

Rachel Heyne, of Fairfax Station, sang about letting freedom ring with the Sangster chorus on Veterans Day.

Freedom Rang

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CHOIR
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Paint the Town Purple

Traveling purses raise domestic violence awareness.

BY TIM PETERSON
THE CONNECTION

“Victoria” moved to the United States eight years ago with her husband. (Her name has been changed for protective anonymity.) At the beginning, he was the perfect gentleman: holding doors, full of compliments, telling her he loved her. She quit her job to be with him, her first love. Their future in a new country seemed bright.

But once they were married and living in America, Victoria felt her partner growing apart from her. He wouldn’t communicate with her. When she asked him to tell her things, what he was thinking or what his plans were, he got annoyed.

The annoyance led to verbal insults and angry outbursts. Victoria thought she was doing everything she could to make the marriage work, but it just seemed like she was making things worse. She, not he, was doing it wrong.

“After you hear this again and again, I feel like the only way I can protect myself is don’t take it seriously,” Victoria said. “Because it’ll never change.”

The verbal abuse turned physical. First Victoria’s husband would cock back his hand, threatening to slap her. Then real slaps came, and then beatings. Then rules for the number of times sex had to be offered each week. A quota to be followed.

“For her it became the normal,” said Susie Pigg, assistant director at Artemis House, the 24-hour domestic violence shelter operated by the Falls Church-based nonprofit Shelter House. “Oh it wasn’t that bad, I could survive a slap.’ But then it escalated. ‘Yeah, he rapes me;’ all those things became normalized to her, which is heartbreaking.”

Victoria went along with it because she wanted her husband to be happy. She put her love for him above everything else: her love for her children, her father and herself. Her own happiness would fill in if she could make her husband happy.

“He really hurt me, but I already felt like I was brainwashed,” Victoria said. “I believed that he’s better than me, smarter than me, more capable. He should be the one to make the orders.”

She knew she had to get out of the situation, but felt trapped. She had no job and wanted the best for her children. She had no friends or family in the United States.

“I cannot get out of this marriage,” said Victoria. “I have no hope, no place to go and I cannot even imagine leaving him.”

After a particularly painful degrading day and night, she decided she had no choice but to take a stand. Victoria had to show

her husband she couldn’t be treated this way. An altercation resulted in her spending almost a year in jail.

Victoria found out about Artemis House through her jail caseworker. She spent her first night after being released in a motel and the next night she was in one of 34 beds at Artemis. She’s been a resident-client there for several months and is on her way being employed and restarting her life.

Artemis House is one of 11 locations in Fairfax County offering services for victims of domestic violence. The county’s Office for Women & Domestic and Sexual Violence Services (OFWDSVS) contracts with Shelter House to run Artemis, which has apartment-style dwellings.

According to the OFWDSVS FY 2013 report, Artemis House served 134 adults and 148 children in that period. Pigg says additional off-site locations allow them to help up to 44 clients at once.

FUNDING AND AWARENESS are two major challenges facing the shelters and other domestic violence services.

“It’s not an easy conversation to have,” said Shelter House director of development Jolie Smith. “It’s a dark topic. Everyone knows someone that has a story, or their own story.”

Shelter House recently partnered with the Allstate Foundation for its nationwide “Purple Purse” project to raise awareness and money for domestic violence. The partnership came with a \$1,000 grant and a conversation-sparking collection of purple Coach purses. Smith handed out four purses that made their way around Virginia in the hands of Shelter House directors, elected officials and professional athletes.

Smith and Braddock District Supervisor John Cook decided that rather than just be seen with the purse, why not pass it around and challenge others to make donations, similar to the ALS Ice Bucket campaign. At the Sept. 23 Board of Supervisors meeting, Cook moved October be designated Domestic Violence Awareness Month, and passed the purse first to chairman Sharon Bulova.

The purses were highlighted at another Shelter House fundraising event on Oct. 10, the “Chipping In to End Domestic Violence Charity Golf Tournament” held at the Laurel Hill Golf Club in Lorton. It was there that Smith met Robin Robison and her husband, former Washington Redskin Superbowl champion Ron Saul. Robison was a victim of domestic abuse from a former husband 15 and a half years ago, and was keen to help raise awareness.

She spoke publicly about her experience for the first time at the tournament.

“I’m glad it’s over, that she only had to go through it for six months,” said Saul. “A man does not beat up on a woman. If you got a problem, better to walk away, let things settle down, then try to get closure on the problem.”

“It wore me out,” Robison said. “It was like opening an old wound, something I had



PHOTO COURTESY OF ROBIN ROBISON

(From left) Former Redskins head coach Joe Gibbs, Redskin Ron Saul and Saul’s wife Robin Robison raise awareness for domestic violence with the Kerry Washington-designed purple purse.



PHOTO CONTRIBUTED

Shelter House executive director Joe Meyer models one of the four purple purses from Allstate Foundation.

healed a long time ago.”

For the month of October, Shelter House’s Purple Purse Challenge raised just under \$15,000, including a large donation from Robison and Saul’s friend Cecil Pruitt.

According to Cook, calls to the Fairfax

County sexual violence service and information hotline have shot up dramatically following the Ray Rice news coverage. The OFWDSVS reported 1,664 such calls in FY 2013.

“I hope the other football wives will come out,” said Robison, “that anybody else out there will come out. You don’t have to put up with this. Pick up that phone. Make the call. You’re given an instinct: If you have any hesitation in your mind, whatsoever that something isn’t right, you don’t do it.”

Smith presented Robison with a Kerry Washington-designed purple purse, to keep raising awareness between now and next year’s challenge.

“It’s a dark topic. Everyone knows someone that has a story, or their own story.”

— Shelter House director of development Jolie Smith

“The Purple Heart is for wounded service members,” said Smith. “Victims of domestic violence are wounded physically and mentally. It’s about survival, dedication to ending violence and courage.”

“People should know they’re not born to be a victim,” said Victoria. “We should know we can have a second chance. We can make other decisions. So never give up.”

THE 24-HOUR Fairfax County domestic violence hotline is 703-360-7273. The county’s website for domestic violence is www.fairfaxcounty.gov/dsm/dviolence. More information about Shelter House can be found at www.shelterhouse.org.

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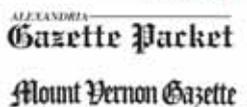
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PHOTOS BY TIM PETERSON/THE CONNECTION

(From left) Sangster hand bell choir members Ethan Duke, Phoebe Shuddt, Saifullah Naseer, Alex Coley, Jenna Kosnick, Andrew Agustin and Courtney Cooper perform on Veterans Day.

Freedom Rang

Sangster celebrates Veterans Day with band, chorus, handbells and flag ceremony.

BY TIM PETERSON
 THE CONNECTION

When Rachel Heyne sang “Let Freedom Ring” on Veterans Day with her classmates in the Sangster chorus, the message touched her. “It’s basically about how we can do all these things, we can worship as we please, go anywhere we want,” the Fairfax Station resident said, “because a bunch of people gave up their lives so we could be free.”

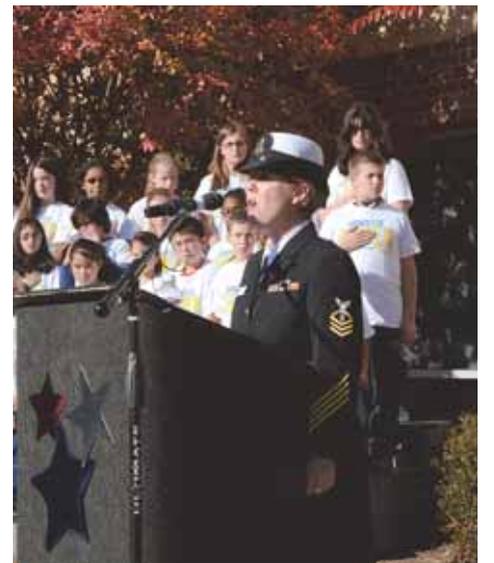
Heyne’s father Todd, a member of the Navy, was in the audience gathered in front of Sangster Elementary School. “It made me feel how lucky I am to have a dad who works in the military, who’s my hero,” Heyne said.

Heyne and fifth and sixth grade members of the chorus, handbell choir and band performed at a special celebration shortly after school started on Nov. 11. Sangster Principal Lisa Reddel spoke after the performance of “Let Freedom Ring.”

“Students, this celebration is about you, you are the next generation to lead our country,” Reddel said. “It’s my hope that part of today’s celebration helps remind you of our cherished values and instills a strong sense of patriotism and citizenship today.”

