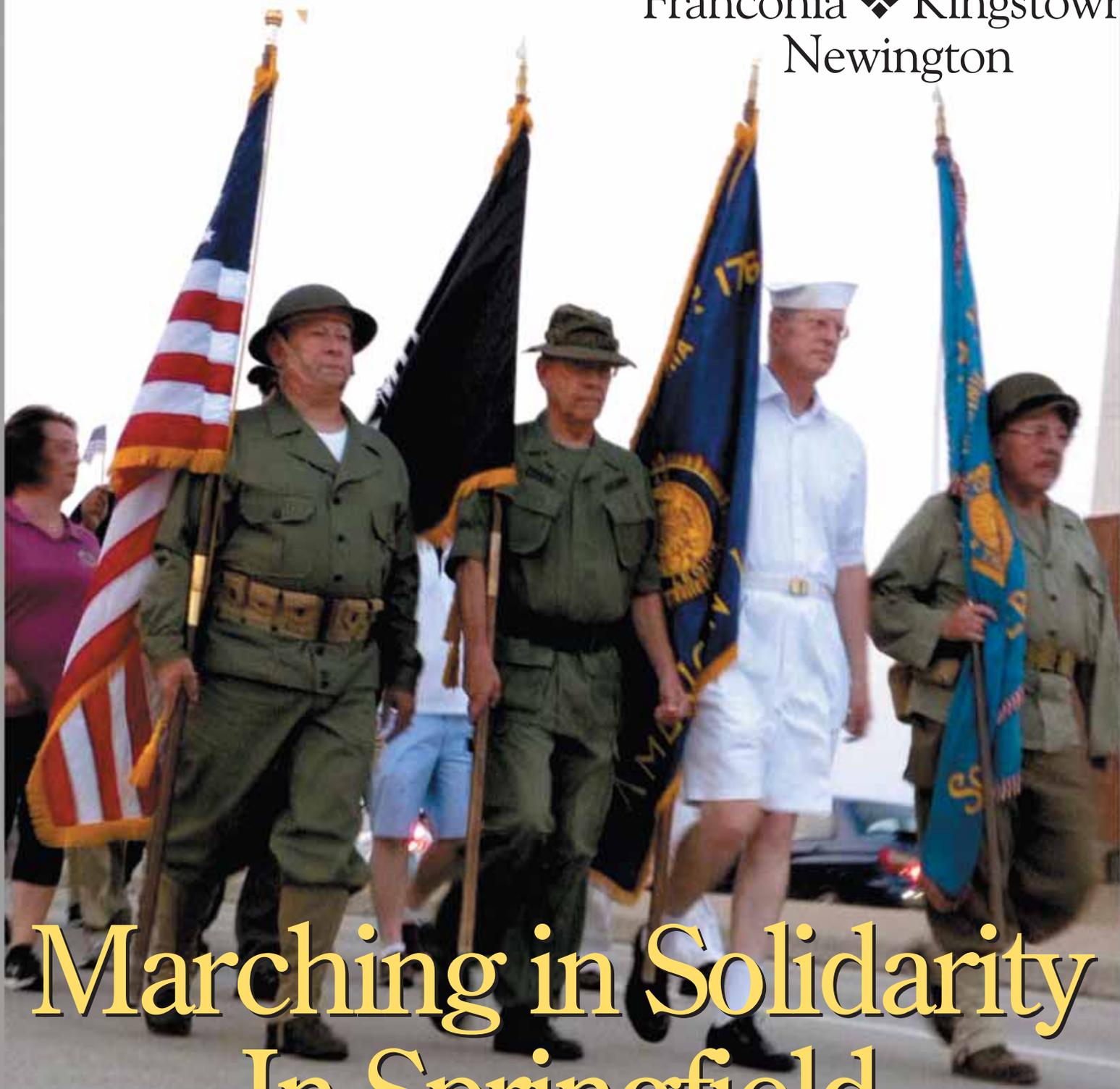


WELLBEING

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CONNECTION

Franconia ❖ Kingstowne
Newington



Marching in Solidarity In Springfield

NEWS, PAGE 3

‘He Fought with Honor, Dignity’

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Meeting Authors in ‘Your Own Backyard’

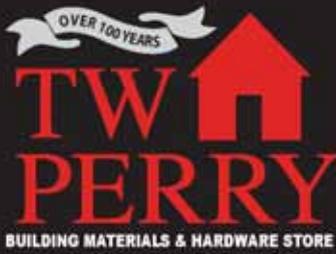
ENTERTAINMENT, PAGE 10

Les Albers, Tony Esteves,
of Springfield, Peter Tuttle,
of Annandale, Marvin
Chadab, of Mount Vernon,
lead the 14th Annual
BridgeWalk in Springfield
on Tuesday, Sept. 1.

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Springfield boy scouts Pack 868 and Troop 856 march in the 14th Annual BridgeWalk in Springfield.



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION

From left, Molly Royster, 2, Nikki Mylett, Mayah, 6, and Madilynn, 9, Royster, of Alexandria, join the Springfield community in celebrating BridgeWalk, an event that honors the partnership between military, their families and the community.

Community and Military March Over Veterans Bridge in Springfield

Bridge symbolizes partnership between community and military, families.

BY ABIGAIL CONSTANTINO
THE CONNECTION

Central Springfield bustled, not from the usual parade of rush hour traffic forced to stop at each light dotting that sliver of Backlick Road, but from residents, local politicians and military personnel who gathered together in front of the FedEx on Bland Street, across from the new Potbelly Sandwich Shop in Springfield Plaza, for the 14th Annual BridgeWalk across Veterans Bridge on Tuesday, Sept. 1.

Members of the American Legion Post 176 and military personnel closed ranks and led the community—composed of businesses, boy scout troops, elementary schools and civic organizations— across the bridge towards the post’s headquarters. The Fairfax County Police closed southbound traffic during the march.

Supervisor Jeff McKay (D-Lee District) said that a “night like this is a good way to come together and celebrate civic pride and our togetherness. As a community we need to do more of that.”

John Sawyer, of West Springfield, is a long-time member of the American Legion but this is the first BridgeWalk he has attended. “I’ve enjoyed it a lot. It shows the solidarity we have with the community. We get the community to turn out, politicians, military people, guys missing their legs, you don’t see that all the time.”

Fort Belvoir garrison commander Col. Michelle Mitchell and inspector general Maj. Gen. Bradley Becker thanked the community for its support of the military and their families as part of Community Covenant.

The army program fosters community partnerships to “improve the quality of life



Students from Garfield Elementary School join the march across Veterans Bridge in Springfield on Tuesday, Sept. 1.



