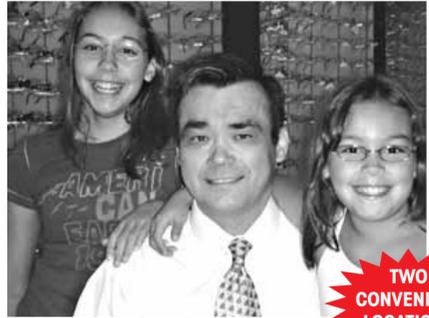
**Chef Center is Opening Around Mid-November**

We have thousands of products at wholesale prices for restaurant, deli or catering needs.

Go online and fill out the form at [Chef-Center.com](http://Chef-Center.com)

[www.chef-center.com](http://www.chef-center.com) • Now Hiring: [www.chefcenter.info](http://www.chefcenter.info)

**DR. GENE SWEETNAM  
DR. GRACE CHANG  
OPTOMETRISTS**



**TWO  
CONVENIENT  
LOCATIONS**

- Family & Pediatric Vision Care
- Comprehensive Eye Exams • Treatment of Eye Diseases
- 21 years Naval Service, 6 years Active Duty
- Laser Vision Consultants • Over a thousand frames in stock
- We carry all major brands of contact lenses • In-house lab

**Most Insurances Accepted:**

Anthem Blue Cross/Blue Shield, Care First, Medicare, Tricare In-network  
Doctor, Vision One Discount, Avesis, Aetna HMO/PPO/POS, PHCS,  
VSP® Network Doctor, EyeMed Vision Care, United Healthcare, VA Medicaid

**WE WELCOME YOUR DOCTOR'S PRESCRIPTION**

5204A Rolling Rd. 8951 Ox Rd., Suite 100  
Burke Professional Center Shoppes at Lorton Valley  
Burke, VA 22015 Lorton, VA 22079  
**703-425-2000 703-493-9910**  
www.drsweetnam.com • www.sightforvision.com

# WELLBEING

## Natural Treatments for Anxiety

Experts say complementary medical treatments can help relieve anxiety and other mental disorders.

By MARILYN CAMPBELL  
THE CONNECTION

**W**hen 35-year-old Andrea Evenson decided to try meditation, exercise and yoga to deal with her anxiety, she had already been on a myriad of anti-anxiety medications. The Alexandria resident had seen several psychiatrists, who'd prescribed a variety of anti-depressants and anti-anxiety medications with side effects that ran the gamut from weight gain to lethargy, but never quite controlled her symptoms, which included irritability and mood swings.

"Some of the medication helped with some of the symptoms, but I was never able to find the right combination to help me feel like my old self again," said Evenson. "I tried a combination of meditation and exercise along with medication, and that is when I began to see a difference."

Mental health professionals say anxiety is a normal human emotion everyone experiences at one time or another. Common anxiety often manifests itself in the

form of a nervous feeling that many experience when faced with common life difficulties. However, anxiety disorders such as Evenson's can interfere with a person's ability to lead a normal life; they can be crippling, serious mental illnesses.

"Anxiety is a feeling similar to worry or nervousness," said clinical psychologist Stacie Isenberg, Ph.D. "To a lesser degree it is adaptive and serves the purpose of keeping us alert and aware so that we perform at our best. For example, having some anxiety about a test can motivate one to pay close attention to the question. To a greater degree, it causes intense discomfort and can be overpowering for example freezing on the test and not completing it, or avoiding the test altogether."

"Complementary treatments such as meditation, mindfulness, yoga, massage and exercise can also be effective in managing anxiety," Pamela Schultz, an Arlington-based psychotherapist. "That doesn't mean that these treatments should be used instead of traditional medicine, especially for a person with anxiety that has reached the level of mental illness and affects their ability to function."

**ONE OF THE MOST COMMON** complementary treatments for anxiety is yoga. "Just one yoga class has proven to lower ... stress levels," said Luann Fulbright, director, certified yoga instructor and therapist at Dream Yoga Studio and Wellness Center in McLean. "I also have worked privately with many students on anxiety and panic disorders [called] thera-

**"I try to promote ease and responsiveness in my clients by utilizing an eclectic blend of massage techniques geared toward the individual's needs."**

— Bud Earley, Annandale

peutic yoga with success. This is a dominant reason folks come to yoga."

"I've had clients who've used Reiki, a treatment where a practitioner lays his or her hands on or just above a person, and reported experiencing a sense of calm," said Schultz. "I've also had clients report that yoga nidra, a sleep-like state where a client experiences extreme relaxation, is helpful."

Exercise, both strength training and aerobic, helps manage anxiety, said

Christian Elliot, founder and CEO of True Health and Wholeness in Arlington. "A lot of it has to do with the chemicals that exercise releases in your brain. They help with mood and digestion" he said. "[Exercise] has benefits across the hormone spectrum. There are not many hormones that it doesn't benefit positively. Exercise is your body's way of saying 'This person is serious. I'm going to have to shut down the system and clean it up.'"

Elliot adds that exercise not only improves sleep, it enables deeper sleep. "Some of my clients will come in feeling grumpy and come out feeling a lot more positive." Elliot recommends exercising at least three to four times each week.

Bodywork and therapeutic massage therapist Bud Earley, said, "I try to promote ease and responsiveness in my clients by utilizing an eclectic blend of massage techniques geared toward the individual's needs. I will also employ ... breathing techniques to help relax the client and to support the changes from the bodywork."

Earley says that when a person experiences anxiety of any degree, "their functional field becomes more limited, and thus, more narrow and rigid," he said. "The 'fight or flight' response kicks in in response to threats, real or imagined. The response can become chronic, where the sympathetic nervous system is continually discharging hormones to keep the individual prepared to respond to perceived threats."

Early says he has seen complementary medical treatments help clients first hand. "I had a client who was an expert in a particular type of kung-fu," he said. "However, a high level of stress and anxiety prevented him from functioning at the level he desired."

"I did intensive work with the client, in conjunction with a therapist experienced in neurofeedback, which teaches self-regulation of brain function," he said.



PHOTO COURTESY OF MIND THE MAT YOGA AND PILATES

**Laura Schwartz, a yoga instructor at Mind the Mat Yoga and Pilates demonstrates half lotus position, which is one of the traditional seats taken to prepare for meditation and breathing. Complementary treatments such as yoga and meditation can help alleviate anxiety.**

"Over a matter of several months, it was a pleasure to see his countenance change dramatically and to see him functionally and obviously so much more relaxed and at ease within himself and with his surroundings."

Sara VanderGoot, co-owner of Mind the Mat Pilates and Yoga in Alexandria and Arlington, teaches clients to use meditation and mindfulness, a practice of keeping one's thoughts in the present moment. "Our team has worked with clients with [post-traumatic stress disorder], as well as terminally ill clients," said VanderGoot. "In both cases, the practice of yoga, deep breathing and meditation have reduced the stress response significantly, and, in many cases, have been the only practices that these clients could turn to for relief."

**NATURAL ANXIETY** treatments can be created on an individual basis. "For some students, having a very vigorous practice, perhaps in a heated room, and then a time to meditate in savasana, [also known as] corpse pose, reduces anxiety," said VanderGoot, certified message therapist and registered yoga teacher "For others, deep breathing and the quiet repetition of an affirmation, such as 'I am relaxed,' does the trick. Either way, these practices must be done consistently over time. Scientific studies have shown that steady practice of deep breathing and meditation can significantly reduce levels of anxiety as well as aid in the healing of depression."

"Yoga, breath practices and meditation curb the flight or fight response of an activated sympathetic nervous system and aid the practitioner to shift into a state of awareness, where he/she can observe what is happening in his or her body without judgment or a need to change it," said VanderGoot. "From awareness, a natural sense of well-being often arises and the need to fight or flee disappears. Then the practitioner is able to enjoy full presence in the moment regardless of what sensations arise in the body."

While Schultz said complementary practices can be effective, she offers a caveat. "The key is complement," she said. "I would recommend these modalities be used while also working with a licensed mental health professional."

## A healthy body starts with a healthy mouth!

At Peter K. Cocolis, Jr. and Associates, we believe optimum oral health is key to total body health and well-being. These days, going to the dentist is not just about taking good care of your teeth; it is about taking good care of your health. Problems in your mouth can be signs of trouble elsewhere in your body. Your oral exam reveals important early warning signs for many total-body conditions including diabetes, oral cancer and high blood pressure.

Whether your family seeks general preventive maintenance, cosmetic, or advanced restorative and implant dentistry to transform your smile's function and appearance, Drs. Cocolis and DaSilva are renowned by peers and patients alike for exceptional personalized care in a friendly, safe and state-of-the-art-environment.

Consistently named "Top Dentist" in Northern Virginia magazine and among the "Best Dentists in the Metropolitan Area" in



Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including digital x-rays, injection-free laser procedures, CAD-cam same-day porcelain crowns, tooth whitening, Invisalign, and veneers. We offer a variety of sedation options including oral sedation and nitrous oxide (sleep dentistry) and are dedicated to easing all aspects of your dental experience.

Visit us on the Web or give us a call to discover what our patients are saying and to make your appointment.