Cmdr. Rick Batson, U.S. Coast Guard, spoke about honoring not just veterans but their communities. “For every one of us who puts on the cloth of our nation, we know that there are husbands and wives and mothers and fathers and sons and daughters that support that service,” he said. “And without whom that service wouldn’t be possible. So thank you to the families who are here today.”

Col. Jayson Spade, U.S. Army, gave the students a quick history lesson of how Vet-



Chief Musician Shana Sullivan, U.S. Navy, performs “God Bless America” at the Veterans Day celebration at Sangster Elementary School.

erans Day began as Armistice Day on the anniversary of the conclusion of WWI.

“Today, we remember every soldier, every marine, sailor, airman, coastguardsman, all those who gave years of their lives to defend this country,” he said. “Millions of Americans have served and today there are over 20 million living American veterans walking amongst us.”

The additional service members in uniform on hand to raise the American flag in front of the school were Lt. Col. Stephani Hunsinger, U.S. Air Force; Lt. Col. Mark Smydra, U.S. Marine Corps; Cmdr. Tres DeHay, U.S. Navy.

BEFORE THE FLAG WENT UP, Lt. Col. Hunsinger read the poem “I am the Flag” by Ruth Apperson Rous.

“As you see me silhouetted against the peaceful skies of my country,” Hunsinger read the poem’s final lines, “Remind yourself that I am the flag of your country. That I stand for what you are, no more, no less. Guard me well, lest your freedom perish from the earth. Dedicate your lives to those principals for which I stand.”

SEE SANGSTER, PAGE 5

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Sangster Students Honor Veterans

FROM PAGE 4

With the flag raised, the choir and hand bells joined together for the National Anthem. It was a difficult two-part arrangement the performers worked on during their break time leading up to Veterans Day.

"I was really nervous," said Claire Johnson, a fifth grader from Springfield. "But I also felt like [veterans] help the community so much that I should help too. It helped me get over my nerves. Honoring them means telling all the people who have sacrificed their lives, family, telling them thank you."

"It means thanking them for helping us have liberty for our country," said Parker Smith, a sixth grader from Springfield.

THE EVENT was organized by the Sangster Military Spouses Group. Out of 900 students and 637 families, 133 families identify as military and part of the group, which collaborates with the school on numerous activities, including new student orientation and counseling for students with parents deployed overseas. But they're also a network for military families new to the neighborhood.

"We're that instant connection," said Brenda Stuart, president of the group. "Just to offer support for each other as long as you're stationed here."

Stuart's son Trevor is in fifth grade at Sangster, while her husband is serving overseas with the Air Force. "The flag-raising and chorus singing means a lot," Trevor said. "And it's just awesome how so many people serve and protect our country."

Alexa Heseltine, a Sangster sixth grader from Burke, has parents, grandparents, uncles and cousins



Trevor and mother Brenda Stuart of Springfield celebrate Veterans Day at Sangster Elementary School. Brenda is president of the Sangster Military Spouses Group.

ins in the military.

"It's really hard to be in the military most of the time," she said, "because you don't know if your dad's going to come home and say you're leaving, or if he's going to have to go somewhere for a while. Sometimes it's scary, but knowing that he's helping people is a good feeling."

When Rachel found her father after the performance, "I said Hi," she said. "Then I said that I love him, and thank you for serving in our military."



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Newly re-elected U.S. Rep. Gerry Connolly (D-11) was among many elected officials, civic leaders and long-time friends to share memories of Jean R. Packard at her memorial Nov. 6.



(From left) Jean Packard's neighbor Helen Burvis, daughter Jean E. Packard and neighbor Erik Burvis met in the Meadowlark Gardens Atrium to celebrate the elder Packard's life.

Jean R. Packard Remembered

Memorial for first female Board of Supervisors chairman held at Meadowlark Gardens.

BY TIM PETERSON
THE CONNECTION

Jean Packard was Frank Roberts' first boss. He was 13, she was 22 and the acting editor of her father Dave's Clermont Sun newspaper in Batavia, Ohio. "I was a 'devil's rat,'" Roberts said, responsible for odd gofer jobs around the office. "I was trying to hide from work and she'd track me down. She was a tough boss."

Packard was perhaps more well known for serving as the first female chairman of the Fairfax County Board of Supervisors (1972-1976), founding and chairing the Northern Virginia Conservation Trust, and being a passionate environmental civic leader in Fairfax County for the past five decades.

She died in her Fairfax home on Oct. 21 of congestive heart failure.

Roberts was among nearly 200 elected officials, civic leaders and friends of Packard who gathered Nov. 6 in the Meadowlark Gardens Atrium to remember the 92-year-old.

In the early afternoon, clouds passed and sun shone while rain continued to fall.

"I love it, it's beautiful," said Roberts. "She's beloved and highly regarded by so many people. She lived without any apparent need for self-glorification and was committed to the community, other people."

Among her myriad citizen organization positions, Packard sat on the board of the Northern Virginia Regional Park Authority (now NOVA Parks) for 24 years. Her late



PHOTOS BY TIM PETERSON/THE CONNECTION

husband Fred was the first director of the Fairfax County Park Authority, as well as that organization. The current NOVA Parks Executive Director Paul Gilbert spoke to open the formal portion of the afternoon.

"She was a remarkable woman who leaves a remarkable legacy," he said. "Her stride really was as a citizen-leader. She understood how to affect policy, in any position, not necessarily a formal position of power."

WHILE ON THE BOARD of supervisors, Packard was instrumental in protecting the Occoquan Reservoir. "You'd never know all this about her; she's so humble," said her next-door neighbors Erik and Helen Burvis. "She was always so positive, never complained."

Gilbert connected her effectiveness in positions that included Governor appointee to the Virginia Soil and Water Conservation Board (2002-2010) and President of

the Fairfax County Federation of Citizens Associations to her personality and way of dealing with people.

"She was an authentically kind person who actually bore no grudges or let it get personal," he said. "She was passionate, but didn't micromanage her vision. She was light on obsessing over details, so if her larger goals were being met, she was fine."

Current Board of Supervisors Chairman Sharon Bulova echoed Gilbert. "She was genuine, the real deal," she said. "She doesn't just lead, but has rolled up her sleeves and gotten into it with you. She's picking up trash and then adopting policy."

Recently re-elected U.S. Rep. Gerry Connolly (D-11) spoke about Packard's keen ability to move a meeting along, and how she projected what she believed in.

"She was a passionate protector of her values system," Connolly said, "which she thought reflected our values systems."

Jim Darracott of Falls Church city worked with the younger Jean for the ambulance service and has known the pair for 30 years. He said that even up until her death, civic engagement was incredibly important to Packard.

"Jean sent in her absentee ballot a week before she passed," he said. "That was so Jean. She always knew votes counted. She knew she couldn't get to the poll, so she wanted to make sure her vote got in."

PACKARD was on hand Sept. 27 when NOVA Parks broke ground on a new building at Occoquan Regional Park, called the Jean R. Packard Occoquan Center.

"It's wonderful. I'm delighted," Packard said in an interview after the event. "To think the regional park authority thinks I deserve this honor is really icing on the cake."

Packard is survived by her daughter Jean E. Packard of Fairfax and cousins Frank Roberts of Fairfax and Michael Roberts of Cincinnati.

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OPINION

Thanksgiving Help for Those in Need

Roll up those sleeves and help.

This week is the week to jump in to help the many organizations that will help needy families through the holidays. Here are a few ideas of how to help, but the opportunities are limitless.

More than 236,000 people living in the area do not have access to enough food to sustain an active, healthy life for all members of their households, according to Catholic Charities. That is to say, more than a quarter of a million people, including many children, go hungry on a regular basis.

Catholic Charities is launching a new food distribution project, the St. Lucy Project, designed to respond to food insecurity in the diocese. "The reality in Northern Virginia is that thousands of our neighbors suffer from gripping poverty and hunger," said Bishop Paul S. Loverde of the Catholic Diocese of Arlington. "Pope Francis has consistently called us to be a 'church of the poor

and for the poor.'" The project will provide food in Alexandria and other parts of Northern Virginia. See www.cdda.net for more.

Our Daily Bread will help 2,000 people for Thanksgiving and through the holidays. They need help. Sign up to deliver a meal, adopt a family or just donate. <https://www.odbfairfax.org/Thanksgiving>

United Community Ministries is seeking donations to its food pantry, donations to help prevent homelessness for 300 families on the brink, plus children's books and toys. <http://www.ucmagency.org/how-to-help.html>

Northern Virginia Family Services needs help with Operation Turkey, for 800 families. Food, money and volunteers needed. <http://www.nvfs.org/>

The Arlington Food Assistance Center is facing record demand, helping more than 8,000 people, and poised to go far above its annual budget. Find out more and donate <http://www.afac.org/>

Cornerstones' annual Thanksgiving Basket Food Drive will help nearly 1,000 families this season. 571-323-9555, www.cornerstonesva.org.