Fairfax County Animal Shelter’s Jennifer Stephens, of Fairfax, with Franz and Hans, march across Veterans Bridge in Springfield during the 14th Annual BridgeWalk on Tuesday, Sept. 1.



Supervisor Jeff McKay (D-Lee) says that the spirit of partnership and unity is alive in Springfield.



State senator George Barker signs the Community Covenant, affirming the commitment of the community to foster partnerships with the military and their families, on Tuesday, Sept. 1 during the 14th Annual BridgeWalk.

for soldiers and their families.” It extends to other military services, as well.

McKay read parts of the covenant. Military and community officials signed the

agreement reaffirming the commitment to uphold their partnership.

BridgeWalk over Veterans Bridge started in 2001. McKay said that the spirit of part-

nership and unity that he remembers after the Sept. 11 attacks is still alive in Springfield. Fostering a sense of community can be a challenge sometimes, but “that’s why you do events like this. I think you can tell from the turn out tonight, people love it. They turn out from all different walks of life.” “Fairfax County is a big area, and it can kind of all just blend in together. But Central Springfield, in particular, has its own character, has its own community,” said McKay.

Among the attendees were state senator George Barker (D-39); Del. Vivian Watts (D-39); students and staff from Lynnbrook, Crestwood and Garfield elementary schools; clerk of court candidate Bettina Lawton; sheriff candidate Bryan Wolfe; representatives from the Greater Springfield Chamber of Commerce; and representatives from BridgeWalk’s sponsors. Kings Park Concert Band provided musical accompaniment for the fourteenth time and has done so since the first BridgeWalk.

'He Fought with Honor, Dignity'

Sully Police Sgt. Ryan Lindenbaum loses battle with cancer.

BY BONNIE HOBBS
THE CONNECTION

Friends, family and the Fairfax County Police Department said goodbye to one of their own this week when Sgt. Ryan Matthew Lindenbaum was laid to rest. Just 30, the Centreville resident died last Thursday, Aug. 27, after a 15-month battle with brain cancer.



Police Sgt. Ryan Lindenbaum

"He fought with honor and dignity," said his mother, Gail Lindenbaum. "He never complained, and some of his fellow officers didn't even know he had cancer. Even while taking chemotherapy, he only spoke about it to a few family members and friends."

Well-liked and respected, he was a nine-year veteran of the department. He served as a patrol officer at the Franconia District Patrol Division and was on the Neighborhood Patrol Unit/Selective Enforcement Team. And since being promoted to sergeant nearly 18 months ago, he worked in the Patrol Division of the Sully District Station.

In 2009, Lindenbaum received the department's Meritorious Service Award and was named the Fairfax County Police Association Officer of the Year in 2010. He was also the Sully District Station's Officer of the Month in July. A graduate of Edison High, he received his Associate of Science degree from Northern Virginia Community College and was working on his Bachelor's degree in global affairs, with a minor in Arabic, at George Mason University.

Monday morning, Aug. 31, Immanuel Bible Church in Springfield was filled with row after row of both uniformed and plain-clothed police officers, as well as Lindenbaum's friends and loved-ones. Also there were Fairfax County Police Chief Ed Roessler, former Police Chief and now Deputy County Executive Dave Rohrer, county Sheriff Stacey Kincaid and Springfield District Supervisor Pat Herrity.

A POLICE HONOR GUARD carried Lindenbaum's flag-draped coffin and placed it at the altar. Then the Rev. Andy Morgan led everyone in prayer, read a Bible passage and talked about Lindenbaum. "For Ryan, the fears, worries and uncertainties of life are all gone," he said. "Ryan's life here on earth was so short, yet he left his mark and lived a full life." Noting that Lindenbaum's nickname was "Hercules," Morgan said he was "larger than life to all who knew him."

Even at birth, added his mother, he was 10 lb., 12 oz. "He came out hungry and



Motorcycle officers salute Sgt. Ryan Lindenbaum's casket after his funeral.

determined and never looked back," she said. She described her son as "strong-willed and bossy," but also smart and inquisitive. He liked playing with toy guns with his brother Kyle, she said, and was "destined to protect people. Ryan could be gruff outside, but with a gooey, marshmallow center. He and his brother shared a close bond and looked up to each other."

When Lindenbaum had a car accident in 2014 and needed surgery, doctors discovered he had a glioblastoma, or brain tumor. "But the next day, he said, 'OK, I've got it; what's next?'" said his mother. "He stepped up to the plate and faced it with bravery, courage and stoicism."

He eventually got the beast at bay and went on with his life. He hung out with his buddies, did his job and continued his studies. Yet, said his mom, "We lived in the shadow that someday the cancer would return. In July, our worst fears were confirmed, and it happened very quickly."

She said Jess Coe, "the love of his life," stood beside her son through it all. "They were never married, but he'd fully commit-

ted his life to her," she said. "They were together almost four years, and she made him a better person. She's the daughter of my heart."

"His brothers in blue also helped shape his life, and he grew into a dedicated cop and made many friends," continued Gail Lindenbaum. "Since Ryan was first hospitalized in 2014, his colleagues provided support to him."

She then named several officers and friends — including his close buddy, Jeff Mauro — who helped in many ways. They did everything from bringing him food to walking his German Shepherd, Niko, to building a ramp from his townhouse after he became wheelchair-bound.

"It's been a great honor to raise this extraordinary young man," said his mother. "And I know he's part of God's army in heaven protecting all of us who remain behind. He's once again strong and healthy and probably enjoying an awesome meal in heaven. And I know I'll see him [there] again one day."

Coe addressed the crowd accompanied by

Niko, who gave a few barks of his own. Describing herself as "Ryan's girlfriend and soulmate," she said he made her a better person. "I was able to achieve great things I might not have done without his encouragement," she said.

"Ryan was passionate about protecting the community and doing the right thing," said Coe. "He was a man full of integrity, strength and courage. He tried to be the best at whatever he did — and thought he was; he was very competitive." Then, crying, she added, "I know Ryan will always be with me. He'll be in my dreams until I see him again in heaven. I miss him so much, and I'll never stop loving him."

His brother Kyle said Ryan's police colleagues were by his side until the end. And he said Ryan showed him that everyone can have a positive influence on others. "The words 'strength, courage, selflessness and resolve' defined Ryan," he said. "He never wanted pity. Whenever he took a punch from cancer, he responded with grace and humility. For that and much, much more, I'm honored to be Ryan's brother."

Roessler said only one out of 25 applicants becomes a Fairfax County police officer, and he signed Lindenbaum's paperwork when, on Feb. 21, 2006, he made it. "I tell every new recruit to always remain a student of the profession, and he did," said Roessler. "He was a patrol officer, on the bike team, on the civil-disturbance unit and became a sergeant — all while pursuing his educational goals. And he was a natural leader. I'm so blessed to have met Ryan and will continue to hold him in my memory. God bless you, your family and all of us."