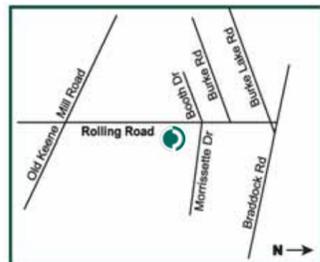
**Our Services:**

- Routine cleanings and check-ups
- Fillings and sealants
- Sedation "sleep" dentistry
- Nitrous oxide
- Crowns, bridges, inlays, onlays
- Extractions
- TMJ/TMD therapy
- Endodontic (root canal) therapy
- Periodontal (gum) therapy including scaling and root planing
- Custom partial and full dentures
- Custom occlusal and sport guards
- Implants
- Bonding and veneers
- In-office professional whitening
- Invisalign (clear braces without the wires)

Selected as one of the "Best Dentists in America"

"Best Dentists in Metropolitan Area" by Washingtonian Magazine

"Top Dentist" by Northern Virginia Magazine



**FREE  
IMPLANT  
CONSULTATION**  
X-rays not included. Not valid with insurance submission.

**Peter K. Cocolis, Jr., DMD  
& Associates**

Peter K. Cocolis, Jr., DMD, MAGD  
Emily A. DaSilva, DDS, FAGD



**5803 Rolling Road, Suite 211  
Springfield, VA 22152**  
**703-912-3800 • www.smiles4va.com**



Monday–Thursday 8 A.M.–5 P.M.; Friday\* 8 A.M.–1 P.M. \*Once monthly for sedation appointments

**BURKE PROFESSIONAL PLAZA**

The Corner of Rt. 123 (Ox Rd.) & Burke Centre Pkwy.

**Gary Kramer, D.D.S.  
Sara Bunin, D.D.S.**  
DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY  
Dentistry for Children, Adolescents & Special Needs  
703-978-0051 KDPediatricSmiles.com



**Met Life, Delta, BCBS/Carefirst  
and United Concordia Provider**  
Weekdays • Saturdays • Evenings  
24 Hour Emergency Care



5631-B Burke Centre Parkway  
Burke, VA 22015  
4600 John Marr Dr., Suite #401  
Annandale, VA 22003  
8998-E Lorton Station Blvd.  
Lorton, VA 22079



- Free Initial Exam
- 40+ Years Experience
- Two Board Certified Orthodontists
- In Network Providers for MetLife, Delta Dental & United Concordia



**703-750-9393**  
www.dutson-ellisortho.com

To advertise, please call  
Steve Hogan at 703-778-9418

## You Can Make a Difference



Cats benefit from being in a foster home. We need long- and short-term fosters for cats of all ages, mothers with litters and kittens on their own.



**Consider Fostering**

visit our website, click on Participate

Adopt/Donate/Volunteer at www.lostdogrescue.org

# Neighbors Helping Neighbors

Clifton residents to hold open-house tour of newly remodeled homes for the benefit of local widow.

BY JOHN BYRD

Neighbors help each other. That's what communities have always been about. Long-time Clifton resident Bob Gallagher is rallying his friends and peers to help his neighbor Elsa Armendaris.

Armendaris, a mother of seven, needs funds to repair the badly deteriorated driveway to her home, which is also a local day care center. To help out, Gallagher, who is a principal at Sun Design Remodeling, has organized a tour of three newly remodeled Clifton homes, each the handiwork of a different remodeler.

"The homes are all pretty spectacular in their own right," Gallagher says. "We've found that homeowners really enjoy seeing what their neighbors are doing. But this is also about helping a local person in need; that's the sense of community which Clifton has

always exemplified."

In addition to showcasing a home recently renovated by Sun Design Remodeling, the tour will feature recent work by Daniels Design and Remodeling and Kohlmark Group Architects and Builders, all active in Clifton and environs for years.

Tim Reed of Tibbs Paving will be donating the labor, equipment and trucking needed for the driveway re-paving. Armendaris has also raised several thousand dollars for the project.

**ARMENDARIS' STORY IS ONE** of quiet determination in pursuit of the American Dream.

A native of El Salvador, Armendaris lost her husband, David, to leukemia six years ago and, as the sole means of her family's support, decided to set up her home as a day care center.

With its tree-shaded lot and sizable living and family rooms, the house provided a perfect setting.

Among other features, the two-level structure is off the main road, down a winding driveway. A safe place for kids.

Initially, the center did well. Since it was convenient to nearby Clifton Elementary, parents would leave their children with Armendaris before and after school. Many of the children at the center were friends with her own children.

But when Clifton Elementary closed in 2010, the day care center lost more than half its students.

Not long after that, the winding asphalt driveway leading to the house began to seriously deteriorate.

Armendaris says that she and her children with the help of a friendly neighbor have been patching the drive for years. However, it eventually become obvious that her own fix-up efforts wouldn't be enough.

Soon she began soliciting bids from professional pavers, some of



PHOTO COURTESY OF HOME FRONTS NEWS

**Tim Reed of Tibbs Paving will be donating the labor, equipment and trucking needed to re-pave the Armendaris driveway.**

whom were simply working the neighborhood.

"I wasn't sure what I really needed, or who was reliable," she recalls. "But what really slowed the process was the cost."

That's when her friend, Christina Gallagher, whose children had attended the day care center, offered to ask her husband, Bob, for ideas.

"I just thought there must be a way that a community as old and close-knit as Clifton could help one of its own," said Bob Gallagher, who grew up in Clifton where his father practiced medicine. "My company has learned a lot from doing our own home tours, so a coalition of remodelers already active in Clifton seems like a logical way to reach out to the community."

## The Tour

The tour has been conceived to provide a close-up look at how Clifton residents live today, and to profile several design trends now being applied to local homes. It also will reflect some of the community's varied demographics — which range from young families to retirees retrofitting their house to age-in-place.

## Makeover in Colchester Hunt

In Clifton's Colchester Hunt section, Steve and Maureen Landry are putting the finishing touches on a forward-looking retrofit executed by Tom Flach at Kolmark Architects. The Craftsman-style architecture embraces an open floor plan which the Landrys see as perfect for a host of regular social pursuits such as book clubs and after-church gatherings.

Referring to the house as "his last home," Steve Landry, 65, says he and his wife actually looked for a larger house "further out" before deciding that improving what they had was their best option.

"It was Tom Flach's clever ideas that were the deciding factor," Maureen Landry said. The plan

included needs for the immediate future, and also elements that might be needed to age in place over extended time.

For instance, the former 400-square-foot garage has been converted into a well-appointed master suite complete with 14-foot cathedral ceiling, a full bath and an 8-foot wall of windows focused on the garden and two-tiered pond. While the couple's initial plan is to use the new space as a reading room, Maureen Landry said that the suite is a nod to an aging-in-place strategy that calls for frequently used spaces to be on the same floor.

"We've even got ideas and costs for an elevator, should we need one," she said.

Meanwhile, a new two car garage has been added to the home's front elevation. The eye-catching period facade incorporates "mesa red" windows, a new entrance portico articulated in cedar truss beams and French doors that open directly onto a front-facing patio.

With the former powder room absorbed into the new suite, and interior walls removed, the architect developed the new open floor plan.

The kitchen and dining zone is now formed into a 600-square-foot family kitchen that revolves around a two-tier food preparation island and dining counter. Mounted on a cherry wood base, the island is surfaced in both walnut butcher block and Vermont soapstone.

Adjacent to the kitchen/dining area, delineated by a peninsular fireplace, the 300-square-foot family room/sitting room provides ample space for an enlarged social gathering.

The 225-square-foot sunroom, now fully mainstreamed into the home's HVAC system, is a gathering spot with a panoramic view of the wooded surroundings.

## Kitchen Suite in Elegant Transitional Style

SEE HOME TOUR, PAGE 13

## #1 Weichert Agent in Burke & Fairfax Station



**Call Kathleen today and ask for a copy of her "Satisfied Client List"**



**Burke \$599,950**  
**Beautifully Landscaped Lot**  
Immaculate former model home on premium private lot w/ huge master suite w/ sitting rm + 3 closets, fin walkup bsmt w/ rec rm, den & walk-in cedar closet, deck & patio, gas heat, new roof & windows, remodeled full bath on main lvl, dramatic familyrm w/ high clngs & built-ins, 3000+ sq ft, walk to school & more.



**Fairfax/North Hill \$799,950**  
**Woodson HS District**  
Amazing colonial on 1/3 acre within walking distance to GMU w/ stunning kit remodel w/ cherry cabinets, soapstone cntns, Wolf gas range + SS appliances, fin bsmt, library, gorgeous remodeled MBA w/ bubble tub & sep shower, hrdwd flrs, new deck, windows & HVAC.



**Fairfax Sta/South Run \$839,950**  
**Open Sunday 11/9 1-4**  
Beautiful Colonial on private 1/2+ acres on cul-de-sac w/ 5BR upstrs, gorgeous remodeled baths, fin walkout bsmt, large deck, eat-in kit w/ granite cntns tile splash & SS & blk appliances, lovely hrdwd flrs, fresh paint, new carpet, custom built-ins, library, rear staircase, walk to pool & park & more.



**Burke/Longwood Knolls \$599,950**  
**Remodeled Eat-In Kitchen**  
Mint condition home w/ fabulous kit w/ granite cntns, SS appliances, 2 sinks & custom pantry, lovely hrdwd flrs, fin bsmt w/ bar & fresh paint, remodeled baths, patio, new windows, spacious MBR w/ walk-in closet, walk to school, replaced roof, siding, HVAC & more.



**Burke/Longwood Knolls \$599,950**  
**Multiple Offers Received**  
Lovely colonial on quiet cul-de-sac w/ hi-end kit w/ cherry cabs, Silestone cntns, travertine backsplash, dual fuel Jenn-air range & Jenn-air blt-in glass refrigerator, Brazilian cherry flrs, 3 season rm w/ 5 sets of sliders, fin bsmt, 4BR, 2.5BA, deck, new windows, furnace, a/c & much more.