SHARE of McLean seeks donations of gro-

cery gift cards and more. Checks and gift cards can be sent to: Holiday Celebration, Share, Inc. PO Box 210, McLean, VA 22101. 703-284-2179. www.SHAREofMcLean.org

LINK, serving Herndon, Chantilly, Loudoun and more, needs contributions of food, coats and holiday toys for children, plus volunteers. On Nov. 15, LINK will distribute food, gently used winter coats/clothing and grocery gift cards to more than 800 families. 703-437-1776 www.linkagainsthunger.org

FACETS helps parents, their children and individuals who suffer the effects of poverty in the Fairfax area. FACETS is always in need of volunteers, and offers a variety of one-time and ongoing opportunities. 703-865-4251 or volunteer@facetscares.org. Information about supply donations and FACETS holiday gifts drive is available on the website at www.facetscares.org.

You can find a list of local Fairfax nonprofits here: <http://www.connectionnewspapers.com/news/2014/aug/27/newcomers-guide-area-nonprofits/>

— MARY KIMM,

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EDITORIAL

COMMENTARY



BY JOHN C. COOK
SUPERVISOR (R-BRADDOCK
DISTRICT)

If you have ever been in the position of providing ongoing, long-term care for a loved one, you are very familiar with the sacrifices involved. You should also know that you are not alone. Whether it is a result of illness, disability, or injury, 39 percent of all adult Americans are caring for an older loved one - an increase from 30 percent in 2010.

Most older-adults would prefer to age in place. We know this to be true, and it makes sense. It's a more comfortable, familiar environment. However, it does come with its own stressors and challenges as 80 percent of the care for the elderly is provided by family, friends and

neighbors. Every November we take time to recognize Caregiver Appreciation Month. It is a time to acknowledge and appreciate all those around us who go the extra mile to take care of others.

If you are a caregiver, know that Fairfax County has support services that can help as you continue on the caregiving journey. The Long Term Coordinating Care Council is a wonderful resource to start. You can visit the website at <http://www.fairfaxcounty.gov/hd/lccc/>. Another option, a phone line, 703-324-7948, is the Services for Older Adults. There you will reach social workers that can help you navigate

through the myriad of resources available. The Fairfax County 50+ initiative is also looking to help develop additional services and resources for caregivers. Please contact my office to learn more about the progress of these programs. You may also consider reaching out to ElderLink, a nonprofit organization created by a partnership of the Fairfax Area Agency on Aging, the Inova Health System, and the Alzheimer's Association, that seeks to provide affordable care management services to older adults. They can be reached at 703-324-7948. Another helpful resource is the Caregiver Action Network website. It offers a variety of tips and tools - <http://www.caregiveraction.org/resources/toolbox/>.

I also hope that my show this

month on Fairfax County Channel 16, which features several personal caregivers, will help those who find themselves in the position of providing care. The show airs throughout the month and can be seen Sundays at 5 p.m., Wednesdays at 7 p.m. and Fridays at 5 p.m.

It is very important to remember that you must take care of yourself first in order to provide the best level of care to your patient or loved one. It is very easy to become consumed with trying to finish all tasks only to find that many more are waiting. Develop a support network. Find respite and relaxation for yourself. If you are not a caregiver today, you may become one. So reach out to help if you can. By working together, we can build communities ready to serve our neighbors.

and I'll be curious to see how this organization creates positive change in the future.

Gizan Glycer
Fairfax Station

Preserving the Planet

To the Editor:

Tuesday's win for the Republicans presents us with an opportunity for soul-searching. Many conservative Americans accept the science on climate change. However, many of the Republicans we

elected to represent us in Congress aren't in line with the most basic of conservative impulses: conserving the planet that we live on. In fact, many of the Republicans we elected have established sad track records of letting climate change continue unabated. As a mother and a person of faith, I hope that conservative leaders will take a page from the U.S. Catholic Bishops, who support limits on carbon pollution. It's time for our representatives to represent conservative values at their best.

Irene Sayne
Falls Church

LETTERS TO THE EDITOR

Raising Awareness of Domestic Abuse

To the Editor:

I appreciate your coverage on the work that Shelter House is doing in the Reston community and elsewhere. Domestic violence is a very serious issue that doesn't seem to receive enough attention for how widespread of an issue it is. It's unfortunate that there seems to be a stigma surrounding domestic abuse, when in fact there

desperately needs to be awareness raised about it. I think part of the reason this stigma exists is because some people may fail to recognize how difficult it is for the victim to escape an abusive situation. While females that are victims of domestic abuse may objectively realize the danger they are in, there are often more critical factors they have to take into account, especially if they have children. I think Shelter House is an excellent solution to this problem, as it offers support and viable options to these victims. It's good to see awareness being raised in the local commu-

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Democratic Women Launch Holiday Donations Drive

Again this year, the Democratic Women of Clifton and Northern Virginia (DWCNV) will participate in two holiday projects for two organizations. The general public is invited to participate in the donations drive on Sunday, Nov. 16, 3 - 4 p.m. at the Clifton Community Hall, 12641 Chapel Road, Clifton.

For the fourth year, the DWCNV is coordinating with Fairfax County Fire and Rescue Department (FCFRD) to collect toys for needy children throughout Northern Virginia. These donated gifts will be the only ones many of the children receive for Christmas. The toy drive is the highlight of the holiday season for both the first responders and the young gift recipients. Captain Will Bailey, project coordinator, will be on hand to receive donations. He will also speak about his experiences with these collections. In addition to toys, the FCFRD will accept monetary donations to purchase new coats and tennis shoes for area children. Each year, the department distributes as many as 3,000 new coats to more than 50 schools, shelters, and nonprofits throughout Fairfax and Alexandria. These new coats are made in the U.S.A and purchased at a discount. This year they will also distribute tennis shoes that have been donated. Your donations of \$2 per pair of these donated shoes is appreciated and will cover warehousing and distribution.

If you wish to contribute to the toy drive, bring new, unwrapped toys to the Nov. 16 meeting of the

DWCNV. Gift cards from Target, Best Buy or Old Navy are welcomed for older children, who enjoy selecting their own gifts at these stores. Toys and games for older children (ages 9-12) are also needed. Please contact cliftonwomens@aol.com to arrange a drop off; gift cards may be mailed to: DWCNV, P.O. Box 143, Clifton, VA 20124.

Monetary donations may also be mailed to the DWCNV at the above address, with checks made payable to "Firefighters and Friends to the Rescue." Toy donations that cannot be made by the time of the meeting can be dropped off at a drop off box at 12714 Chestnut Street, Clifton, VA (side porch) until Dec. 8. The donations of checks, toys or cash are tax deductible, and receipts will be provided for tax purposes. Also, as in recent years, the DWCNV is sponsoring a collection of grocery store gift cards to benefit Our Daily Bread, a local nonprofit organization that provides food and assistance to Northern Virginia families experiencing financial hardship. Your gift card donation will be distributed to the families in January. Bring gift cards of any denomination from any local grocery store or checks payable to "Our Daily Bread" to the DWCNV meeting on Nov. 16 or mail them to the address above. These will be accepted until Dec. 31. Lisa Whetzel, Executive Director of Our Daily Bread will talk about their needs and what the organization is doing.

For more information, contact ucliftonwomens@aol.com or call 703-830-1355.



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FAIRFAX STATION/CLIFTON/LORTON CONNECTION ❖ NOVEMBER 13-19, 2014 ❖ 9

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NEWS

'It's a Privilege and an Honor' Hosted by local church,
Guatemalans visit Fairfax preschool.

By BONNIE HOBBS
THE CONNECTION

For the past 10 years, the women of Fairfax Presbyterian Church have made a mission trip/cultural exchange to Guatemala. And in mid-October, some of the Guatemalan women they met came here to visit.

One of their stops was at the Main Street Child Development Center in Fairfax. It mainly serves children from low-income, working families and provides an affordable, early childhood, educational program for them.

"We have 72 preschoolers, ages 2 through 5, and 76 percent are from low-income families," said Development Coordinator Jim Dempsey. "Plus we have 20 students who come here before and after school at Daniels Run Elementary. They get a healthy breakfast and homework assistance."