Police 2nd Lt. Jonathan Weeks called Lindenbaum a "funny dude," as well as a good friend who was there whenever needed. "Doctors told him 85 percent of those diagnosed with this cancer don't survive," said Weeks. "But he kept fighting and wouldn't surrender."

LINDENBAUM'S FATHER, Francis Lindenbaum, said Ryan "didn't talk about his faith, but lived as a Christ-like example. I knew God built him with His hands. He told me, 'I believe in God and Jesus and I know how the story ends.' He was never out of the fight, and his strength came from God."

"The night before Ryan died, I kissed him goodbye, saluted him and went home, getting out of the way of God's plan," he continued. "The next morning, he was in heaven. So when you celebrate Ryan's life, remember that he's healed and alive forever." After the funeral service, police officers lined up outside the church, standing at attention and saluting as Lindenbaum's casket was carried outside and placed into the hearse for burial at Fairfax Memorial Park. In lieu of flowers, donations may be made in his memory to the National Brain Tumor Society <http://braintumor.org/> or to the National Law Enforcement Officers Memorial Fund <http://www.nleomf.org/contribute/>.

PHOTO BY BONNIE HOBBS/THE CONNECTION

NEWS

Next Police Commission Forum

In an effort to open more opportunities for people around the county to participate and share their views, the Fairfax County Ad Hoc Commission on Police Policies and Practices will hold its next public forum in the Mount Vernon area on Sept. 14 at 7:30 p.m.

The commission wants to hear thoughts, comments and questions from the community regarding policing in Fairfax County.

This is a great opportunity for residents to share their experiences and bring new insight and perspective to areas such as use of force, communications, mental health, diversity/recruitment/vetting, and citizen oversight.

Community feedback and testimonies will help the Commission shape new policy recommendations for the Fairfax County Police Department.

Fairfax County Board of Supervisors launched the Fairfax County Ad Hoc Police Practices Review Commission in response to public concern over the shooting death of John Geer by a Fairfax County police officer.

On Aug. 17, 2015, former Fairfax County Police officer Adam Torres was charged with the second-degree murder of Geer, who was shot dead in the doorway to his own home on Aug. 29, 2013 after police were called in a domestic dispute. Torres was fired in July 2015, almost two years later.

The commission has been meeting since March as a full commission and five subcommittees.

Areas of focus by committee include Use of Force; Communications; Mental Health; Recruitment, Diversity and Vetting; and Independent Investigations and Oversight.

The commission is set to report findings and recommendations to the Board of Supervisors on Oct. 20.

FORUM ON POLICE POLICIES AND PRACTICES: Monday, Sept. 14, 7:30 p.m., Walt Whitman Middle School, 2500 Parkers Lane, Alexandria VA 22306.

For more information on the police commission, see <http://www.fairfaxcounty.gov/policecommission/>

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How to Vote; It Matters

Voting begins in two weeks, Sept. 18.

Election Day is Nov. 3, and on that day, virtually every state and local office is on the ballot. In-person absentee voting begins Sept. 18, barely two weeks from now. Virginia Law allows voters to absentee vote if they could be “working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day.” You’re allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day.

On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be registered at your current address no later than Oct. 13, 2015.

You can check your registration status online by going to www.sbe.virginia.gov.

It’s also worth noting that new, more restrictive voter identification regulations took effect last year.

FAIRFAX COUNTY: Each voter in Fairfax County can make choices in one State Senate district, one House of Delegates district, Clerk

of the Court, Commonwealth’s Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, Soil and Water Conservation Board (vote for 3), School Bond for \$310 million, Public Safety Bond for \$151 million. <http://www.fairfaxcounty.gov/elections/upcoming.htm>

As of last summer, there are new requirements for voter identification that voters must bring with them to the polling place.

Virginia law requires all voters to provide an acceptable form of photo identification at the polls. Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality’s electoral board in order for their provisional ballot to be counted.

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

Here are the “acceptable” forms of identification: Valid Virginia Driver’s License or Identification Card; Valid Virginia DMV issued Veteran’s ID card; Valid United States Passport; Other government-issued photo identification cards (must be issued by U.S. Government, the Commonwealth of Virginia, or a political sub-

division of the Commonwealth; Valid college or university student photo identification card, must be from an institution of higher education located in Virginia; Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer’s business; Virginia Voter Photo ID Card obtained through any local general registrar’s office. “Valid” is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any general registrar’s office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

For More Election Information

Fairfax County Board of Elections, 703-222-0776, <http://www.fairfaxcounty.gov/elections/upcoming.htm>

12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

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EDITORIAL

Mystery of a Hitchhiker Helping a defeated figure in a pretty beach dress and flip-flops.

By JOAN BRADY

My mother told me never to pick up hitchhikers. Or maybe she told me never to hitchhike. Probably both. But I did hitchhike twice in a single day, I was desperate, alone and needed help. I was 20 years old.

The first guy who picked me up had one hand on the wheel and the other down his pants. And the second told me that he was a burlesque cleaner and told me that women hired him to vacuum their homes and then vacuum off his clothes. I’m lucky I made it back to college without incident.

All of that ran quickly through my head a few weeks ago as I was driving home from dinner with my husband and saw a young woman, walking and crying, with her thumb stuck tentatively out.

I turned around and we passed her again in an attempt to assess the situation. Her need vs. our safety and the time it would take if we got involved. Her thumb wasn’t out anymore, but she was still crying. I u-turned again and we pulled over.

Jim rolled down his window, and asked, “Are you ok?”

“I’ve had better nights,” she sobbed.

“Do you have an address where you want to go?”

She was able to provide an address, albeit in the opposite direction of the way she was walking. It was about a 10-minute drive away. Jim unlocked the car door and she slipped inside.

We rode in an uncomfortable silence, punctuated only by her sobs, as I ran through a mental checklist. What happened to her? Where is her purse? Should we ask if we should call the police? She didn’t appear injured, but maybe there were injuries that we could not see? Is the address we are going to a safe place to drop her off? The questions ran in circles in my head.

I suggested she check the back seat for a box of tissues. Her sobs slowed as she grabbed a handful.

I asked if she was a student. She said no, and half laughed through her tears. “I’m 30, which makes it even more ridiculous that I am in this situation.”

What situation? What happened? I wanted to ask. But didn’t.

She didn’t have a trace of an



The hitchhiker

PHOTO BY JOAN BRADY

accent, so we were surprised when she told us she was was not American-born. Her father was U.S. military and her mother had been unwilling to move to the U.S. After years of trying to convince her mother to emigrate, this young woman had come on her own.

As we talked, her tears stopped to an intermittent snuffle.

“Can I ask you why you stopped?” she asked.