**Kathleen Quintarelli**  
**703-862-8808**  
**See Interior Photos at:**  
**www.kathleenhomes.com • kathquintarelli@erols.com**



**#1 Weichert Realtor**  
**Burke/Fairfax Station**  
Licensed Realtor 24 Years  
NVAR Lifetime Top Producer

# Home Tour

FROM PAGE 12

Not too far away in Clifton Heights, Rick and Kelly Layfield are reveling in a new family-friendly kitchen and outlier zones custom-designed for their active daily household needs by Jon Benson, lead designer at Sun Design Remodeling.

"We have three children under age 12," Kelly said, "so we wanted a plan that would make it easier for everyone to interact, and that also offered sightlines from the kitchen to the backyard where the kids play."

That meant re-working a course of windows on the rear elevation, making it easier to access the outside from several directions and introducing a floor plan more conducive to free-flowing traffic.

The starting point, however, was the offending two-tiered ceiling, a reminder of the fact that the back half of the kitchen has a separate roof unconnected to the structural supports in the first half of the kitchen which are busily engaged in holding up the home's second floor.

"Structurally, the existing plan is perfectly logical," Jon Benson said. "Aesthetically, it was a strange effect ... one that Kelly Layfield wanted to change."

Benson proposed a coffered ceiling. The end product unifies the room visually and reintroduces the classical design elements found in the home's formal front rooms that had been curiously missing in its kitchen.

The ceiling also set the tone for a much more refined and elegant plan featuring several of Benson's original built-ins.

There is a new granite-surfaced island and dining counter. While the kitchen also formerly provided a spot for family breakfasts, Kelly Layfield said it mostly seemed space restricted.

Benson created a larger exit door in the middle-of the kitchen's rear wall, allocating expanded corner space for a L-shaped window bench which will provide built-in seating for the breakfast table as well as handy storage. There is also now a door from the family room to the screened porch.

Benson added a grilling deck next to the screened porch and just outside the new kitchen door. Rick Layfield, who is the family's grilling chef finds it a great place to interact with friends and family while pursuing a favored recipe.

## Family Home on Hunting Horse Drive

Those who know their way

around Hunting Horse Drive sometimes might wonder what happened to the circa-1970s Colonial style house that used to be perched up on the overlook. Clearly, the sprawling manor house there now is an entirely different home, but how did it get there?

Owner and professional remodeler Ted Daniels says the makeover was the result of an inspired plan to create an environment that would work better for himself, wife Gayle and their two children.

Purchasing the 4,400-square-foot production house in 2000, Daniels initially thought the house adequate for raising a family, and focused on the serious business of renovating other people's homes. Certainly, the five-acre wood lot had everything to offer in the way of a lovely bucolic setting.

But after living in the house for a while, Daniels developed a growing list of possible improvements, which prompted a decision to add 2,000 square feet to the rear of the house, and gut the entire first and second floors almost down to the studs.

"For starters, I didn't like the way the first floor was configured," Daniels says. "The kitchen and family room were partitioned in a way that inhibited traffic, and the interior was really dated. I wanted a quiet first floor place where the kids could do their homework. Also, there wasn't enough storage." He also wanted better lines-of-sight.

Upstairs, a similar dysfunction prevailed. The master bedroom was too small. The sitting room, which offered the best view, also became a kind of clutter-prone foyer between the walk-in closet and the master bath.

"It was as if we were living in someone else's house," Daniels said. "I wanted a plan that would really support a whole spectrum of daily family requirements."

With substantial new square footage now extending out the rear of the existing structure, Daniels generously reconfigured floor plans on the first and second level, concentrating on how his family would use the new space.

The 396-square-foot kitchen segues easily into a rear-facing great room that features floor-to-ceiling windows flanking a central French door. The many original built-ins include a food preparation island and knee-high walnut cabinets which provide a space divider between two primary ac

SEE HOME TOUR, PAGE 17



join us today,  
TO GET STARTED ON TOMORROW

- Challenging Curriculum
- World Language Program (PS - 8th Grade)
- Small Class Sizes
- 1:1 Middle School iPad Program
- Daily Physical Education Classes
- Extensive Before and After School Care
- Door-to-Door Bus Transportation

**OPEN HOUSE**  
Thursday, November 13th  
9:00 – 10:30 am

Caring for children | Celebrating learning | Collaborating for success

Nestled on over 40 acres, right inside the Capital Beltway, Congressional School's programs reside at the intersection between challenging academics, caring staff and a community connected to a common vision; to provide our children with the highest quality educational experience available.



Congressional Schools of Virginia  
3229 Sleepy Hollow Road  
Falls Church, VA 22042

[www.congressionalschools.org](http://www.congressionalschools.org)

REGISTER NOW!

## Find Your Children Safe & Sound

# KIDDIE COUNTRY

### DEVELOPMENTAL LEARNING CENTER

**DEVELOPMENTALLY APPROPRIATE SCHOOL YEAR AND SUMMER CAMP PROGRAMS**

Designed to provide a complete, happy, safe learning environment in harmony with the needs of the child.

**CHILDREN AGES 2-5**  
Full (6:30 a.m.-6:30 p.m.) and half day (9:00 a.m.-1:00 p.m.) programs

**SPECIAL FEATURES**  
Developmental Curriculum • Degreed Teachers • Registered Nurse • Music Director • Nutritious Breakfast, Lunch and Snacks • Heated Swimming Pools • Spacious Shaded Playgrounds • Planned Orientations and Presentations for Parents • State Licensed

**BEFORE & AFTER SCHOOL PROGRAMS**  
**AGES SIX-ELEVEN YEARS**  
**GRADES 1-6**

Transportation provided to Terra Centre, Fairview, White Oaks, and Cherry Run Elementary Schools. Emphasis on special events, sports, time for homework, and student's choice of activities.

**KINDERGARTEN**

Registrations are now being accepted for the 2014-2015 School Year. Two Virginia certified teachers per classroom. Program emphasizes language arts, math, computer literacy, science, social studies, social development, art, music and physical development.

**FULL DAY SUMMER CAMP PROGRAM AGES SIX TO ELEVEN YEARS**

Program is organized into weekly themes packed with FANTASTIC FIELD TRIPS, A SENSATIONAL OVERNIGHT CAMP OUT, DAILY SWIMMING, SPORTS, DANCING, MUSIC, AND AN END OF THE SUMMER "SMASH" MUSICAL PRODUCTION BY OUR CAMPERS FOR THEIR FAMILIES.

**KIDDIE COUNTRY I**

Burke Centre  
Fairfax Station (Fairfax)  
6000 Schoolhouse Woods Rd.  
Burke, Virginia 22015  
**703-250-6550**

**Come See Our Award-Winning Facilities!**

(Both Schools Winners of American Institute of Architects Awards)

[www.kiddiecountry.com](http://www.kiddiecountry.com)

**KIDDIE COUNTRY II**

Burke-Springfield  
Fairfax Station (Lorton)  
9601 Old Keene Mill Rd.  
Burke, Virginia 22015  
**703-644-0066**



Nick Bottom (Jack Gereski - center) converses with his troupe of Mechanicals (from left: Ian Welfley, Samantha Sharrett, Maya Armstrong, T.J. Gouterman) about their upcoming performance.



Hermia (Katelyn Sparks), Lysander (Cole Miles), Demetrius (Ethan Schulze), and Helena (Felicia Hecker) engage in a lovers' quarrel.

PHOTOS CONTRIBUTED

## 'A Midsummer Night's Dream' at South County

High school theatre presents Shakespeare's most popular comedy.

### When and Where

The show will perform on Nov. 13-15 at 7 p.m. General admission ticket prices will be \$10 for adults and \$8 for senior citizens and students at the door. Discounted tickets may be purchased in advance at [www.southcountytheatre.org](http://www.southcountytheatre.org). The Dale S. Rumberger Auditorium at South County High School is located at 8501 Silverbrook Road, Lorton.

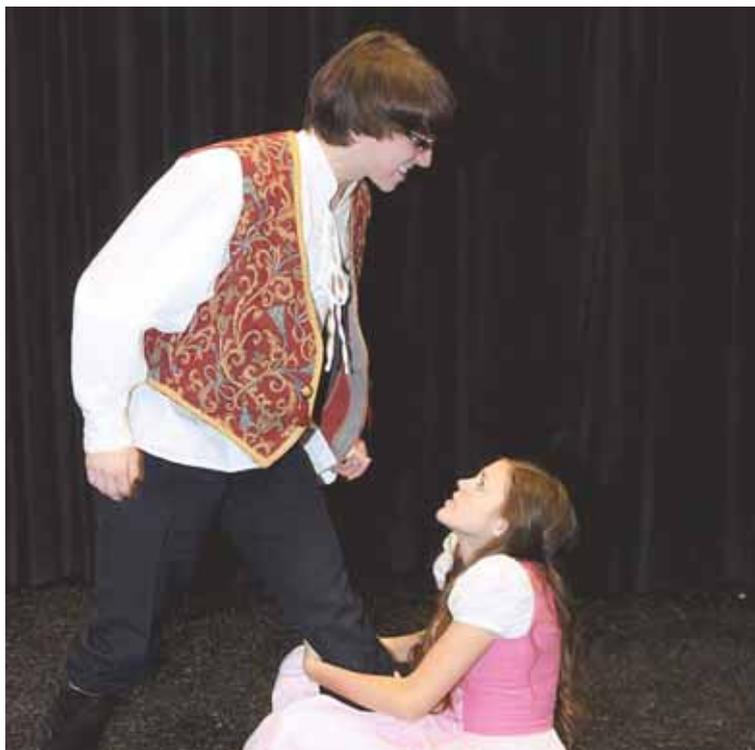
South County High School Theatre presents "A Midsummer Night's Dream," William Shakespeare's most popular comedy, on Nov. 13-15 at 7 p.m. The comedy, written around 1594 or 95, portrays the adventures of four young lovers and a group of amateur actors, their interactions with woodland fairies and a duke and duchess. Taking place in a mythical Athens and an enchanted forest, there is a handsome fairy king, a misguided parent, star-crossed lovers, a weaver who's transformed into a half-donkey, wood sprites and elves. This work is widely performed around the world, and no wonder - it's about the world's most popular pastime, falling in love. But as

Puck knows, falling in love can make fools of us all.