"It's an outstanding program and our church does activities for the children here," added Renna Jordan, a former Main Street board member and one of the Fairfax

Presbyterian Women. "So we thought it would give our Guatemalan visitors an idea of a preschool here."

The women came from Quetzaltenango, the second-largest city in Guatemala. At Main Street, said Marina Monterroso, "We wanted to see the work they're doing because it's different than what we have in Guatemala. Here, they have all the supplies they need for the students – even little chairs and tables – and give them lots of attention."

"More students here are able to have access to preschool education," said Juana Herlinda. "In Guatemala, only rich people have access to preschool education, and there isn't any in the rural areas."

Martha Lidia Salanic was impressed with "the dedication the teachers have for the children and the way they treat them." And Monterroso noted how nicely the Fairfax children stand in line. In Guatemala, she said, each teacher has as many as 40 students to handle.

Alicia Moscoso also noted how the Presbyterian Church helps in



(From left) are Alicia Moscoso, Martha Lidia Salanic, Juana Herlinda, Marina Monterroso and Magdalena Diaz.

its community. Accompanying the Guatemalans to Virginia was Jennifer Thalman Kepler of a theater company in Louisville, Ky. She grew up in Fairfax Presbyterian Church and lived in Guatemala from 2003-04 as a church volunteer supporting the work the women there were doing in their church.

"My company creates original plays based on women's experiences, and Marina asked me to

what we do here], and about 70 percent of our children speak Spanish at home."

It was also valuable to the Guatemalans. "Being able to learn how both religious and community organizations function helps us understand how we can educate the organizations we work with," explained Herlinda.

"It's a privilege and an honor for women of Christian faith to have these women here with us," said Carol Drago, a Fairfax Presbyterian Church elder. "I met them five years ago, and it's a dream come true for them because they've always wanted to come here and see us."

"Fairfax Presbyterian has been a huge supporter of ours for many years," said Lieske. "During the holidays, they prepare Christmas stockings and wrap gifts for the children. And for every child's birthday, the church provides cupcakes, so it's a lovely partnership. They also support us on a regular basis with donations. So we're thrilled when they bring guests and we can show off our children and our facility."

The guests also planned to see Washington, D.C. and its sights and lead that Sunday's worship at the Fairfax church.

"We're delighted to have them visit," said Main Street Director Carol Lieske. "We're so proud [of

PHOTO COURTESY OF RENNA JORDAN

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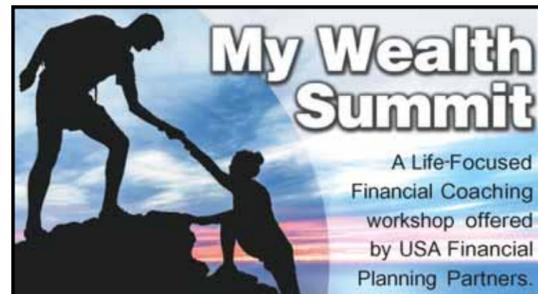
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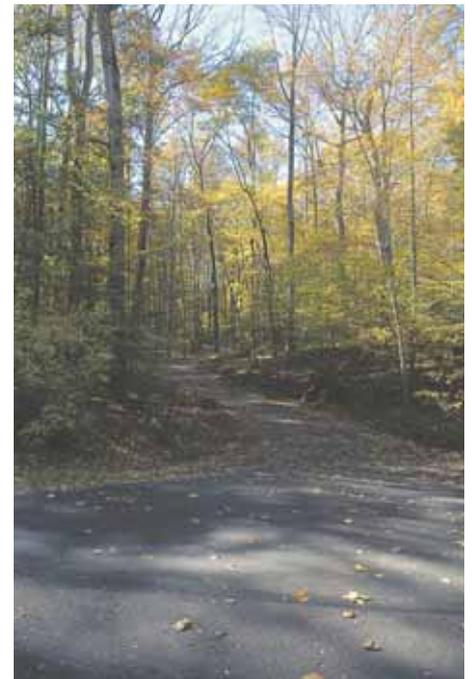
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Local REAL ESTATE

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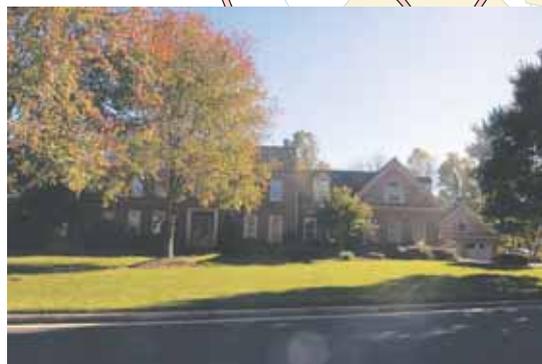


2 3528 Schuerman House Drive, Fairfax — \$1,309,469

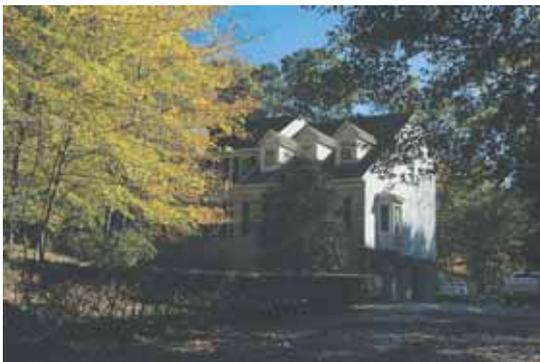
3 6118 Moonpatterns Trail, Fairfax Station — \$1,075,000



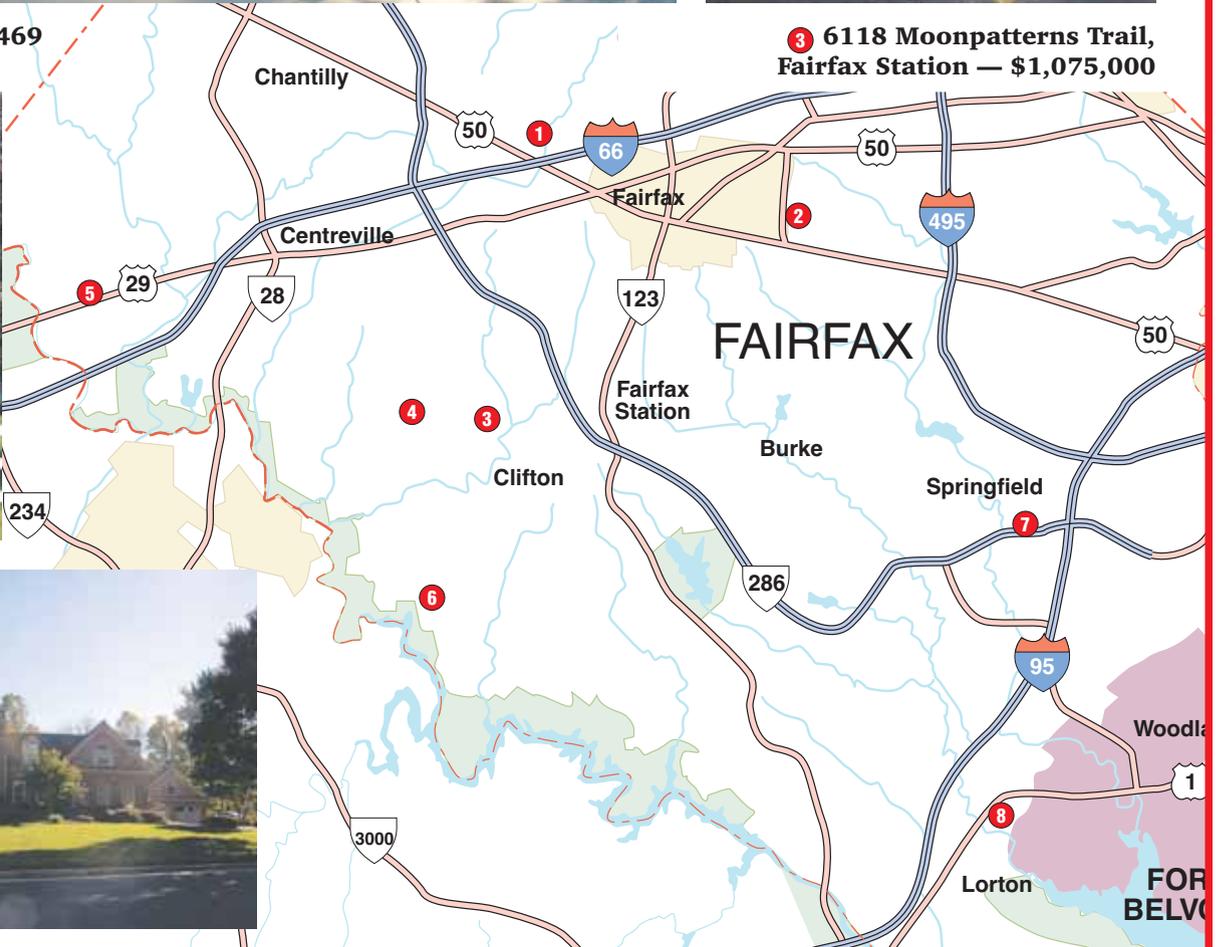
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3 6118 MOONPATTERNS TRL	4	3	1	FAIRFAX STATION	FAIRFAX STATION	\$1,075,000	Detached	5.13	22039	THE PATTERNS	09/30/14
4 12710 MEGILLS LANDING LN	4	3	1	CLIFTON	CLIFTON	\$900,000	Detached	5.13	20124	MEGILLS CROSSING	09/30/14
5 15421 EAGLE TAVERN LN	4	4	1	CENTREVILLE	CENTREVILLE	\$900,000	Detached	1.04	20120	VIRGINIA RUN	09/12/14
6 12413 SHARI HUNT GRV	5	4	1	CLIFTON	CLIFTON	\$880,000	Detached	5.00	20124	CLIFTON HUNT	09/12/14
7 7007 SPRINGVILLE CT	6	4	0	SPRINGFIELD	SPRINGFIELD	\$849,900	Detached	0.32	22150	SPRING VILLAGE ESTATES	09/25/14
8 7519 TANGERINE PL	5	3	1	LORTON	LORTON	\$832,035	Detached	0.00	22079	SUMMIT OAKS	09/26/14