“Joan saw you as we drove by,” Jim answered. “We turned around because she said you looked like you were in trouble.” The tears returned.

“We’ve all been in your shoes at some point or another. And hitchhiking isn’t safe. We thought it was better if we picked you up than

someone else.”

Silence and then: “I’m not religious. I don’t even believe in God. But I think God put you in my path for a reason. Things have been really bad lately.”

“Everyone goes through bad stretches. You have to figure out how to focus on the positive, but also to learn from times like these and remember them. It’s what you do with these experiences that matters,” Jim counseled her.

I watched in the rear view mirror as she nodded tearfully.

There were so many questions destined to be unasked and unanswered as we pulled up at the address she had given us.

She thanked us again, told us she would pay-it-forward and walked into the apartment building, a defeated figure in a pretty beach dress and flip-flops.

Her story will likely remain a mystery that will haunt us for a long time to come.

Joan Brady is a professional photographer; award-winning columnist; mentor and advocate for current and former foster children; a volunteer with paws4People, Fairfax Families4Kids, and others; and a resident of Great Falls. Reach her at joan@joanbradyphotography.com

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SCHOOLS

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Raymond J. King of Clifton earned his Ph.D. in Mechanical Engineering, with a focus on Robotics, from the Mechanical Engineering Department of the University of Utah at the close of the Fall 2014 semester. An NSF - IGERT grant helped fund his post-graduate studies there. A 2003 graduate of Robinson Secondary School, Raymond went on to receive both his B.S. and M.S. degrees from the College of Engineering at Virginia Tech before marrying fellow VT engineering graduate, Amelia Davis. He is the son of Clifton residents Dr. Graham and Jane King.

Ava Lakmazaheri from Thomas Jefferson High School for Science and Technology (TJHSST) won the Best of Category Award and a first award in Robotics and Intelligent Machines at the Intel International Science and Engineering Fair, held in Pittsburgh. Lakmazaheri earned the awards for her project, Brain-Actuated Robotics: Controlling and Programming a Humanoid Using Electroencephalography. Lakmazaheri also won several special awards.

Katie Bershadsky, born and raised in Burke, has been selected to the Delta Epsilon Iota Academic Honor Society in the local chapter at Kennesaw State University. Delta Epsilon Iota was established to recognize and encourage academic excellence in all fields of study. Bershadsky is expected to graduate in 2018 with a major in public

relations. Her parents are Scott and Kim Bershadsky.

Katie's grandparents, Malcolm and Marcia, have lived in Burke for more than 30 years.

Jacob M. Sage, of Burke, Junior, Pre-Construction Engr Mgt. has made the Scholastic Honor Roll Fall term at the Oregon State University. A total of 861 students earned straight-A (4.0). Another 3,598 earned a B-plus (3.5) or better to make the listing. To be on the Honor Roll, students must carry at least 12 graded hours of coursework.

George Mason University has recognized **William Douglas Krawczak** of Springfield on the school's dean's list for his academic achievement during the spring semester. William graduated from West Springfield High School and is double majoring in English and Economics at George Mason University. Recognition on the George Mason University dean's list is reserved for students who were registered for 12 or more semester hours and received a grade point average of 3.2 or higher with no grade below a C for the previous semester's work

The Fairfax County Band Directors Association has recognized 16 Fairfax County Public Schools (FCPS) students for excellence in solo instrumental music performance as part of the 2015 Fairfax County Band Directors Association Solo Competition. A total of 33 schools were represented; 66 students competed in the event.

The following students were named winners in the elementary school division: **Third place: Maia Trafton (trumpet), Keene Mill Elementary School.**

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Workplace Fitness

Employer-based health and wellness programs are good for business.

By MARILYN CAMPBELL
THE CONNECTION

It's Wednesday afternoon and a cohort of George Mason University staff, students and faculty hit the pavement.

Clad in attire ranging from running shorts and brightly colored sneakers to neutral walking shoes and business suits, the group takes part in "Who's Walking Wednesdays," part of an initiative to get moving for health and wellness. "It's really important to connect faculty and staff into well-being

and wellness practices," said Janet Walker, life/work connections manager at George Mason University. "It benefits everybody in terms of their own personal health and wellness. It creates a community where people interact over more than just work."

The effort underscores the role of workplace health and fitness programs can play in decreasing stress and improving overall well-being. A National Institutes of Health study of more than 29,000 employees who participated in comprehensive workplace health programs that included components such as fitness, weight con-

and a six-percent increase in productivity.

Workplace health programs can also consist of health education, fitness programs, health coaching and screenings.

"There's all sorts of research about how time spent outdoors and taking walking breaks at work fosters creativity and problem solving," said Jeanne Bliss, director of marketing, Center for the Advancement of Well-being at George Mason.

Bliss says university officials hope to impact the well-being of 10 million people within the next four years through the center. "We

want to be a replicable model for well-being," she said. "That has been one of our strategic 10-year goals."

"We're in a position to help the next generation in terms of how they

connect with their own workforce in terms of health and well-being," said Brandice Valentino, director of



Staff, students and faculty at George Mason University take part in "Who's Walking Wednesdays," an effort to increase physical activity and well-being. Research shows that workplace health programs can lead to increased productivity.

well-being programs and mindful living coordinator at the Center for

the Advancement of Well-being. "Our programs focus on topics for

well-being and integrating mindfulness practices."

Amy K. Turner, executive director of Innovation Health, a North-

ern Virginia health insurance company formed as a result of a partnership between Aetna and Inova, says her company has improved the health of its workforce through tailored employee wellness programs.

Innovation Health has also created corporate wellness programs for its corporate clients. In fact, the company received the Loudon Chamber of Commerce Healthy Business Award, which honors the winners of the Loudon Healthy Business Challenge, a competition designed to recognize Northern Virginia businesses that have improved the health of their workforce through tailored employee wellness programs.

A group mentality is one of the keys. Group fitness activity can lead to success, say experts. "I feel like when you do it in a group and you're part of a group, you're more committed," said Turner. "It holds people accountable and promotes success."

"Our 'Get Active Challenge' is where employees set fitness goals and challenge other teams within their corporation," she said. "It engages employees to work together in teams, challenges them. We've found that it improves employee satisfaction."

AREA ROUNDUPS

County Offers Emergency Response Classes

The Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their area and also trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization and disaster medical operations. With this training, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available. Fairfax County is offering four CERT training classes this fall.

♦CERT Class 100 at the Fairfax County Fire and Rescue Academy (Monday, Wednesday, Sept. 14, 16, 21, 23, 28, 30 and Oct. 5 — 7-10:30 p.m.)