South County theatre teacher Kathie McCormally chose the show because she wanted a show that would be "somewhat challenging to the students".

"One of my priorities was finding a show with a larger cast. This show has over 20 characters," McCormally continued. "We have not tackled a Shakespeare play for a few years, and I like to mix in some classical theatre every couple of years."

With a cast of over 20 diverse characters, "A Midsummer Night's Dream" offers four plots that intertwine throughout the play, so the show has many "lead roles." The production includes Cole



Hermia (Katelyn Sparks - right) pleads for Lysander's (Cole Miles) love back after he is mistakenly given a love potion, turning his affections to someone else.

Miles (Lysander), Katelyn Sparks (Hermia), Felicia Hecker (Helena), Ethan Schulze (Demetrius) as the

lovers; Kyle McKnight (Oberon), Becca Symmes (Titania) as the King and Queen of the fairies; John Gereski (Bottom) and Taylor Gouterman (Quince) as a part of the mechanicals; and Aaron Lichstrahl (Theseus) and Jahnee Simay (Hippolyta) as the Duke and Duchess of Athens.

There are many different aspects that challenge students when performing Shakespeare. "It is crucial that the students in the show actually understand what it is they are saying when they deliver their lines, and that they slow down the delivery of the lines," McCormally adds.

A timeless classic that all will enjoy, all of "Midsummer's" scenarios have engaging characters that will be stuck in the minds of audience members.

Send notes to the Connection at [south@connectionnewspapers.com](mailto: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.

### THROUGH SUNDAY/FEB. 8, 2015

**Dressing for the Occasion: An Exhibition of Costumes and Textiles Representing Fairfax Personalities and Events.** Exhibition. Fairfax Museum & Visitor Center, 10209 Main Street, Fairfax. Open daily 9 a.m.-5 p.m. 703-385-8414.

### FRIDAY-SATURDAY/NOV. 7-8

**"Fiddler on the Roof JR."** Friday: 7:30 p.m. Saturday: 5 p.m. The Loyal Order of the Moose Lodge, 9612 Fernedge Lane, Lorton. Set in the little village of Anatevka, the story centers on Tevye, a poor dairyman, and his five daughters. With the help of a colorful and tight-knit community, Tevye tries to protect his daughters and instill them with tradition in the face of changing social mores. The show features some of the most memorable roles in the musical theatre canon. Seating is limited. For tickets and information, please visit their website at [NVPlayers.com](http://NVPlayers.com). For group tickets or special needs and assistance, please call 703-866-3546.

### SATURDAY/NOV. 8

**Christmas Craft Fair and Bake Sale.** 9 a.m.-2 p.m. New Hope Church, 6905 Ox Road, Lorton. Begin your holiday shopping early. Crafts, artwork, holiday items, inspirational items, soaps/scrubs, jewelry, baked goods, jams/jellies, candies/nuts/fudge, raffles, stuffed animals, food, etc. Free. Doris Lama, 703-644-0139/571-234-7322.

**Annual Christmas Craft Bazaar.** 10 a.m. - 3 p.m. Annandale United Methodist Church, 6935 Columbia Pike, Annandale. Handcrafted jewelry, ornaments, glass art, bath and body, purses, Spirit wear, pins greeting cards, needle work, children clothes, fabric art and blankets.

**Fairfax County's 10th Annual History Conference.** 8:30 a.m.-3:30 p.m. Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. The theme of the conference is "Fire, Flight & Fury!" The War of 1812 in Fairfax County-200 years later.

**Fairfax Symphony Orchestra presents "I'll Be Seeing You" by Luke Frazier.** 8 p.m. George Mason University's Center for the Arts, 4400 University Drive, Fairfax. For more information call 888-945-2468.

**2nd Saturday Art Walk.** 6-9 p.m. Workhouse Arts Center, 9518 Workhouse Way, Lorton. Guests can tour seven unique studio buildings, mix and mingle with artists, buy original works of art, experience ever-changing exhibitions and meet featured artists, all while enjoying light

SEE CALENDAR, PAGE 15

## Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

### TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates  
703-999-2928



Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed  
Est. 1999



Visit our website: [www.twopoorteachers.com](http://www.twopoorteachers.com)

# CALENDAR

FROM PAGE 14  
refreshments and music. Free. 703-584-2900. www.workhousearts.org.

**SATURDAY/NOV 8-MONDAY/JAN. 19, 2015**

**Dada Re-Discovered.** Building W-16 Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Dada Re-Discovered explores how contemporary media and ideas can filter past Dada concepts and artwork. The exhibit will feature sound, video, performance and other visual mixed media. 703-584-2900. www.workhousearts.org.

**SATURDAY/NOV 8-MONDAY/DEC. 15**

**FCPS Art Teachers Exhibition.** Building W-16 McGuire Woods Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. FCPS art teachers display their art. 703-584-2900. www.workhousearts.org.

**SUNDAY/NOV. 9**

**The Cold War in Lorton: Missiles in Your Backyard.** 2 p.m. W-3 Theatre, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Marvin 'Shep' Crow, Lieutenant Colonel, US Army (Retired), will discuss the Nation's perceived need for air defense weapons during the Cold War with the Soviet Union and the development of the U.S. air defense system, focusing on the Lorton site. Free-\$10 suggested donation. 703-584-2900. www.workhousearts.org.

**"Hands On" Modeling Day.** 1-4 p.m. The Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Learn about railroading and the Fairfax Station through hands on modeling activities. You may also bring your own model train items



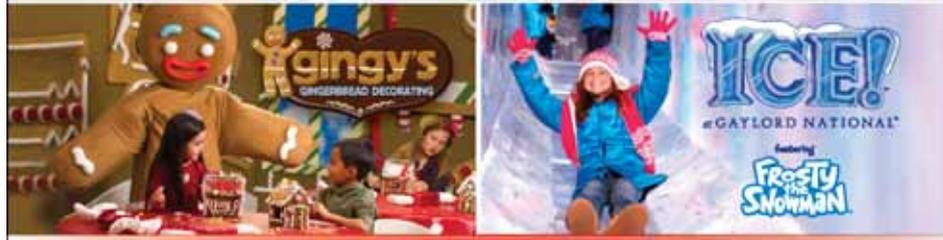
**Northern Virginia Players is sure to capture the hearts of their viewers with their production of "Fiddler on the Roof JR", the classic tale of a community tackling universal struggles reaching across barriers, leaving audiences crying tears of sadness, laughter, and joy, playing Nov. 7-8 and 21-22 at the Loyal Order of the Moose Lodge in Lorton.**

that need work. Admission is free for children under 5 and Museum members; \$2 ages 5-15; \$4 ages 16 and over. www.fairfax-station.org, 703-425-9225.

**MONDAY/NOV. 10**

**39 Clues Book Club.** 4:30 p.m. Burke Centre Library, 5935 Freds Oak

Road, Burke. The 39 Clues series follows Amy Cahill and her brother Dan as they travel the world to hunt for Clues. The third adventure is The Sword Thief by Peter Lerangis. Activities and discussion. Age 9-12. 703-249-1520.



## The Magic of Christmas Comes to Life

Nov. 14 - 16 & Nov 20, 2014 - Jan. 4, 2015

Packages from \$259\* including UNLIMITED ENTRY to ICE! and a \$100 Resort Credit.\*\*

Book your holiday getaway today!  
**ChristmasOnThePotomac.com**  
(301) 965-4000



KODAK PRESENTED BY pepsi. CHRISTMAS ON THE POTOMAC PRESENTED BY Kodak Event Imaging Solutions

Conveniently located just 8 miles south of downtown Washington D.C. and across the Potomac River from Old Town Alexandria, in National Harbor, MD. \*\*Valid for one night stay. Price is per room, plus tax, resort fee, ticket handling fees and parking for standard accommodations. Not valid in conjunction with groups or other offers. Not retroactive. Package pricing, components, show schedules and entertainment subject to change without notice. \*\*\*One (1) \$100 resort credit per night, applied upon arrival and valid toward your purchase of DreamWorks Experience activities, dining or seasonal spa treatments. Other restrictions may apply. Frosty the Snowman TM & © Warner Bros. Entertainment Inc. & Classic Media, LLC. Based upon the musical composition FROSTY THE SNOWMAN © Warner/Chappell, Shrek, Madagascar, King Fu Panda and all related characters and properties © 2014 DreamWorks Animation L.L.C. Pepsi and Pepsi Globe are registered trademarks of PepsiCo, Inc.

**Now's A Great Time for Your Landscape Project!**  
**Free Estimates** Patios, Walkways, Retaining Walls, Landscaping & so much more!