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McLean Location for 2015 DC Design House

House will benefit Children's National Health System.

BY MARILYN CAMPBELL
THE CONNECTION

The new country estate at 956 Mackall Farm Lane in McLean will be the location for the 8th annual DC Design House, a project that raises money to benefit Children's National Health System. The 2015 DC Design House will be held from April 11 to May 10.

"We're excited to have found such a wonderful location and partner for the 2015 DC Design House," said Skip Singleton, co-founder of the DC Design House. "The new home by Artisan Builders is a charming old farmhouse-style home in McLean, our first venture into Virginia, with many rooms for our team of designers to decorate."

Built by Artisan Builders and designed by Harrison Design, the 8,869-square-foot home replicates an old American farmhouse. The home is reminiscent of a Virginia countryside home, but offers modern amenities. The interior floor plan is an L shape, which was popular among early farmers because of the ease and efficiency of adding future rooms.

"My partners and I are truly thrilled that Artisan Builders' new old farmhouse in McLean, Va., has been selected as the 2015 DC Design House," said Stephen Yeonas of



PHOTO COURTESY OF THE 2015 DC DESIGN HOUSE

A country estate in McLean is the 2015 location for the DC Design House.

"We're excited to have found such a wonderful location and partner for the 2015 DC Design House. The new home by Artisan Builders is a charming old farmhouse-style home in McLean, our first venture into Virginia, with many rooms for our team of designers to decorate."

— Skip Singleton, cofounder of the DC Design House.

Artisan Builders. "Our entire team is committed to making the event the best ever, while helping a great cause, Children's National Health System."

THIS MODERN FARMHOUSE offers light-filled interior rooms that blend old

elements, such as reclaimed wood and antiques, with new features, including top-of-the-line kitchen appliances.

A gallery finished with stone from an old Virginia farmhouse and a library paneled in quarter-sawn oak are among the vintage touches. The exterior features covered

porches, antique style lighting, and natural stone in a random, hand-cut pattern. Landscape design is by Fine Landscapes and sales by Yeonas & Shafran Real Estate.

Some of the area's top designers previewed more than 20 rooms in the three-level home, which includes first floor formal and family foyers, dining and living rooms, library, kitchen, breakfast room, family room, mudroom and front and rear covered porches. Among the rooms on the upper level are a master suite with reading nook and three secondary suites, while the lower level offers a bistro and bar, media and game rooms, and an additional bedroom and bath.

"We'll be announcing designers by the end of November," said Susan Hayes Long, chair of the DC Design House, "and we're sure the 8th annual DC Design House will continue our tradition of exceptionally innovative designs and inspiration, all while raising money for our beneficiary: Children's National Health System."

The interior designers create presentation boards, which show how they would design the home. Volunteer staff choose the designers who will donate their time and talent to transform the house into a showcase home.

The DC Design House began in 2008 as an event for the DC Metro area in which top area designers showcased their talents in a "flowing design home" to raise funds for a local charity. What began as a single event goal to raise funds for Children's National Health System, formerly Children's National Medical Center, has developed into an annual residential design attraction and fundraiser.

New Interior Design Book Features Local Tastemakers

Interior designers offer advice on creating an elegant home.

BY MARILYN CAMPBELL
THE CONNECTION

Fall not only brings vibrantly colored leaves and pumpkins, but it also ushers in a slew of new book releases. Among those is an interior design book featuring local designers.

Melissa Mather's "Creating Elegant Interiors: Designers in their Own Words" is a collection of narratives from design experts who offer advice on creating a stylish home. It is filled with photographs of rooms that offer a variety of definitions of elegance, including modern, traditional and even preppy.

"We presented questions to a variety of skillful tastemakers, each with a discerning eye for style," said Mather. "Their answers are intended to help the reader discover their own personal style and create

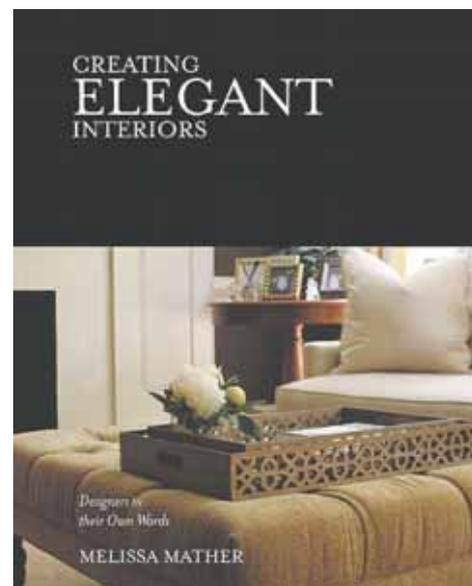


PHOTO CONTRIBUTED

New book on creating an elegant home features local designers.

a home that is both elegant and comfortable. The designers share some of the insights they use while guiding their clients to the discovery of their own unique design style."

Among the designers in the book are Victoria Sanchez of Victoria Sanchez Interiors and Victoria at Home in Old Town, Alexandria, who describes how she begins her design projects.

"I always ask lifestyle questions early on in the design process to understand how my clients want to best use their space," said Sanchez. "For example, do you have a big family that requires 10 seats at the dining table? Do you host the weekly playgroup and therefore need open spaces and childproof fabrics? Write down your answers and you will quickly see what you need and what's important to you, and this will help you develop the right space."

Personal touches and do-it-yourself projects are great ways to showcase your tastes and sense of style," said Allie Mann of Arlington.

"Don't be afraid to use your space as a creative outlet," she said. "Do-it-yourself

projects don't need to be super time-consuming or terribly sophisticated, either."

CREATE A MASTER PLAN before beginning a project is advice offered by Kai Tong, an architect at Hopkins & Porter in Potomac, Md. "It doesn't need to be implemented and finished immediately, but it will allow the clients to live in the space and observe how both the space and their vision and needs evolve," he said.

One of the first things to ask and consider is how the space is going to be used, said Ann O'Shields, an interior designer and owner of The Nest Egg in Fairfax.

"Will it be adults only in a formal setting or a space with children and pets?" she asks. "From there, I recommend identifying spaces or things in your current home that you enjoy. It's important to give your home personality and add elements that you enjoy."

"Creating Elegant Interiors: Designers in the Own Words," can be found at bookstores and on Amazon.com.

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THROUGH MONDAY/DEC. 15

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

THROUGH WEDNESDAY/DEC. 31

War on the Doorstep: Fairfax Militia in the War of 1812.
Exhibition. The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway. Open Tue.-Sat. 10 a.m.-3 p.m. Free tours at 1 p.m. 703-591-0560.

THROUGH 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.

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 Stree, Fairfax. Open daily 9 a.m.-5 p.m. 703-385-



The Jewish Community Center of Northern Virginia continues its third performing arts season with cabaret created by home-grown performer, Bayla Whitten performing on Nov. 15-16.