♦CERT Class 101 at the Fairfax County Fire and Rescue Academy (Monday, Wednesday,

Oct. 14, 19, 21, 26, 28, Nov. 2 and 4 — 7-10:30 p.m.)

♦CERT Class 102 at the Old Firehouse Teen Center (Tuesday, Sept. 22, 29, Oct. 6, 13, 20, 27 and Nov. 3 — 7-10 p.m.)

♦CERT Class 103 at the Lorton Volunteer Fire Department (Wednesday, Sept. 23, 30, Oct. 7, 14, 21, 28, Nov. 4 and 11 — 7-10 p.m.)

CERT training does not require any special physical strength or agility and is free. The CERT program also provides personal protective equipment for the training that students keep. Those who go through CERT training have a better understanding of the potential threats to their home, workplace and community and can take the right steps to reduce the effects of hazards. To learn more about the CERT program, visit www.fairfaxcounty.gov/fr/cert/cert.htm.

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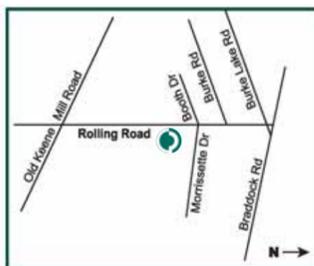
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SoberRide Hosts Fundraiser At Glory Days Grill

The Northern Virginia-based nonprofit organization behind the region's free cab ride service to prevent drunk driving, SoberRide, hosted a fundraiser on Aug. 18 at Glory Days Grill in Fairfax. The Washington Regional Alcohol Program's (WRAP) inaugural "Football & Fundraising" event was opened to the public and featured former Washington Redskin Ricky Ervins, a sports memorabilia silent auction and door

prizes. Glory Days Grill donated the hors d'oeuvres buffet for the event. Ervins played for the Washington Redskins from 1991 to 1994 as a running back. He was the leading rusher in the Redskins' 1992 Super Bowl victory over the Buffalo Bills. Items featured as part of the evening's silent auction included sports memorabilia from the Washington Capitals, Nationals, Redskins and Wizards most notably: an NHL hockey stick signed by Capitals' Nicklas Backstrom; a MLB baseball signed by Nationals'

Ryan Zimmerman; an NFL jersey signed by Redskins great John Riggins; and an NBA basketball signed by the Wizards' John Wall, amongst other items.

Door prizes that evening included gift cards from Fleming's Steakhouse, Glory Days Grill, Mad Fox Brewing Company and Paladar Latin Kitchen, amongst others. Funds raised support WRAP's fight against drunk driving and underage drinking in Greater Washington. For more information, visit WRAP's website at www.wrap.org.



Former Washington Redskin Ricky Ervins (second from left) joins WRAP's Gary Cohen, Lieutenant Rudy Landon, Liz Tobin, Kurt Erickson and Todd Heavner.

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A couple dances to the traditional music of the Kings Park German Band.



PHOTOS CONTRIBUTED



Free Oktoberfest Walk, Concert Sept. 12

Oompah! Join walkers of all ages for the annual Oktoberfest Volksmarch Saturday, Sept. 12. The walk starts at the Accotink Unitarian Universalist Church in Burke.

A volksmarch, literally translated “people’s walk,” is a leisurely walk through a scenic, historic or interesting area over a

pre-determined route.

The free walk passes through lush forests and around Burke Lake.

Choose from a five or 10-kilometer route (three or six miles) and walk, jog or run at your own pace. German food and drinks will be available to purchase, and the Kings Park German Band will play from 11:30 a.m. to 12:30 p.m.

The Burke-based Kings Park German Band, featuring traditional instruments like this alpenhorn, will perform at the Oktoberfest Volksmarch and Biketoberfest at Accotink Unitarian Universalist Church in Burke, Sept. 12.

Walkers may begin any time between 8 a.m. and 1 p.m. but must finish by 3 p.m. The trail is probably suitable for sturdy strollers but not wheelchairs. An adult must accompany children under 12. Leashed dogs are welcome. There is no charge to participate in the event. International volksmarch credit is \$3 for those who track their IVV walks.

Children investigate Bob Westin’s stumpf fiddle. Westin’s band, the Kings Park German Band, will play for free from 11:30-12:30, Sept. 12, at the Oktoberfest Volksmarch and Bike at Accotink Unitarian Universalist Church in Burke.

The event is co-sponsored by AUUC and the Northern Virginia Volksmarchers.

The start is located at 10125 Lakehaven Ct., Burke, Va., just south of the Fairfax County Parkway and Burke Lake Road intersection.

For more information, contact Susan or Steve Brown at 703-644-0189 or nicebrowns@verizon.net.

Meeting Favorite Authors in ‘Your Own Backyard’

“Fall for the Book Festival” returns, Sept. 27-Oct. 3.

BY DAVID SIEGEL
THE CONNECTION

Book-lovers rejoice; the local treasure “Fall for the Book” is arriving for a week-long stay. This year’s celebration will feature over 150 authors representing a wide-gamut of genres.

First held in 1999 at George Mason University (GMU), the free event is now an annual fixture.

Featured authors include bestselling “Outlander” series author, Diana Gabaldon; Ernest J. Gaines, MacArthur Foundation Fellowship recipient and author of “A Lesson Before Dying”; and “Going After Cacciato” author and National Book Award-recipient Tim O’Brien.

Local Fairfax County authors are well-represented throughout the Festival. It is “one of the go-to events for books and authors in the mid-Atlantic region,” said Terry Alford, Northern Virginia Community College.

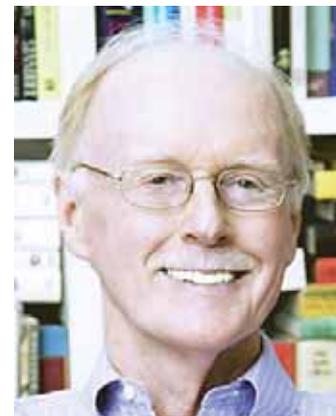
Alford will speak about “Fortune’s Fool,” his full length biography of the infamous John Wilkes Booth. “Booth is an unusual



Art Taylor



Beth Cabrera



Terry Alford



Suzy Rigdon

figure - talented, handsome, popular but driven, he thought, by a sense of fate which impelled him to his tragic end,” said Alford.

For author Beth Cabrera (Fairfax), “Fall for the Book” provides an opportunity to interact with people from around the community and find inspiration. It is “a wonderful way for readers to come together and form a community of literature-lovers.”

Cabrera will discuss “Beyond Happiness.” Her book aims to help readers “thrive despite the challenges they continue to face.” Cabrera notes that “for years I studied women’s career paths and the challenges they faced and I realized that working women’s well-being was suffering.”

According to Suzanne Rigdon (Northern Virginia) the Festival provides “equal access

to all readers, and doesn’t limit anyone’s participation in this wonderful literary community.”