**Hosta Special!** 25% Off All Varieties  
**Fall Color! Pansies and Mums!** Pansies \$1.29

**60-75% Off Pottery** Lowest Prices Since 2008!  
**Playground Chips & Organic Compost** \$29.99 cu. yd.  
**Bagged, Shredded Hardwood Mulch** \$3.49  
**Bulk Mulch** \$24.99 cu. yd. **FREE FILL**

**10% Off All Citrus Plants**

**Cravens Nursery & Pottery**  
9023 Arlington Blvd., Fairfax, Virginia  
2 miles west of I-495 on Rt. 50.  
1 mile from I-66 (Vienna Metro)  
**703-573-5025**  
Open 7 days a week  
Visit our new Web site: www.cravensnursery.com

# COMMUNITIES OF WORSHIP

## PATRIOTIC GATHERING HONORING VETERANS DAY

FEATURING:  
Military Brass presenting  
Music from the American Soldier

SUNDAY NOVEMBER 9, 2014 · 8:45 & AM  
Jubilee Christian Center  
4650 Shirley Gate Rd. · Fairfax, VA 703.383.1170



5690 Oak Leather Drive  
Burke, VA 22015  
703-764-0456  
www.BurkePresChurch.org

**Sunday Worship:** 8:30 & 11:00 am  
**Saturday Worship:** 5:30 pm CoffeeHouse  
9:45 am Sunday School casual, guest musicians

First Monday of the month: Labyrinth Prayer Walk  
Great offerings for children, youth and adults throughout the week.  
Wonderful opportunities in music and mission.

## Looking for a New Place of Worship? Visit Antioch Baptist Church! All Are Welcome!

Sunday Worship 8, 9:30 & 11:30 a.m.  
Sunday School for Children & Adults 9:30 a.m.  
Married Couples Sunday School 11:30 a.m.

703-425-0710 • www.antioch-church.org  
6531 Little Ox Road, Fairfax Station, VA 22039



A church with a message I can understand and people I can relate to  
SATURDAYS 5:30PM  
SUNDAYS 9:30 + 11AM  
703-690-3401  
CHRISTCHURCHVA.ORG

9800 Old Keene Mill Rd.  
703-455-7041  
Sunday School 9:15 AM  
Worship Service 10:30 AM

www.calvaryfamily.com  
"Continuing the ministry of Christ on earth"

## To Advertise Your Community of Worship, Call 703-778-9418

Be a part of our Wellbeing pages, the first week of every month.

Delight in our HomeLifeStyle sections, the second week of every month. Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

Celebrate students, camps, schools, enrichment programs, colleges and more in our A-plus: Education, Learning, Fun pages, the third week of every month.

Questions? E-mail sales@connectionnewspapers.com or call 703-778-9431



**ELECTRICAL**

**K & D ELECTRIC**  
COMMERCIAL / RESIDENTIAL SERVICE  
Family Owned & Operated

Recessed Lighting  
Ceiling Fans  
Phone/CATV  
Computer Network Cabling  
Service Upgrades  
Hot Tubs, etc...

Licensed/Bonded/Insured  
Office 703-335-0654  
Mobile 703-499-0522  
lektrkman28@gmail.com

**IMPROVEMENTS**

**Picture Perfect Home Improvements**  
(703) 590-3187 www.ypphionline.com

Remodeling Bathrooms, Kitchens & Basements

- FREE Estimates
- FAST & Reliable Service
- EASY To Schedule
- NO \$\$\$ DOWN!

Exterior & Interior Repair,  
Painting, Carpentry, Wood Rot,  
Drywall, All Flooring, Decks

Handyman Services  
Available

"If it can be done, we can do it"

Licensed — Bonded — Insured

**HAULING**

**ANGEL'S HAULING**  
Junk Trash Removal,  
Yard/Construction  
Debris, Garage/Base-  
ment Clean Out,  
Furniture & Appl.

703-863-1086  
703-582-3709  
240-603-6182

**LANDSCAPING**

**JUNK HAULING**  
Junk, Rubbish,  
Homes, Offices,  
Commerical,  
Yard/Construction  
Debris, Lot Clear  
out, 24 hrs day,  
General Hom Work.

703-520-3205 N-VA

**BUSINESS OPP**

**TELEPHONE**  
A great opportunity to  
**WORK AT HOME!**

NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
301-333-1900  
Weekdays 9-4

**BUSINESS OPP**

**TELEPHONE**  
A great opportunity to  
**WORK AT HOME!**

NATIONAL CHILDRENS CENTER  
No sell! Salary + Bonus + Benefits!  
301-333-1900  
Weekdays 9-4

**GUTTER**

**GUTTER CLEANING**  
Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards

**PINNACLE SERVICES**  
lic/ins 703-802-0483 free est.  
email jamie@lawnsandgutters.com  
web: lawnsandgutters.com  
Friendly Service with a Friendly Price!

**IMPROVEMENTS**

**R.N. CONTRACTORS, INC.**

Remodeling Homes, Flooring,  
Kitchen & Bath, Windows,  
Siding, Roofing, Additions &  
Patios, Custom Deck, Painting

We Accept All Major Credit Cards  
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849  
E-mail: rncontractorsinc@gmail.com  
www.rncontractors.com

**LANDSCAPING**

**A&S CONSTRUCTION**  
Bathrooms, Kitchens,  
Flooring, complete  
remodeling.

703-863-7465

**PAVING**

**Joseph Sealcoating  
Specialist**

**PAVING**  
35 Years  
Experience! Free  
Estimates!  
703-494-5443

**Accountant**

A small tax and financial services firm in Northern Virginia is seeking a permanent, part time tax preparer. The ideal candidate must have a good understanding of individual tax preparation and work independently. Good people skills. Five years experience/EA/CPA preferred. Competitive wage and very flexible hours. A good place to work. Send resume to: HR, PO Box 2544, Springfield, VA 22152

**HANDYMAN**

**SPRINGFIELD HANDYMAN**

Small Home Repairs  
Good Rates  
Experienced

703-971-2164

**HANDYMAN**

**The HANDYMAN**  
A DIVISION OF NURSE CONSTRUCTION

BATHROOM REMODELING, DRYWALL,  
PAINTING, CERAMIC TILE, CARPENTRY,  
POWER WASHING & MUCH MORE

You have tried the rest - NOW CALL THE BEST!!  
Proudly serving Northern VA - 46 yrs. exp.

Licensed Insured We Accept VISA/MC  
703-441-8811

Do not wish to be anything but what you are, and try to be that perfectly.

-St. Francis de Sales

**TREE SERVICE**

**ANGEL'S TREE REMOVAL**  
Brush & Yard Debris  
Trimming & Topping  
Gutters & Hauling

Angeltreeslandscaping-hauling.com  
703-863-1086  
703-582-3709  
240-603-6182

**Technician – Full Time**

Are you looking for a career? Join the team of professionals at our progressive eye care practice in Northern, VA. Position includes: preliminary testing, working closely with the Doctors and patients, ability to multitask, detailed-oriented and general administrative tasks. Training will be provided. Saturdays will be required. A calm and confident attitude is a must! Please fax your resume to 703-451-9291 or email to business@virginiaeyecare.com.

**HANDYMAN**

**RCL HOME REPAIRS**  
Handyman Services  
Springfld • Burke • Kingstowne  
Light Electrical • Plumbing •  
Bathroom Renovation • Ceramic Tile •  
Drywall Repair

703-922-4190  
LIC. www.rclhomerepairs.com INS.

**LAWN SERVICE**

**PINNACLE SERVICES, INC.**  
**LAWN SERVICE**

**MOWING, TRIMMING, EDGING,  
MULCHING & TRIM HEDGES**

Friendly Service for a Friendly Price

703-802-0483

**TREE SERVICE**

**Quality Tree Service & Landscaping**  
Reasonable prices. Licensed & insured

**Leaf Removal  
Gutter Cleaning**

25 years of experience  
Free estimates  
703-868-5358  
24 Hour Emergency Tree Service

**HOW TO SUBMIT ADS TO**  
**THE CONNECTION**  
Newspapers & Online  
**CLASSIFIED**

**DEADLINES**  
Zones 1, 5, 6.....Mon @ noon  
Zones 2, 3, 4.....Tues @ noon  
E-mail ad with zone choices to:  
classified@connectionnewspapers.com  
or call Andrea @ 703-778-9411

**EMPLOYMENT**

**DEADLINES**  
Zones 1, 5, 6.....Mon @ noon  
Zones 2, 3, 4.....Tues @ noon  
E-mail ad with zone choices to:  
classified@connectionnewspapers.com  
or call Andrea @ 703-778-9411

**ZONES**

**Zone 1:** The Reston Connection  
The Oak Hill/Herndon Connection  
**Zone 2:** The Springfield Connection  
The Burke Connection  
The Fairfax Connection  
The Fairfax Station/Clifton/  
Lorton Connection  
**Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette  
**Zone 4:** Centre View North  
Centre View South  
**Zone 5:** The Potomac Almanac  
**Zone 6:** The Arlington Connection  
The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

**IMPROVEMENTS**

**R&N Carpentry**

BASEMENTS BATHS KITCHENS  
Foreclosure specialist/Power washing  
Exterior Wood Rot More!  
Deck & Fence repair, Screen Porches  
No jobs too large or small  
Free est. 37 yrs exp. Licensed, Insured  
703-987-5096

**MASONRY**

**BRICK AND STONE**

**Custom Masonry**  
703-768-3900  
www.custommasonry.info

Patios, Walkways, Stoops, Steps, Driveways  
Repairs & New Installs • All Work Guaranteed

**TREE SERVICE**

**Quality Tree Service & Landscaping**  
Reasonable prices. Licensed & insured

Spring Cleanup...  
Tree removal, topping & pruning,  
shrubbery trimming, mulching, leaf  
removal, planting, hauling, gutter cleaning,  
retaining walls, drainage problems, etc.