8414.

THURSDAY-SATURDAY/NOV. 13-15

"A Midsummer Night's Dream." 7 p.m. South County High School, 8501 Silverbrook Road, Lorton. Tickets are \$10 for general admission, and \$8 for students and seniors. southcountytheatre.org

FRIDAY/NOV. 14

Light Up. 6-9 p.m. Fairfax Corner, 11900 Palace Way, Fairfax. Annual tree lighting celebration in Fairfax Corner. Holiday entertainment, balloon twisters and more.

Czech Philharmonic Orchestra. 8 p.m. George Mason University's Center for the Arts, 4400 University Drive, Fairfax. Czech Philharmonic Orchestra has maintained an outstanding international reputation on par with many of Europe's most prominent orchestras. Tickets: \$42-\$70. For more information call 888-945-2468.

Beau Soir Trio - Music for Flute, Viola & Harp. 8 p.m. Old Town Hall, 3999 University Drive, Fairfax. The Beau Soir Ensemble is a flute, viola, and harp trio dedicated to the performance of standard and contemporary repertoire spanning a variety of genres.

SATURDAY-SUNDAY/NOV. 15-16

28th Annual Holiday Craft Show. Saturday: 10 a.m.-5 p.m. Sunday: 10 a.m.-3 p.m. Fairfax High School, 3501 Rebel Run Road, Fairfax. Artisans from all over the United States, including many local artists, are participating in this year's show and are delighted to be able to offer you so many wonderful holiday gift choices. Admission: \$5 per day or \$8 for a two-day pass. No charge for children under 18 years.

Some Kind of Wonderful: Bayla Whitten Sings Carole King. Saturday: 8 p.m. Sunday: 2 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The Jewish Community Center of Northern Virginia (the J) continues its third performing arts season with cabaret created just for the J. A homegrown performer, Bayla attended Geshur Jewish Day School when it was at the J. After high school, she studied in London and performed in the West End production of Les Misérables. Bayla regularly performs at Signature Theatre, and we are proud to welcome her back in a tribute to songwriter Carole King (nee Carol

SEE CALENDAR, PAGE 15



ICELANDIC CHRISTMAS BAZAAR

~ JÓLABASAR ~

Saturday, 22 November, 2014
11:00 a.m. – 3:00 p.m.

American Legion Post 177, 3939 Oak Street, Fairfax, VA 22030



Allir velkomnir - All welcome

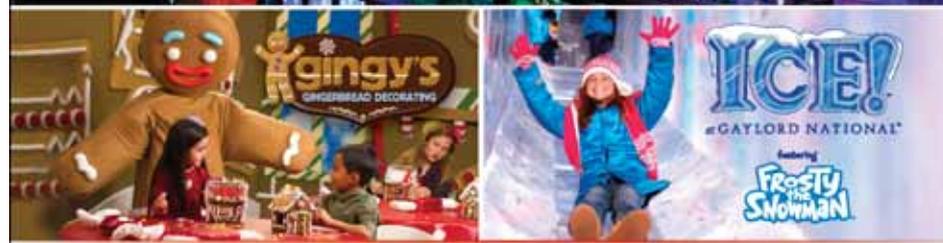
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CALENDAR

FROM PAGE 14

Klein), who "wrote the soundtrack to a generation" — Will You Love Me Tomorrow, One Fine Day, I Feel the Earth Move and more.

SATURDAY/NOV. 15

Date Night: Chef's Table. 7-9 p.m. Building W-3, Classroom 302, Workhouse Arts Center, 9518 Workhouse Way, Lorton. The menu items will be prepared by participants working together at each of the cooking islands. Participants will be served a tasting portion of all the entrees and a chef-selected drink of choice. \$85 per person. 703-584-2900. www.workhousearts.org.

Ballroom Social Dance. 7:30-10:30 p.m. W-16 McGuire Woods Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Mini-lesson begins at 7:30 p.m. and is \$5 per person. Open dancing begins at 8 p.m. Open dance is \$10 per person. Complimentary refreshments and a cash bar will be available in the gallery. All skill levels welcome. \$10-15. 703-584-2900. www.workhousearts.org.

The 15th Annual Taste of Fall with FACETS. 7 p.m. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. Sample delicious food and drinks from local restaurants, wineries and breweries; enjoy live musical entertainment; bid on unique items in the silent and live auction. Tickets are \$50 and include tastings of all food and beverages, including wine, beer and sodas. Register online at www.FacetsCares.org or at the door.

Remodelier's Charity Home Tour. 10 a.m. - 4 p.m. Tour design trends of newly renovated homes and closet designs, on the scenic back roads of Clifton, Va. Rain or shine, it's free. remodelerscharityhometour.com.

SUNDAY/NOV. 16

Model Train Show. 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. The Northern Virginia NTRAK members will have a display and N gauge trains running. Museum members, free; adults 16 and over, \$4; children 5-15, \$2; under 4, free. Information on the museum and shows is at www.fairfax-station.org phone 703-425-9225.

MONDAY/NOV. 17

Children's Performance Series: Peter McCorry & His One Man Band. 10:30 a.m. Old Town Hall, 3999 University Drive, Fairfax. Peter McCorry has been thrilling children and adults with his one-man band musical shows since 1996. A master of multi-tasking, Peter's feet play the drum set while his hands are busy on the guitar. For all ages. Free, but donations are accepted. 703-385-2712.

Lorton Evening Book Conversations. 7 p.m. Lorton Library, 9520 Richmond Highway, Lorton. Book discussions every third Monday. November book, Hush Money by Robert Parker. Adults. 703-339-7385.

Crazy 8s Math Club. 4:30 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Join Bedtime Math's Crazy 8s, where you'll build stuff, run and jump, make music in this totally new kind of math club. Grades K-2.

Tales to Tails. 4:30 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Need practice reading? Read aloud to a friendly, trained therapy dog. Ages 6-12.

TUESDAY/NOV. 18

Washington Times Chairman to Address GOP Women of Clifton

Tom McDevitt, Chairman of The Washington Times, will speak at the Nov. 19 meeting of the Republican Women of Clifton. The event will be at Fairview Elementary School, 5815 Ox Road, Fairfax Station, and begin at 7 p.m. when refreshments will be served. President Alice Butler-Short will open the business meeting at 7:30 p.m. after which Mr. McDevitt will present "America is God's Hope — Reflections on 2014 and where we go from here".

McDevitt is the chairman of The Washington Times (TWT) and the company's Board of Directors after serving many years in various positions at the media organization. He became president of TWT in March 2007 just prior to the company's 25th anniversary and served in that position through October 2012. As chief executive officer, McDevitt was responsible for all aspects of the news and information for the company.

He led TWT through an intensive period of strategic turnaround, national market alignment, and product line expansion reaching more than ten million regular readers



PHOTO CONTRIBUTED

Tom McDevitt

throughout America. McDevitt speaks frequently to national and international audiences on media trends, principled leadership, and strategy.

Attendees are invited to contribute \$5 at the door for TAPS - the Tragedy Assistance Program for Survivors of our fallen heroes.

The Republican Women of Clifton (RWC) is the fastest growing Republican Women's club in Northern Virginia and comprises conservative women from Clifton, Centreville, Fairfax Station, Fairfax, Lorton, and surrounding areas. For more information, visit www.CliftonGOP.com.

WEDNESDAY/NOV. 19

Bilingual Storytime. 4 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Bilingual Storytime in English and Spanish. Build your child's early literacy skills while enjoying stories, songs and activities. Ages 3-5 with adult.

Tales to Tails. 4:30 p.m. Read to the dog. City of Fairfax Regional Library, 10360 North Street, Fairfax. Ages 6-12 with adult.

THURSDAY/NOV. 20

Pohick Church Christmas Market. 10 a.m. - 2 p.m. Pohick Church, 9301 Richmond Highway, Lorton. The Parish House and the Vestry House will be transformed into a festive Christmas atmosphere with rooms filled with Attic Treasures, a Consignment Shop, a Christmas Shoppe with craft items and jewelry, and a Pantry Shelf with fresh baked goods, homemade apple butter, and frozen casseroles. The Docent Guild will be leading tours of our historic church, and a delicious luncheon will be served by ladies dressed in colonial costumes. There will be three seatings for the luncheon: 11 a.m., noon and 1 p.m.