Rigdon will participate on an urban fantasy panel speaking about her debut novel, “Into the Night.” Her book is about “a twenty-something in Boston who goes on a first date with disastrous consequences and has to cope with her new life as a vampire under the rule of a sadistic Queen.”

Art Taylor (Burke) will speak about his “On the Road with Del & Louise,” a collection of stories centered on characters making their way across America. “Del’s a small-time crook trying to go straight (and failing time and again); he first meets Louise when he robs the convenience store where she’s working, and it’s pretty much love at

Where and When

“Fall for the Book” events at George Mason University’s Fairfax Campus venues and at other locations throughout Northern Virginia, D.C. and Maryland. From Sept. 27-Oct. 3. Events are free. Location and other details at <http://fallforthebook.org/>. Note: A Smartphone app is available at: <http://fallforthebook.org/2015/07/27/festival-launches-2015-smartphone-app/>

first sight” on a bumpy journey they take together.

“Fall for the Book” is an opportunity to find - free of charge - new preferences while re-enjoying old favorites all in near-by locations.

ENTERTAINMENT

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

ONGOING

Summer Reading Program. Friday-Saturday, through Sept. 5. 10 a.m.-5 p.m. Fairfax Library, 10360 North Street, Fairfax. Come to the library all summer for books and events. <http://www.fairfaxcounty.gov/library/branches/fx/>.

SATURDAY/AUG. 1-SUNDAY/SEPT 13

Annual Workhouse Clay National Ceramics Exhibition. Workhouse Arts Center, W-16 Vulcan Gallery, 9518 Workhouse Way, Lorton. This exhibition represents the depth and breadth of contemporary functional and sculptural ceramic artworks being created throughout the country. Visit <http://www.workhousearts.org/events/visual-arts/workhouse-clay-national-2015>.

THURSDAY/SEPT. 3

Preschool Storytime. 10:30 a.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Build your child's early literacy skills while enjoying stories, songs and activities. Age 3-5 with adult.

Fairfax's Government Center Farmers Market. 3-7 p.m. Thursdays, May 7-Oct. 29. Ten vendors including a Middle Eastern delicacy bakery and custom organic ice cream shop. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. www.fairfaxcounty.gov/parks/farmersmarkets/governmentcntr-mrkt.htm

FRIDAY/SEPT. 4

Kingstowne Farmers Market. 4-7 p.m. Fridays, May 1-Oct. 30. Giant Parking Lot, 5955 Kingstowne Towne Center, Alexandria. Vendors products include fresh organic honey and hand held pies and rolls. www.fairfaxcounty.gov/parks/farmersmarkets/kingstownemkt.htm

SATURDAY/SEPT. 5

Historic Pohick Church First Saturday Tours. 1-3 p.m. Pohick Church, 9301 Richmond Highway, Lorton. During the colonial period, Pohick Church was the congregation of many of our country's most prominent families, including the Washingtons, Masons and Fairfaxes. <http://www.pohick.org>

Cabaret Series: Autumn in New York. 8 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse cabaret team will perform a musical score sure to ease us into the autumn season! Featuring the best songs 'selectively harvested' from Broadway that will have us looking forward to the end of the summer heat and prove that there's no better place for to enjoy fall weather than New York City. Tickets: \$25-\$30.

Teen Writers Group. 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Do you enjoy writing fiction, poetry, non-fiction and/or memoirs? Join us for sharing, discussion and feedback of works in progress. Teen volunteer facilitates. Age 13-18.

Burke Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 21. 5671 Roberts Parkway, Burke. www.fairfaxcounty.gov/parks/farmersmarkets/burkemkt.htm

Springfield Farmers Market. 10 a.m.-2 p.m. Springfield Town Center,



PHOTO COURTESY OF JEANNIE WINSLOW, BURKE CENTRE FESTIVAL

The 38th Annual Burke Centre Festival will take place Sept. 12-13 to celebrate the spirit of the community with rides, activities and live entertainment for all ages.

6699 Spring Mall Drive, Springfield. www.smartmarkets.org.

Fairfax Farmers Market. 8 a.m.-1 p.m. Saturdays, May 9-Oct. 31. 10500 Page Avenue, Fairfax. www.fairfaxsatdaymarket.com.

SUNDAY/SEPT. 6

Fairfax Farmers Market. 10 a.m.-2 p.m. Sundays, May 10-Oct. 25. 10500 Page Avenue, Fairfax. www.fairfaxsatdaymarket.com/

Fair Lakes Farmers Market. 9 a.m.-1 p.m. 4501 Market Commons Drive, Fairfax. www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va.

SUNDAY-MONDAY/SEPT. 6-7

LEGO Model Train Show. Sunday: 12-5 p.m. Monday: 12-4 p.m. 11200 Fairfax Station Road. A two day HO scale modular train display running at the Fairfax Station Railroad Museum. They will be joined by Monty with a custom built LEGO train display.

MONDAY/SEPT. 7

16th Annual Labor Day Car Show. 8 a.m. - 3 p.m. Historic Clifton. Antiques, classics, foreign, customs, motorcycles and more. www.labordaycarshow.com.

Labor Day Picnic. 10:20 a.m. - 4 p.m. St. Mary's Church, 5612 Ox Rd., Fairfax Station. Mass, entertainment, rides, games, bingo, rummage sale, crafts, food and more.

TUESDAY/SEPT. 8

Pohick Daytime Discussion Group. 1 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. "The Storyteller" by Jodi Picoult. Adults.

Storytime at Old Town Square. 10:30 a.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Come across the street to Old Town Square to hear some stories, weather permitting. Age 2-5 with adult.

WEDNESDAY/SEPT. 9

Kidney Foundation Fundraiser. 10 a.m. - 7 p.m. Whole Foods Market Fair Lakes, 4501 Market Commons Drive, Fairfax. Whole Foods Fair Lakes will be donating 5 percent of all purchases made between 10 a.m. - 7 p.m. to the National Kidney Foundation.

Chico's Fall Fashion Show. 11:30 a.m. Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield. The Springfield Christian Women's Connection invites everyone to their fall fashion show. It will feature Chico's, a popular boutique that carries full lines in women's designer fashion and

clothing. \$18.50 per person. Reservations are requested by Monday, Sept. 7. SpringWmConn@yahoo.com

Fair Lakes Farmers Market. 3:30-7 p.m. 4501 Market Commons Drive, Fairfax. www.greentowns.com/initiative/farmers-market/fair-lakes-farmers-market-fairfax-va.

THURSDAY/SEPT. 10

Toddler Time. 10:30 a.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Stories, songs, and activities. Library staff share with children a love for books, and parents learn to cultivate early literacy skills. Age 2-3 with adult.