25 years of experience - Free estimates  
703-868-5358  
24 Hour Emergency Tree Service

**LANDSCAPING**

**A&S Landscaping**

- All Concrete work
- Retaining Walls • Patios
- Decks • Porches (incl. screened) • Erosion & Grading Solutions
- French Drains • Sump Pumps
- Driveway Asphalt Sealing

703-863-7465  
LICENSED  
Serving All of N. Virginia

**PAVING**

**GOLDY BRICK CONSTRUCTION**  
Walkways, Patios, Driveways,  
Flagstone, Concrete  
FREE ESTIMATES  
Licensed, Insured, Bonded  
703-250-6231

I believe the future is only the past again, entered through another gate.  
-Arthur Wing Pinero

**THE CONNECTION CLASSIFIED**  
NEWSPAPERS

Classified or Home • Lawn • Garden:  
703-917-6400

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

ZONE 2 • BURKE  
• FAIRFAX • SPRINGFIELD  
• FAIRFAX STATION/CLIFTON/LORTON

# CLASSIFIED

703-778-9411  
ZONE 2 AD DEADLINE:  
TUESDAY NOON

## BULLETIN BOARD

Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

[gsmonick@aol.com](mailto:gsmonick@aol.com), 703-250-0877.  
**One-on-One English Practice.** 7 p.m. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Practice speaking, reading and writing English with a volunteer partner. Ages 8 through adult are welcome. 703-249-1520.

### 6 RE Wanted

We Buy Houses  
Any Condition, Area or  
Situation  
Fast Cash! Call 610-451-6610

Light tomorrow  
with today!  
-Elizabeth  
Barret Browning

### 26 Antiques

We pay top \$ for antique  
furniture and mid-century  
Danish/modern  
teak furniture, STERLING,  
MEN'S WATCHES, jewelry  
and costume jewelry,  
paintings/art glass/clocks.  
Schefer Antiques @  
703-241-0790.  
Email: [theschefer@cox.net](mailto:theschefer@cox.net)

### 26 Antiques

## FALLS CHURCH ANTIQUES

**Best Kept Secret of The Metro Area!**

Unique collection of antiques and collectibles,  
including furniture, jewelry, glassware, pottery,  
sterling silver, paintings, prints and more!  
Fun home and gift ideas!

**Christmas Shop Now Open!**  
Falls Church Antique Co.  
250W. Broad St. Falls Church, Va • 703-2419642

### 26 Antiques

### 12 Commercial Lease

## BURKE - 650 TO 1,080SF

2nd floor office space available in thriving mixed  
use shopping center. Perfect for a move from a  
home office. Kevin Allen / Kimco Realty  
410-427-4434

The biggest things are always  
the easiest to do because there  
is no competition.  
-William Van Horne

### FRIDAY/NOV. 7

**Teen Advisory Board (TAB) Meeting.** 10:30  
a.m. Burke Centre Library, 5935 Freds Oak  
Road, Burke. Board members meet biweekly to  
plan and implement projects and programs that  
will enhance library services for teens. Ages 13-  
18. 703-249-1520.

### SATURDAY/NOV. 8-SATURDAY/NOV. 22

**NVRC Collecting Blankets for Refugees.**  
Several Fairfax County locations. Northern  
Virginia Regional Commission will collect  
blankets to help Syrian refugees. For more  
information, go to [www.helpsyrianrefugees.net/](http://www.helpsyrianrefugees.net/)

### SUNDAY/NOV. 9

**Recycling Event.** noon-5 p.m. Petco, 13053 Lee  
Jackson Memorial Highway, Fairfax. Recycle  
outdated electronics and save a dog's life.  
Questions on what to bring,  
[info@foreverhome.org](mailto:info@foreverhome.org). [www.facebook.com/  
events/362845497196002/](http://www.facebook.com/events/362845497196002/)

### MONDAY/NOV. 10

**Library Resource 411.** 6:30, 7, 7:30, 8 p.m.  
Burke Centre Library, 5935 Freds Oak Road,  
Burke. Sign up for one-on-one time to get help  
with using the library's physical and online  
resources for fun or to do research. Adult, all  
ages. 703-249-1520.

**English Conversation Group.** 7 p.m. Burke  
Centre Library, 5935 Freds Oak Road, Burke.  
Practice your English. Adult. Gloria Monick,  
[gsmonick@aol.com](mailto:gsmonick@aol.com), 703-250-0877.

### THURSDAY/NOV. 13

**Library Resource 411.** 6, 6:30, 7, 7:30, 8 p.m.  
Burke Centre Library, 5935 Freds Oak Road,  
Burke. Sign up for one-on-one time to get help  
with using the library's physical and online  
resources for fun or to do research. Adult, all  
ages. 703-249-1520.

### SATURDAY/NOV. 15.

**NAACP Branch Election.** 10 a.m.-12 p.m. 9002  
Burke Lake Road, Burke (behind Kings Park  
Library). Election of branch officers and at-large  
members of the Executive Committee. To vote in  
the branch election, you must be a member in  
good standing and branch membership must be  
dated before Oct. 16, 2014. A form of ID is  
required. 703-591-4488.

**Teen Advisory Board (TAB) Meeting.** 10:30  
a.m. Burke Centre Library, 5935 Freds Oak  
Road, Burke. Board members meet biweekly to  
plan and implement projects and programs that  
will enhance library services for teens. Ages 13-  
18. 703-249-1520.

### MONDAY/NOV. 17

**English Conversation Group.** 7 p.m. Burke  
Centre Library, 5935 Freds Oak Road, Burke.  
Practice your English. Adult. Gloria Monick,

### TUESDAY/NOV. 18

**Connected to the Homefront.** 7-9 p.m.  
Immanuel Bible Church, 6911 Braddock Road,  
Springfield. Monthly meetings that provide  
dinner, fellowship and guest speakers to  
minister to wives of active duty, reservists and  
retired military. This month, Leah Raley is  
speaking on being pure, from Philippians 4:8-9.  
Visit [www.immanuelbible.net](http://www.immanuelbible.net) or 703-941-4124.  
**Library Resource 411.** 6, 6:30, 7, 7:30, 8 p.m.  
Burke Centre Library, 5935 Freds Oak Road,  
Burke. Sign up for one-on-one time to get help  
with using the library's physical and online  
resources for fun or to do research. Adult, all  
ages. 703-249-1520.

### WEDNESDAY/NOV. 19

**When Home is No Longer An Option.** 1:30  
pm. Insight Memory Care Center, 2812 Old Lee  
Highway, Suite 210, Fairfax. Come for a panel  
discussion with caregivers and professionals that  
will discuss timing and what's involved with  
transitioning to a long-term care facility. Call  
703-204-4664 to RSVP and for more  
information.

### SATURDAY/NOV. 22

**Saturday Morning Coffee with Del. David  
Bulova.** 9-11 a.m. Main Street Bagel, 10268  
Main Street, Fairfax. Delegate Bulova represents  
Virginia's 37<sup>th</sup> House District, which includes the  
City of Fairfax and portions of Fairfax County.  
He serves on the General Laws, Education, and  
Agriculture, Chesapeake and Natural Resources  
committees. He is also a member of the  
Chesapeake Bay Commission, the State Water  
Commission, the Joint Commission on Health  
Care, and the Housing Commission.

### THURSDAY/NOV. 20

**Library Resource 411.** 6, 6:30, 7, 7:30, 8 p.m.  
Burke Centre Library, 5935 Freds Oak Road,  
Burke. Sign up for one-on-one time to get help  
with using the library's physical and online  
resources for fun or to do research. Adult, all  
ages. 703-249-1520.

### MONDAY/NOV. 24

**Library Resource 411.** 6, 6:30, 7, 7:30, 8 p.m.  
Burke Centre Library, 5935 Freds Oak Road,  
Burke. Sign up for one-on-one time to get help  
with using the library's physical and online  
resources for fun or to do research. Adult, all  
ages. 703-249-1520.

**English Conversation Group.** 7 p.m. Burke  
Centre Library, 5935 Freds Oak Road, Burke.  
[gsmonick@aol.com](mailto:gsmonick@aol.com), 703-250-0877.

**One-on-One English Practice.** 7 and 8 p.m.  
Burke Centre Library, 5935 Freds Oak Road,  
Burke.

Practice speaking, reading and writing English with  
a volunteer partner. Ages 8 through adult are  
welcome. 703-249-1520.

### 101 Computers

### 101 Computers

### 21 Announcements

### 21 Announcements

## HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- > Speed up Slow Computers
- > Troubleshooting
- > Virus Removal
- > Computer Setup



(571) 265-2038

[jennifer@HDIComputerSolutions.com](mailto:jennifer@HDIComputerSolutions.com)

# SUPERMAN HAD FOSTER PARENTS

Kids in our community need  
super parents like you.

Call us today!  
855-367-8637  
[umfs.org](http://umfs.org)

UMFS  
Licensing champions  
for children and families.

## THE CONNECTION CLASSIFIED

Classified or Home • Lawn • Garden:  
703-917-6400

Employment: 703-917-6464

E-mail: [classified@connectionnewspapers.com](mailto:classified@connectionnewspapers.com)

Find us  
on Facebook  
and become  
a fan!

[www.Facebook.com/  
connection  
newspapers](http://www.Facebook.com/connectionnewspapers)

THE CONNECTION  
Newspapers & Online  
The Connection to Your Community

[www.ConnectionNewspapers.com](http://www.ConnectionNewspapers.com)

### 21 Announcements

### 21 Announcements

### 21 Announcements

## LIFETIME METAL ROOFING

by VA CAROLINA BUILDINGS

45 Year Warranty  
Financing Available  
Licensed & Insured  
Local Contractor

FREE ESTIMATE  
ENERGY STAR  
Storm Proof Metal Roofing  
1-800-893-1242  
Call For Your Free Roof Inspection!