Stranger than Fiction: Great Art Heists in History. 7:30 p.m. Workhouse Arts Center, 9518 Workhouse Way, W-3 Theatre, Lorton. Discover what Japanese gangsters, bear spray and daring boat getaways have in common with noteworthy art thefts. In this lecture, you will travel the globe learning why museums from Amsterdam to Zimbabwe have been targets for thieves and what tools they used to elude detection. Find out who got caught...and who did not. \$10 per person, \$5 for Artists at and Friends

of the Workhouse, Volunteers and Military. Contact Moria Nisbet, 703-584-2986.

FRIDAY-SATURDAY/NOV. 21-22

"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. For group tickets or special needs and assistance, please call 703-866-3546.

SUNDAY/NOV. 23

CROP Walk. 1:15 p.m. Living Savior Lutheran Church, 5500 Ox Road, Fairfax Station. Distance 6K/3.7 miles with a shorter option. Nonperishable food will be collected for ECHO. No entry fee but registration required. Walker envelopes for sponsor donations are available prior to the walk or at registration. Janet Smith, 703-455-9025, BurkeVA.CROP@cox.net.

MONDAY/NOV. 24

Music and Movin' with Miss Susan. 10:30 a.m. & 11:30 a.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Cosponsored by Friends of the City of Fairfax Regional Library. Ages 6 months-5 years with adult.

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SPORTS

Fairfax senior Cori Black scored the game-winning goal against Chantilly in the region final on Nov. 6.



PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Rebels Capture Region Title

Rebels survive late goal from Chantilly, win in double overtime.

BY JON ROETMAN
THE CONNECTION

With a region title on the line and her Fairfax field hockey team battling Chantilly in a second overtime period, head coach Amber Beaudoin turned to a pair of media members on the sideline and cracked a joke.

"Is this exciting enough for you guys?"

Beaudoin carried herself with a cool calmness during a pressure-packed situation, but would later say she was "dying" on the inside. For the second straight season, the Rebels squandered a lead and went to overtime in the 6A North region final. In 2013, the result was a 2-1 loss to Westfield. On Thursday at Fairfax High School, the Rebels responded in championship fashion.

Senior captain Cori Black scored the game-winning goal with 4:40 remaining in double overtime, giving Fairfax a 2-1 victory over Chantilly and its first region championship since 1993.

"Right when I hit it," Black said, "I felt like it was going to go in."

Black's goal put an end to a stressful 30 minutes for the Rebels.

Fairfax grabbed a 1-0 lead with 2:54 remaining in the first half when senior captain Meg Robertson scored on an assist from senior midfielder Trisha Le. The Rebels maintained their advantage until Chantilly senior captain Kelly Updike scored off a penalty corner with 4:27 remaining in regulation.

How would the Rebels handle adversity?

"This team plays off my energy," Beaudoin said. "I try to be very careful with how I react. ... I was dying a little bit inside when they scored."

After neither team scored in the closing minutes of regulation, Fairfax controlled the first overtime period, playing 7-on-6 for two minutes following a Chantilly green card, but failed to score. Le came close to ending it, but her shot hit the left post.

In the second overtime period, some nifty passing between Charlotte Duke and Le led to a penalty stroke after Chantilly goalkeeper Kyler Zampiello made contact with Le in front of the cage. Olivia Cummings attempted the stroke for Fairfax, but Zampiello moved to her left and made a game-saving pad save with 6:22 left on the clock.

"We had to stay positive," Black said. "Our coach just told us, 'We need this. We can't let it happen again.' We have this thing called 'Unfinished Business,' and that's from last year, not winning regionals. So this year, we were saying our business is going to be finished."

Less than two minutes after Fairfax failed to convert the penalty stroke, Black found the back of the cage, giving the Rebels their first region title in two decades.

"I'm kind of in shock right now," Robertson said after the game. "I've been on this team four years, and I've made it to the regional semifinals every year. The last two we made it to this game, and to win this year is just incredible. To be with this team and to win is just unbelievable."

Fairfax, making its second straight trip to the state tournament, will face First Colonial, the 6A South region runner-up, in the semifinals at noon on Friday, Feb. 14 at the National Training Center in Virginia Beach. The Rebels are 20-3, have won 15 consecutive games — including their sixth straight conference/district title — and enter the state tournament as an experienced and confident group.

"Going to states two years in a row," Le said, "we learned how to maximize our chances and play against good teams."

Chantilly (15-4), which knocked off defending state champion Westfield in the region semifinals on Tuesday, will face 6A South champion Frank Cox on Feb. 14 at the National Training Center in Virginia Beach.

The All-6A North Region Tournament Team was announced after the game: Robertson (Fairfax); Claire Cooke (Woodson); Jessica Reeves (Chantilly); Emily McNamara (Westfield); Duke (Fairfax); Sarah Horgan (Westfield); Taylor Stone (Herndon); Zampiello (Chantilly); Katie Cummings (South County); Sofia Palacios (Herndon); Emily Deivert (Fairfax); Jennifer McCann (Annandale); Julia Golden (Chantilly); Black (Fairfax).



CRAIG STERBUTZEL/THE CONNECTION

Lake Braddock senior Alex Corbett won the 6A North region championship on Nov. 5.



CRAIG STERBUTZEL/THE CONNECTION

Robinson Lauren Berman placed seventh at the regional meet on Nov. 5, helping the Rams earn a state berth.

Lake Braddock Boys' XC Wins Region Title

LB, Robinson, West Springfield send two teams to states.

The Lake Braddock boys' cross country team won the 6A North region championship, and the Bruins, Robinson and West Springfield will each send their boys' and girls' teams to the state meet on Saturday, Nov. 15, at Great Meadow.

Led by senior Alex Corbett, the Lake Braddock boys' team won the region title with a score of 37 on Nov. 5 at Burke Lake Park. Oakton finished runner-up with a score of 86. West Springfield (118), Chantilly (120), Robinson (170) and Washington-Lee (203) also qualified for states.

Corbett won the individual title for the Bruins with a time of 14:41. Six days prior, Corbett became the first Lake Braddock boys' harrier to break 15 minutes when he won the Conference 7 championship with a time of 14:47, which at the time was the 11th-best time in the history of the Burke Lake course.

Lake Braddock's Kevin Monogue placed fourth at regionals with a time of 15:00. Colin Schaefer placed sixth (15:07), Ben Fogg finished seventh (15:22), and Evan Chase took 23rd (15:49).

Robert Lockwood led Woodson with an eighth-place finish, recording a time of 15:23. West Springfield's Timothy Ward placed 10th (15:28), and Fairfax's Alex Maguire qualified for states with a 15th-place finish (15:34).

Hunter Jetras was Robinson's top finisher, coming in 16th with a time of 15:35.

Oakton won the girls' region title with a score of 58. Madison (67), Lake Braddock (79), Patriot (116), Robinson (190) and West Springfield (219) also qualified for states.

Patriot's Rachel McArthur won the event with a time of 17:21. Robinson's Lauren Berman placed seventh with a time of 17:47. South County's Faith Zolper (18:02) and Louisa McPherson (18:04) placed 100th and 11th, respectively. Lake Braddock's Kate Murphy finished 12th (18:10) and teammate Sarah Daniels placed 15th (18:17).

Emily Keast led West Springfield with a 24th-place finish (18:34).

Group 6A, 5A Football Playoff Pairings Announced

The VHSL Group 6A and 5A North region football playoffs begin on Friday, Nov. 14.

In 6A North action, Lake Braddock (8-2) is the No. 3 seed and will host No. 14 Oakton at 7:30 p.m. The Bruins posted a 4-2 record against playoff teams year. In 2012, Oakton, then a No. 7 seed, upset Lake Braddock in the quarterfinals on its way to a region championship.

South County (9-1) is the No. 5 seed and will host No. 12 Robinson (6-4) at 7:30 p.m. The Stallions have been a scoring machine this year, averaging 50.8 points per contest during the regular season. South County is 4-1 against playoff teams this season, with its only loss coming against Lake Braddock, 62-41, on Oct. 31. Robinson started 6-0 before losing its final four games, averaging less than 10 points per contest over the final month. The Rams went 1-4 against playoff teams, with their lone

victory coming against Lake Braddock.

West Springfield (8-2) is the No. 6 seed and will host No. 11 Washington-Lee (6-4) at 7:30 p.m. The Spartans have won five in a row and eight of their last nine. West Springfield is 3-2 against playoff teams, including a 16-14 victory over Lake Braddock on Oct. 17.

Hayfield (7-3) is the No. 7 seed and will host No. 10 Chantilly (5-5) at 7:30 p.m. The Hawks started 0-3 against stiff competition, losing to South County (No. 5), Westfield (No. 2) and Centreville (No. 1). The Hawks have won seven in a row since, including victories against five playoff teams — W-L (No. 11), Wakefield (5A), Yorktown (No. 9), Falls Church (5A) and Edison (5A).