SATURDAY/SEPT. 12

Oktoberfest Volksmarch. 8 a.m. - 3 p.m. Accotink Unitarian Universalist Church, 10125 Lakehaven Court, Burke. A volksmarch, literally translated "people's walk," is a leisurely walk through a scenic, historic, interesting area over a pre-determined route. The free walk passes through lush forests and around Burke Lake. Choose from a five or 10-kilometer route (three or six miles) and walk, jog or run at your own pace. German food and drinks will be available to purchase, and the Kings Park German Band will play from 11:30 a.m. to 12:30 p.m.

Rummage Sale Fundraiser. 8 a.m. - 2 p.m. Daniels Run Elementary School, 3705 Lee Highway, Fairfax. Multi-family rummage sale fundraiser to benefit the Fairfax High School Crew Team.

SATURDAY-SUNDAY/SEPT. 12-13

38th Annual Burke Centre Festival. Saturday, 9:30 a.m. - 5 p.m. Sunday, 10 a.m. - 5 p.m. 6060 Burke Centre Parkway, Burke. Burke Centre's signature event, which celebrates the spirit of the community each year with rides, activities and live entertainment for all ages to enjoy.

TUESDAY/SEPT. 15

Toddler Time. 10:30 a.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Stories, songs, and activities. Library staff share with children a love for books, and parents learn to cultivate early literacy skills. Age 2-3 with adult.

WEDNESDAY/SEPT. 16

Multicultural Craft Workshop. 4 p.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Create a craft from another country. Age 6-12.

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Spartans Winning with Team-Oriented Approach

West Springfield beats Robinson at Blast ALS tournament.

BY JON ROETMAN
THE CONNECTION

After a rough start to the second day of the Blast ALS field hockey tournament at Lake Braddock Secondary School, West Springfield increased its defensive effort and showed what can happen when the Spartans are on the same page.

West Springfield closed its appearance at the two-day tournament with a 2-1 victory over Robinson on Aug. 27. The Rams scored their lone goal during a penalty corner with time expired in the second half.

"We were playing defense as a whole team rather than just our defenders," West Springfield head coach Tina Nham said. "That was our major problem in the beginning: our forwards need to come back a little bit more, so they put in the extra effort."

EARLIER IN THE DAY, West Springfield lost to Centreville 2-0, but the Spartans responded by handing Robinson its first loss of the season.

"Our first game today wasn't that great," junior midfielder Marie Laverdiere said. "We were all really tired and we were playing



Junior midfielder Marie Laverdiere, right, and the West Springfield field hockey team went 2-1-1 during the Blast ALS tournament at Lake Braddock Aug. 26-27.

PHOTO BY JON ROETMAN/THE CONNECTION

slowly. We all stepped it up. We really wanted to beat Robinson."

West Springfield finished the tournament with a 2-1-1 record, including a 3-3 tie against Woodson and a 2-0 win over Mount Vernon on Aug. 26.

West Springfield enters the season without the services of defender/midfielder Brittan Muir, a 2015 graduate who earned VHSL second-team all-state honors as a senior and now plays for Christopher Newport University. Nham, however, said the Spartans will benefit from not being able to rely on Muir.

"She brought a lot of confidence to the team," Nham said. "I actually think this year we'll actually be better because we're playing more as a team rather than relying on

Brittan. There are a few girls that have taken this offseason very seriously and [played for] club teams and worked out."

Two of the team's leaders are Laverdiere and junior forward Katie Kachejian.

"Marie is pretty much our quarterback on the field," Nham said. "... She just has all the skills. She could definitely

"She brought a lot of confidence to the team. I actually think this year we'll actually be better because we're playing more as a team rather than relying on Brittan."

— Tina Nham,
West Springfield head coach

play in college. She fills that role that Brittan kind of [had]. ... Katie has that speed and she's improved her stick skills and is able to take on a goalie [one on one]. She outsprints everyone, usually, on the field."

Kachejian praised Laverdiere's abilities. "Marie is now playing where Brittan used to play and she's really stepped it up," Kachejian said. "She's learned a lot from Brittan, she plays just like Brittan and she really helps connect the field."

"I don't really think of it as replacing Brittan because Brittan is amazing," Laverdiere said. "I think of it as going out there and doing my best with the skills I've learned."

Kachejian scored three goals during the tournament. Senior midfielder Laura Schwabenbauer, senior forward Carolyn Rouse, sophomore midfielder Molly Kilcarr

and senior forward Devon Nelson each scored one.

Sophomore goal-keeper Grace Radulovic totaled 34 saves in four games. She stopped 18 shots against Robinson, including a stroke.

WEST SPRINGFIELD defeated Oakton 1-0 on Aug. 31, improving its record to 3-1-1. The Spartans faced Lee on Wednesday, after The Connection's deadline.

West Springfield will travel to face Chantilly at 7:30 p.m. on Tuesday, Sept. 8.

Lake Braddock Finishes Strong at Blast ALS Tournament

The host Lake Braddock field hockey team struggled during the first day of the Blast ALS tournament on Aug. 26, suffering shutout losses against Fairfax and Centreville. On the second day, the Bruins responded with a 1-all tie against rival Robinson and a 1-0 victory over Oakton.

"I feel that we didn't start out playing our best, but improved our play significantly each game," head coach Marie Bounds Bullock wrote in an email. "The girls worked hard to make the needed improvements and it showed; the results of each game got better and better."

After opening the season with a 3-0 loss to Fairfax and a 1-0 defeat against Centreville, Lake Braddock tied Robinson, 1-1, on Aug. 27. Senior midfielder Emily Berst scored the Bruins' goal, with an assist by sophomore forward Allison Ormsby. Lake Braddock's final game of the tournament was a 1-0 win over Oakton,

"I feel that we didn't start out playing our best, but improved our play significantly each game."

— Marie Bounds Bullock,
Lake Braddock head coach

with a goal by Ormsby. The assist went to senior midfielder Annina Zelkin.

Zelkin is "highly skilled and has a powerful shot," Bullock wrote. The senior is committed to Yale.

Junior midfielder Haley Hopkins, a first-team all-conference and second-team all-region selection last season, is also expected to be a key contributor for Lake Braddock.

"Haley is an extremely talented player," Bullock wrote. "She will be a distributor and one of our main ball handlers in the midfield and on the forward line."

Lake Braddock defeated Langley in overtime on Monday, improving its record to 2-2-1. The Bruins faced Westfield on Wednesday, after The Connection's deadline.

Lake Braddock will open Conference 7 play against Mount Vernon at 7:30 p.m. on Thursday, Sept. 10.

"One of our goals is to win our conference," Bullock wrote. "There is some great competition in our conference so it will be a challenge, but one that I think we are up for."