### 21 Announcements

### 21 Announcements

### 21 Announcements

## IF YOU USED THE BLOOD THINNER XARELTO

and suffered internal bleeding, hemorrhaging,  
required hospitalization or a loved one died while  
taking Xarelto between 2011 and the present  
time, you may be entitled to compensation.

Call Attorney Charles H. Johnson 1-800-535-5727

## Home Tour

FROM PAGE 13

tivity zones. The inside corner of the  
kitchen accommodates a family dining  
nook.

The primary focal point of the family  
room is a hand-carved cherry wood mantle  
piece Daniels bought years ago, having no  
idea when or where he would use it.

"It's comforting to see an impulse buy  
become a real focal point," he said.

Upstairs, Daniels built a 715-square-foot  
master bedroom suite that opens directly  
to a sprawling balcony with views in three  
directions.

"This is the spot where we can have some

privacy and still keep an eye on the kids,"  
Gayle Daniels said. "It's quite romantic."

The luxury bathroom and large walk-in  
closet are now sensibly positioned on either  
side of the suite's entrance foyer. The mas-  
ter bath includes a soaking tub, a spacious  
walk-in shower and a private closet for  
Gayle's vanity.

The formal living room and dining room  
are on the right side of the first floor, segre-  
gated by a fully-wired well-appointed room  
the kids use for homework.

John Byrd ([byrdmatx@comcast.net](mailto:byrdmatx@comcast.net)) has  
been writing about residential building and  
architecture for 30 years.

# SPORTS

## Corbett First Bruin Boy to Run Sub-15

Lake Braddock senior, Bruins win Conference 7 titles.

BY JON ROETMAN  
THE CONNECTION

**T**he smile on Alex Corbett's face was never-ending in the figurative sense.

The senior's place in Lake Braddock history, however, is permanent.

Corbett became the first Lake Braddock boys' harrier to break 15 minutes, turning in a time of 14:47 at the Conference 7 championship meet on Oct. 30 at Burke Lake Park. Corbett's effort secured him the individual conference title and helped the Bruins win the team championship, as well.

Corbett, who finished state runner-up in 6A last year, broke the previous school record of 15:03 by 16 seconds.

"I came here with a goal to break the school record and the 15-minute barrier," Corbett said. "When I came down the straightaway, I was pleasantly surprised [by the time]. I was really happy with today's performance. ... I don't think it's totally hit me yet, but it's pretty hard to keep the smile off my face."

Corbett's time was the 11th-fastest in the history of the Burke Lake Park course.

"That kid has worked so hard for four years," Lake Braddock coach Michael Mangan said. "It's awesome to get to see



**The Lake Braddock boys' cross country team won the Conference 7 title on Oct. 30 at Burke Lake Park.**

him have his moment."

Corbett wasn't the only Bruin to turn in a stellar performance. Colin Schaefer, a junior, and Kevin Monogue, a senior, finished second and third, respectively, and each broke the previous school record of 15:03. Schaefer finished in 15 minutes, and Monogue turned in a time of 15:02.

"We talk about it as coaches all the time:

I can't believe we've never had a boy break 15 before," Mangan said. "To get one, and almost two and almost three on the same day, [it is] pretty phenomenal."

Lake Braddock, which finished state runner-up in 2013, placed first with a team score of 22. Each of the Bruins' five point-scoring harriers placed in the top 10, and the team had seven runners finish in the



PHOTOS BY ED LULL

**Alex Corbett won the Conference 7 championship on Oct. 30 and became the first Lake Braddock boys' harrier to break 15 minutes.**

top 13.

Ben Fogg placed sixth for Lake Braddock with a time of 15:21. Cavanaugh McGaw finished 10th (15:50), Evan Chase came in 12th (15:55) and Tommy McArdle finished 13th (15:57).

West Springfield finished runner-up with a score of 58. Woodson (96) and T.C. Williams (107) also earned regional berths.

The 6A North region meet was held Wednesday, Nov. 5 at Burke Lake Park, after The Connection's deadline.

The 6A state meet will be held Saturday, Nov. 15 at Great Meadow.

## Lake Braddock Girls' XC Dominates Conference 7 Meet

Sophomore Murphy wins, six Bruins finish in top eight.

BY JON ROETMAN  
THE CONNECTION

**L**ake Braddock sophomore Kate Murphy finished 28 seconds faster than her nearest competitor during the Conference 7 championship meet on Oct. 30 at Burke Lake Park.

While it took some time for others to arrive at the finish line, Murphy would soon be greeted by a group of familiar faces.

The Lake Braddock girls' cross country team dominated the competition at the Conference 7 meet, producing the top three finishers, six of the top eight and seven of the top 11 en route to winning the team title.

The Bruins produced a score of 19, followed by South County (70), West Springfield (75) and West Potomac (91).

Lake Braddock graduated four key contributors from last year's team, including two of the state's top three finishers in 6A, and has just one senior among its top harriers this season. But that didn't stop the Bruins from turning in an impressive performance at Burke Lake Park.



PHOTOS BY ED LULL

**The Lake Braddock girls' cross country team won the Conference 7 championship on Oct. 30 at Burke Lake Park.**

"We thought this was kind of a rebuilding year," Lake Braddock head coach Michael Mangan said. "... We graduated four really important seniors. This young crowd has just gone after it."

Murphy led the way for Lake Braddock, winning the meet with a time of 17 minutes, 37 seconds. She was the only runner to break 18 minutes.

"I knew she was running fast," Mangan said, "but I didn't realize she was running that fast."

A pair of juniors, Daly Ferguson (18:05)

and Sonya Butseva (18:09), finished second and third, respectively, for Lake Braddock. Freshman Sarah Daniels placed sixth (18:20), senior Sarah Riley finished seventh (18:25), sophomore Taylor Kitchen placed eighth (18:28) and sophomore Madison Tippet came in 11th (18:44).

"That was amazing," Murphy said. "That was the best feeling. It's even better to know all your teammates are right behind you and we all did so well."

South County sophomores Faith Zolper (18:16) and Louisa McPherson (18:19) fin-



**Lake Braddock sophomore Kate Murphy placed first at the Conference 7 meet on Oct. 30 and was the only runner to break 18 minutes.**

ished fourth and fifth, respectively.

The 6A North region meet was held Wednesday, Nov. 5 at Burke Lake Park, after The Connection's deadline.

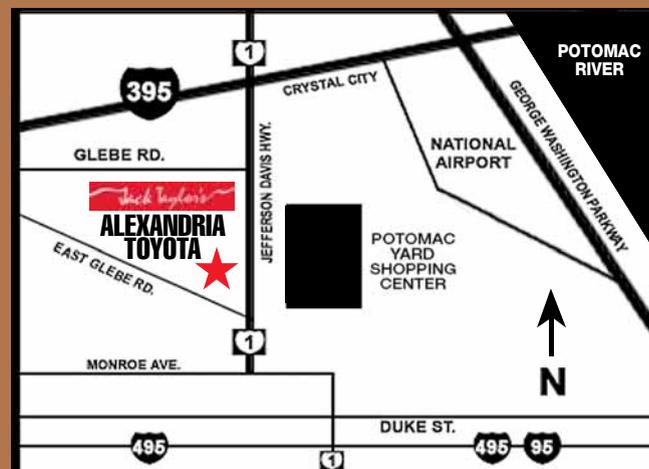
The 6A state meet will be held Saturday, Nov. 15 at Great Meadow.

Jack Taylor's  
**ALEXANDRIA TOYOTA**

3750 Jefferson Davis Hwy.  
Alexandria, VA 22305

**703-684-0710**

www.alexandriatoyota.com



**NEW! Extended Service Department Hours:**

**Monday – Friday, 7 am to 9 pm**

**Saturday, 7:30 am to 4:30 pm**

**Sunday, 10 am to 4 pm**

**Sunday by appointment only.**

Make your next service appointment at:  
**alexandriatoyota.com**

**You Have Saturdays Off**

*That's Exactly Why We Don't!*

**TOYOTA ServiceCenters** Keep Your Toyota a Toyota

**27 YEARS OF RECEIVING THIS HONOR**

**TOYOTA Owners** ToyotaOwnersOnline.com

**TOYOTA LIFETIME GUARANTEE**

Mufflers • Exhaust Pipes • Shocks • Struts  
Toyota mufflers, exhaust pipes, shocks, struts and strut cartridges are guaranteed to the original purchaser for the life of the vehicle when installed by an authorized Toyota dealer. See us for full details.