In the 5A North playoffs, Edison (3-7) is the No. 16 seed and will travel to face No. 1 Tuscarora (10-0) at 7 p.m. The Eagles are 0-5 against playoff teams.

Mason Professors Win Virginia Center of Aging Grant

Funding will be used to study Alzheimer's disease.

BY MARILYN CAMPBELL
THE CONNECTION

Two George Mason University professors recently won a prestigious and competitive grant that they hope will lead them closer to success in their fight against Alzheimer's disease.

Professor Joseph J. Pancrazio, chair of the Department of Bioengineering, and Professor Robin Couch, an associate professor in the Department of Chemistry and Biochemistry, were awarded grants from the Alzheimer's and Related Diseases Research Award Fund, which is administered by the Commonwealth of Virginia's Center on Aging.

"I am very appreciative to the Virginia Center of Aging for giving us the opportunity to pursue



PHOTOS BY EVAN CANTWELL/GMU CREATIVE SERVICES

Robin Couch

this new line of potentially high impact research," said Pancrazio.

Although they are using different approaches, both Pancrazio and Couch are studying ways to defeat or slow down the progression of Alzheimer's disease, which Couch characterizes as "the progressive deterioration of cognitive and functional abilities, leading to the loss of bodily function and death."

Pancrazio and his research team are looking at ways brain cells react to certain medications. "Our

main research goal is to develop an engineering platform that can be utilized to study the underlying mechanisms of Alzheimer's disease and eventually to test new therapeutic options," said Pancrazio. "By growing brain cells, neurons, on a dish which is very similar to a computer chip, we can then measure the electrical activity of the cells and determine how the activity would change in presence of an Alzheimer's disease biomolecule such as amyloid beta peptide. We believe our platform



Joseph J. Pancrazio

provides a fast, non-invasive and accurate screening tool."

Electrical and computer engineering Ph.D. student Hamid Charkhkar is on Pancrazio's research team. "Every day, I feel more devoted to pursue this research, not only because it satisfies my scientific curiosity, but also [because] I am very hopeful that the outcomes of my research would potentially help patients with Alzheimer's disease," he said.

Couch and his research team are treating brain cells with molecules

to prompt them to release a "nerve growth factor," a protein that keeps neurons alive.

"While the pathology of Alzheimer's disease is related to the accumulation of protein deposits — or plaques — in the brain and the death of specific neurons, the currently employed therapeutics address the cognitive decline, but do little to halt or even slow the progress of neuronal decay," said Couch. "A radically different approach to the treatment [and] prevention of AD is known as neuroprotection, which involves the use of therapeutic agents, such as nerve growth factor, to defend the neurons from death. Nerve growth factor, naturally produced in the brain, binds to ... the neurons associated with Alzheimer's disease and promotes their survival." Justin B. Davis, who is the lead Ph.D. student on Couch's research team, said, "While the complexities of Alzheimer's disease and its progression make it an academically stimulating research topic, the gravity of the disease and its effects on the population are the true driving forces behind our efforts at George Mason."

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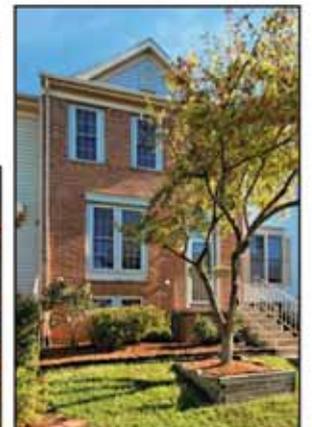
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 The Burke Connection
 The Fairfax Connection
 The Fairfax Station/Clifton/
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Zone 3: The Alexandria
 Gazette Packet
 The Mount Vernon Gazette

Zone 4: Centre View North
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Zone 5: The Potomac Almanac

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 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

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 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.

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21 Announcements **21 Announcements**

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as
 2665 Prosperity Avenue, #402, Fairfax, Virginia

In execution of a Deed of Trust from Don Michael Stoops, dated September 29, 2006, and recorded October 2, 2006, in Deed Book 18803 at page 60 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Court House for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Tuesday, November 25, 2014 at 9:30 a.m. the following property being the property contained in said Deed of Trust, described as follows:

Unit 402, HALSTEAD AT THE METRO II, A CONDOMINIUM, and the limited common elements appurtenant thereto, including limited common element garage space/parking space G4-050, established by condominium instruments recorded in Deed Book 18395 at page 1876 and any supplemental declarations and/or amendments recorded subsequent thereto among the Land Records of Fairfax County, Virginia.

Commonly known as 2665 Prosperity Avenue, #402, Fairfax, Virginia 22031.

TERMS OF SALE: A deposit of \$20,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 2.625 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY
 Substitute Trustee
 FOR INFORMATION CONTACT:
 David N. Prenskey
 5225 Wisconsin Avenue, N.W. #500
 Washington, D.C. 20015
 (202) 244-4000

21 Announcements

ABC LICENSE
 Opici Family Distributing of Virginia, LLC trading as Opici Family Distributing of Virginia, 7664 A Fullerton Rd, Springfield, VA 22153. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Wine and Beer Wholesaler & Importer license to sell or manufacture alcoholic beverages. Dina Opici, President
 NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

21 Announcements

ABC LICENSE
 Matsu Sushi, Inc trading as BBQ 21, 11272 James Stuart Circle, Fairfax, VA 22030. The above establishment is applying to the VIRGINIA DEPARTMENT OF ALCOHOLIC BEVERAGE CONTROL (ABC) for a Beer and Wine on Premises, Mixed beverage Restaurant (seating capacity 1-100) license to sell or manufacture alcoholic beverages. Kyu Huh, President
 NOTE: Objections to the issuance of this license must be submitted to ABC no later than 30 days from the publishing date of the first of two required newspaper legal notices. Objections should be registered at www.abc.virginia.gov or 800-552-3200.

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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.
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26 Antiques

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 Unique collection of antiques and collectibles, including furniture, jewelry, glassware, pottery, sterling silver, paintings, prints and more!
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21 Announcements

LEGAL NOTICE
 Inova Medical Group - Springfield welcomes
 Springfield Family Medicine, Ltd.
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 To request medical records please contact:
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 To move your records to a provider
 Outside our network, customary fees apply.

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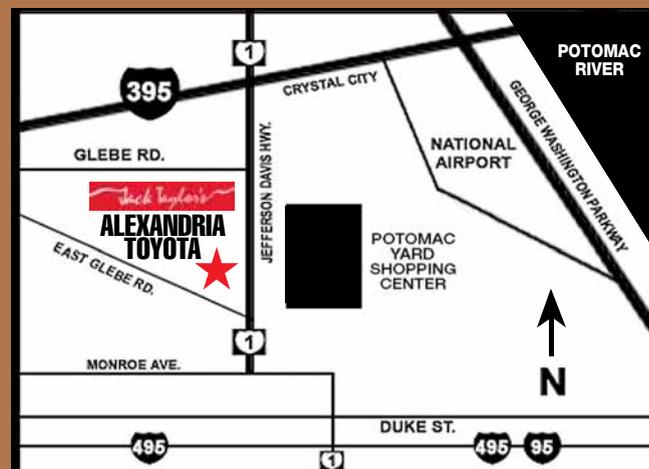
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TOYOTA GENUINE SERVICE
FALL DETAIL SPECIAL \$119.95

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.

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TOYOTA GENUINE SERVICE
4 WHEEL ALIGNMENT \$79.95

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.

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TOYOTA GENUINE SERVICE
BRAKE SPECIAL \$99.95 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 \$159.99

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.

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TOYOTA GENUINE SERVICE
OIL & FILTER SERVICE SPECIAL \$5.00 OFF

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

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TOYOTA GENUINE SERVICE
DETAIL SPECIALS \$39.95

Wash & Vacuum
\$139.95
Hand wash, wax & interior cleaning
\$295.95
Full premium detail

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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

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TOYOTA GENUINE SERVICE
TRUE START BATTERY SPECIAL \$139.95

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

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TOYOTA GENUINE SERVICE
COMPLIMENTARY MULTI-POINT INSPECTION

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

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TOYOTA GENUINE SERVICE
EXTEND THE LIFE OF YOUR VEHICLE! BG FLUID EXCHANGE SPECIAL

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BRAKE FLUSH \$129.95
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FOR TRANSMISSION FLUSH, TYPE T OR WS FLUID ADD \$50.00

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