— JON ROETMAN

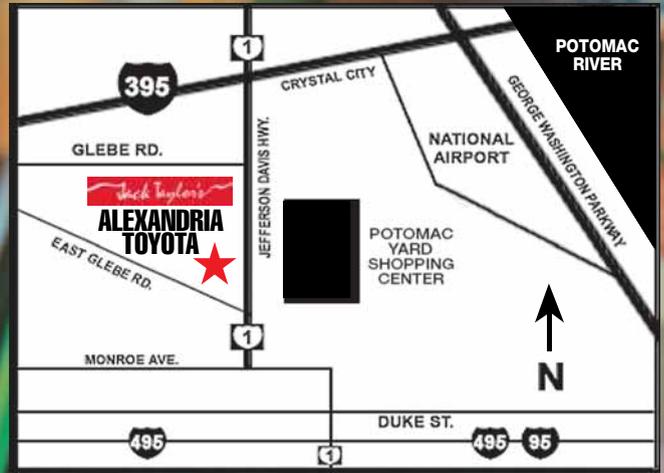


Senior midfielder Annina Zelkin and the Lake Braddock field hockey team tied Robinson and beat Oakton during the second day of the Blast ALS tournament on Aug. 27 at Lake Braddock.

PHOTO BY
JON ROETMAN/
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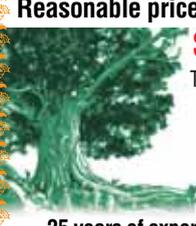
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21 Announcements

21 Announcements

OBITUARY



Suzanne Fry Harsel

Suzanne Fry Harsel of Fairfax, Virginia and Venice, Florida passed away peacefully after a short illness on August 27th, joining her beloved late husband of 49 years, Leonard Wallace Harsel. Born April 25, 1935 in Gary, Indiana, Sue was a proud graduate of Indiana University (1957), where she was a member of the Alpha Omicron Pi sorority. A lifelong educator and traveler, she taught in Germany, as well as in the US. Sue also spent nearly three decades on the Fairfax County Planning Commission, serving as its secretary several times, representing what is now known as the Braddock District. Upon retiring as an educator and a Planning Commissioner, she continued to be very involved with numerous volunteer, civic and church activities. She is survived by her devoted children and their spouses: Kari and James Gray of San Francisco, California; Joseph and Carol Harsel of Cockeysville, Maryland; and Karla and Tim Fink of Centerville, Virginia. She is also survived by her beloved eight grandchildren: Ben, Luke, Sean, Henry, Sam, Fiona, Kayla, and Lauryn; and her sister, Lynda Lou Vackar of Illinois. The family will be receiving visitors at Fairfax Memorial Funeral Home at 9902 Braddock Road, Fairfax, VA 22032 on Friday September 4th, between 5-8pm and will hold a Celebration of Life service on Saturday September 5th at 10 am. Mrs. Harsel will ultimately be laid to rest at Arlington National Cemetery. Online condolences may be shared on Suzanne's page at www.fmfh.com. In lieu of flowers, contributions can be made in memory of Suzanne Harsel, to Habitat for Humanity or Annandale Christian Community for Action ("ACCA, Inc")

QA Testers (Fairfax, VA) Participate in test case generation, execution, test case mgmt, test defect analysis & reporting. Perform functional testing, system testing, regression testing & user acceptance testing. Master's Deg in Engg, Comp Sci, Info System or equiv & 2 yrs exp or Bachelor's Deg in Engg, Comp Sci, Info System or equiv & 5 yrs exp. May req. travel to various unanticipated client sites nationally. Resume to Millenniumsoft Inc, 8301 Arlington Blvd, Ste 504, Fairfax, VA 22031.

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21 Announcements

21 Announcements

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ABC LICENSE

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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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Fairfax City \$599,000
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Alexandria \$469,900
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Sheila Adams 703-503-1895



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Ann Witherspoon 703-503-1836



Centerville \$749,900
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Richard Esposito 703-503-4035



Alexandria \$359,999
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Janice Clark 703-400-1995



Centerville \$629,000
 The rest of your life. Enjoy it to the fullest in this wonderfully designed open & airy home. You'll love the hardwoods and cathedral ceilings on the main level, the charming eat-in kitchen, the delightful family room with 2-way fireplace, the wonderful front porch, & the superb master bedroom suite with luxury bath. Gorgeous lot! Act fast & buy it today.
Catie & Steve Morales 703-278-9313



Gainesville \$598,900
 Immaculate 3BR/4BA home in 55+ Heritage Hunt. Sweeping view of the golf course from screened porch & deck. Hardwoods, spacious kitchen, built-ins, 2 gas FPs, finished walkout LL-rec room, wet bar & office. See video at: <http://13740-Charismatic.LFlisting.com>
Mary LaRoche 703-919-0747



Lake Anna Access \$569,900
 Immaculate custom built 4 bedroom, 3 bath home with lots of upgrades. Park like setting.
David Lewis 703-980-3090



Clifton \$1,175,000
 Fantastic 5 bedroom, 7 bath home on 5 acres on one of the most desirable streets in historic Clifton. Custom details throughout, spacious rooms, 3 fireplaces, professionally landscaped yard and pool, great for entertaining.
Kathy O'Donnell 703-338-7696



Alexandria \$660,000
 Unique Opportunity to Own Large Home in Alexandria. 8 Bedrooms, 4 1/2 Baths. Over 5000 square feet of living space. Many upgrades including hardwood flooring, 3 zone HVAC system, granite counter tops, cherry cabinets, huge master bedroom, gorgeous master bath, & much more. Must see to fully appreciate. Lots of possibilities!
David Levent 703-338-1388



Burke \$409,500
 Lovely 3 bedroom home on quiet .3 acre cul-de-sac lot in sought-after Rolling Valley West. Open floor plan with beautiful hardwood floors. Large eat-in kitchen has upgraded stainless steel appliances. Close to shopping, restaurants, VRE, and commuter routes.
Kathy O'Donnell 703-338-7696



Burke \$389,900
 End Unit TH finished on all 3 levels, 3 Bedrooms, 2 and 1/2 Baths, single car garage, walk-out lower level, w/main level deck. Hardwoods throughout main level. Lawn maintenance included in HOA/Condo fees. Located in Walden at Burke Centre subdivision. Backs to common area woods, close to shopping in Burke Centre.
John Astorino 703-503-1819



Lake Anna \$739,000
 Family Lake House. Lots of rooms for everyone! 6 bedrooms, 3 full baths. Open floor plan. Lots of outdoor entertaining space. Many updates & upgrades. Has everything you could ask for!
Toni McQuair 703-795-2697

Access the Realtors' Multiple Listing Service: www.searchvirginia.listingbook.com