**TOYOTA Let's Go Places**



**TOYOTA GENUINE SERVICE**

**BUY 3 TIRES AND GET 4TH FOR \$1.00**

**GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION. PRICE MATCH GUARANTEE. SEE SERVICE ADVISOR FOR DETAILS.**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE**

**FALL DETAIL SPECIAL \$119<sup>95</sup>**

Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior. Vans & SUVs add \$20.00.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**TOYOTA GENUINE SERVICE**

**4 WHEEL ALIGNMENT \$79<sup>95</sup>**

**PREVENT UNEVEN WEAR**

Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

**INCLUDES:** inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE**

**BRAKE SPECIAL \$99<sup>95</sup>**

**PADS**

**Includes:** Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC pads only.

**MACHINE ROTORS AN ADDITIONAL \$199.95.**

DOES NOT APPLY TO ALL VEHICLES. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE**

**30000 MILES FACTORY RECOMMENDED SERVICE \$159<sup>99</sup>**

**Synthetic \$10 More**

**Includes:** Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE**

**OIL & FILTER SERVICE SPECIAL \$5<sup>00</sup> OFF**

**Includes:** Change oil, install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**TOYOTA GENUINE SERVICE**

**DETAIL SPECIALS \$39<sup>95</sup>**

**Wash & Vacuum \$139<sup>95</sup>**

**Hand wash, wax & interior cleaning \$295<sup>95</sup>**

**Full premium detail**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**TOYOTA GENUINE SERVICE**

**VARIABLE DISCOUNT**

**\$5.00 OFF** with purchase of \$35.00 - \$49.99

**\$10.00 OFF** with purchase of \$50.00 - \$99.99

**\$15.00 OFF** with purchase of \$100.00 - \$199.99

**\$20.00 OFF** with purchase of \$200.00 - \$499.99

**\$50.00 OFF** with purchase of \$500.00 Or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**TOYOTA GENUINE SERVICE**

**TRUE START BATTERY SPECIAL \$139<sup>95</sup>**

**INCLUDES BATTERY INSTALLATION**

**Includes:** 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**GENUINE TOYOTA**

**15% OFF WIPER INSERTS & WIPER BLADES**

SOME MODELS HIGHER. NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. GOOD THRU 11/30/14. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY.

**TOYOTA GENUINE SERVICE**

**WE WILL MEET OR BEAT ANY LOCAL TOYOTA DEALERSHIP'S CURRENT ADVERTISED SERVICE SPECIALS**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

**TOYOTA GENUINE SERVICE**

**COMPLIMENTARY MULTI-POINT INSPECTION**

**Includes:** inspect tires, brakes, wipers, lights, belts & hoses & fluid levels.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE**

**EXTEND THE LIFE OF YOUR VEHICLE! BG FLUID EXCHANGE SPECIAL**

**TRANSMISSION FLUSH \$179<sup>95</sup>**

**POWER STEERING FLUSH \$129<sup>95</sup>**

**BRAKE FLUSH \$129<sup>95</sup>**

**FUEL INDUCTION FLUSH \$129<sup>95</sup>**

**FOR TRANSMISSION FLUSH, TYPE T OR WS FLUID ADD \$50.00**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

Jack Taylor's  
**ALEXANDRIA TOYOTA / SCION**

**ALEXANDRIA TOYOTA/SCION**  
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305  
1-866-616-8420 | ALEXANDRIATOYOTA.COM  
**JUST MINUTES FROM REAGAN NATIONAL AIRPORT!**

**TOYOTA Let's Go Places**



# LONG & FOSTER® # 1 in Virginia

703-425-8000



**Carol Hermandorfer**  
703-216-4949

## C.A.R.O.L. Hermandorfer Associates

Top 1% of Agents Nationally



**Clifton - \$699,000**

Light, bright beautifully updated rambler on pristine 5.5 acres



**Fairfax - \$899,000**

Gorgeous home on 1 acre w/ beautiful updates; WOW landscaping & pool

View more photos at [www.hermandorfer.com](http://www.hermandorfer.com)



*Ann Witherspoon*

703-503-1836

[ann.witherspoon@LNF.com](mailto:ann.witherspoon@LNF.com)

- CRS
- Associate Broker
- Life Top Producer

Thinking of Buying or Selling?  
Don't Let This Fantastic Market  
Pass You By

**MY GOAL IS TO HELP YOU  
REACH YOURS!**

Utmost in Personal Service  
Let Me Show You How I Work

EXPERIENCE + KNOWLEDGE + SERVICE = RESULTS



### MARSHA WOLBER

Lifetime Member NVAR Top Producers  
Top 5% of Agents Nationally  
[www.marshawolber.com](http://www.marshawolber.com)  
Cell: 703-618-4397

### PICK A PERFECT CONDO!



**Stonegate in Centreville \$268,000**  
2 BRs, 2 BAs, Loft, 2 levels, Garage



**Ocoquan \$299,500**  
2 BRs, 2.5 BAs, Loft, 2 levels, Garage



**Penderbrook in Fairfax \$219,000**  
2 BR, 1 BA, Ground Level, Golf Course Community



### STEVE CHILDRESS

"Experience...with  
Innovation!"  
Life Member NVAR Top Producers  
Buyer Broker since 1973!  
703-981-3277

### Sheila Adams

703-503-1895

Life Member, NVAR Multi-Million  
Dollar Sales Club  
Life Member,  
NVAR TOP PRODUCERS



Mortgage rates are still LOW...  
and inventory is UP! Contact me  
NOW for assistance to find and  
negotiate the best price and  
terms for your new  
DREAM HOME!

703-981-3277 or  
[Stevechil@aol.com](mailto:Stevechil@aol.com)



**Fairfax \$529,900**  
Looking for that perfect home? Well...here it is! 4 Levels of perfection, 4 BR's, 3 Baths, Updated Kitchen w/stainless steel appliances, granite, Hardwd Floors, LL FR w/FP Level 4 makes that perfect media room. Call Sheila 703-503-1895.



### Jim Fox

703.503.1800

[jim.fox@LNF.com](mailto:jim.fox@LNF.com)



**Fairfax \$530,000**

Adorable brick rambler sited on majestic, lush 1/2 acre treed lot. Feels like the country yet close in. Large living room w/wood-burning fireplace. Separate dining room leads to sunroom overlooking yard. 3BR/2BA. Eat-in kitchen w/adjoining laundry. Hdwd & cork floors thruout. Fixed stairs to floored attic. 2-car carport. Less than 5 miles to Vienna Metro. Minutes to Oak Marr Rec Center.



### Mary Hovland

703-946-1775

**Cathy DeLoach**

571-276-9421

Your REALTORS®  
Next Door



**Fairfax/Kings Park West \$685,000**

Spacious center-hall Colonial with quality finishes! Well-designed addition creates open floor plan. Kitchen is fully remodeled with a breakfast room & opens to amazing family room w/cathedral ceilings. UL has four large BRs + a den Master & hall bath have been expanded, both w/dual sinks. Great finishes on LL with legal egress. Close to schools, VRE & Metrobus.



### AMANDA SCOTT

703-772-9190

Top Producer

[www.AmandaScott.net](http://www.AmandaScott.net)



**Alexandria Kingstowne \$549,900**  
Beautiful 3-lvl brick TH, 3BR, 3.5BA, Updtd Baths, new paint, Fin W/Out LL w Fpl, Kit w gran & St St apps, Fam rm off Kit, MBR w vault ceilg, new windows, 2 car Gar, close to schools, stores & Metro MOTIVATED SELLER



**Gainesville Heritage Hunt 55+ (50+ ok) \$579,900**  
Pristine 3 lvl 'Yardley' - water & mountain views! 3BR, 3.5 BA, HDWDS, Main lvl MBR, Grnt Kit w isld & Silestone, Liv, Din, Brkfst, Fam, Scrd porch, Storage, wrp/ arnd Deck, 2 car Gar, HOA inc PH/Intnt/Cable/Trash & Fitness.

[www.HeritageHuntHomes.com](http://www.HeritageHuntHomes.com)

### John & Jennifer Boyce

703-425-JOHN (5646)

[jennifer.boyce@longandfoster.com](mailto:jennifer.boyce@longandfoster.com)

[www.425JOHN.com](http://www.425JOHN.com)



**Lorton \$725,000**

Former Model Home with Extensive Upgrades. New Designer Gourmet Kitchen with top-of-the-line Stainless Steel Appliances, 2 Ovens & Custom Cabinetry. Open Floor Plan makes entertaining effortless. Two Beautiful Gas Fireplaces. Rear Covered Porch, Slate Patio & Kitchen Deck along with incredible Privacy make this home a solid 10!

### Christine Zinser

REALTOR®

See ALL homes  
for sale in Burke at  
[www.LiveInBurke.com](http://www.LiveInBurke.com)



John Astorino, Realtor  
703.898.5148

## JA JOHN ASTORINO & associates



Karen Schiro, Realtor  
703.509.3888



Fairfax • George Mason Forest • Updated w/Pool • \$689,000



Lorton • Open Floor Plan • New Granite • \$575,000

For more information, go to [www.JAHomes4u.com](http://www.JAHomes4u.com) or [John.Astorino@LNF.com](mailto:John.Astorino@LNF.com)

### BARBARA NOWAK & GERRY STAUDTE

"My Virginia Home Team"

703-473-1803, 703-309-8948

[gerry.staudte@longandfoster.com](mailto:gerry.staudte@longandfoster.com)

[www.MyVirginiaHomeTeam.com](http://www.MyVirginiaHomeTeam.com)



**Lorton \$600,000**

Shows Like a Model! This gorgeous SF home features 4 BRs, 2 Full and 2 half BAs, gourmet Kit w/Silestone Ctrs, Sun Rm & Large FR. Fully finished LL w/huge Rec Rm & Exercise Room. A must-see!

### ELLIE WESTER

703-503-1880

L&F Founder's Club

Lifetime NVAR Top Producer

Life Member, NVAR Million Dollar Sales Club

[ellie.wester@longandfoster.com](mailto:ellie.wester@longandfoster.com)



**Fairfax Sunroom \$524,900**

The beautiful sunroom on the main level is just one of the many wonderful reasons to own this home. Gleaming hardwood on two levels, brand new carpet on the bedroom and rec room level, breathtaking back yard, patio and decking and a one car garage in the Woodson HS district.

Access the Realtors Multiple Listing Service: Go to [www.searchvirginia.listingbook.com](http://www.searchvirginia.listingbook.com)