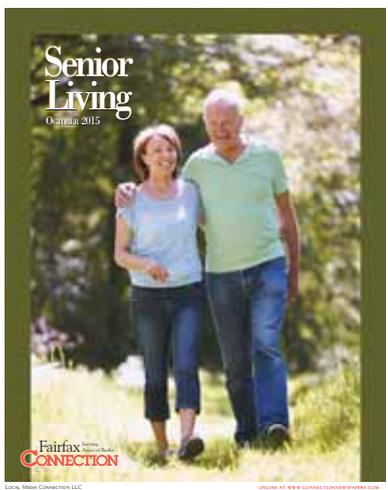


Celebrating with Song and Dance

NEWS, PAGE 10

(From left) Caitlin Duffy, Chris Battle and Cindy Glazer offer Irish cupcakes, candy and cookies at Cameron's Coffee & Chocolates booth.

Inside



Senior Living

All of Our Confections are made with premium Belgian Chocolate by Callebaut

'Cruel and Savage Sexual Predator'

NEWS, PAGE 3

Fairfax Fall Festival is This Saturday

NEWS, PAGE 10

OCTOBER 8-14, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT, PAGE 14 ♦ SPORTS, PAGE 16 ♦ CLASSIFIED, PAGE 18

PHOTO BY BONNIE HOBBS/THE CONNECTION

FAIRFAX COUNTY FEDERATION OF TEACHERS

**2015 FCPS
SCHOOL BOARD ENDORSEMENTS**

**Congratulations to these candidates,
as voted upon by our membership:**

AT-LARGE (ALL DISTRICTS) CANDIDATES:

Ryan McElveen
Ilryong Moon
Ted Velkoff

BRADDOCK DISTRICT CANDIDATE:

Megan McLaughlin

DRANESVILLE DISTRICT CANDIDATE:

Janie Strauss

HUNTER MILL DISTRICT CANDIDATE:

Pat Hynes

LEE DISTRICT CANDIDATE:

Tamara Derenak Kaufax

MASON DISTRICT CANDIDATE:

Sandy Evans

MT. VERNON DISTRICT CANDIDATE:

Karen Corbett Sanders

PROVIDENCE DISTRICT CANDIDATE:

Patty Reed

SPRINGFIELD DISTRICT CANDIDATE:

No endorsement

SULLY DISTRICT CANDIDATE:

Karen Keys-Gamarra



See more at:

fcft.va.aft.org/news/2015-fcft-school-board-candidate-endorsements

Paid Advertisement

'Cruel and Savage Sexual Predator' Jesse Matthew sentenced to three life terms in prison.

By Bonnie Hobbs
The Connection

It took 10 years, but a former City of Fairfax resident got justice at last when the man who brutally assaulted and nearly killed her a decade ago finally received his punishment.

Last Friday, Oct. 2, in Fairfax County Circuit Court, Jesse L. Matthew Jr., 33, – who will go on trial in 2016 for the murders of Charlottesville's Morgan Harrington and Hannah Graham – was sentenced to three, consecutive, life terms in prison.

"He committed this crime cold and calculating, free of restraint," said Commonwealth's Attorney Ray Morrogh. "And he seems to have no remorse about it. On Sept. 24, 2005, [Matthew] wasn't living in Fairfax County, and there's no doubt that he's a sexual predator. He was [here] searching for a victim. And he couldn't have found a more helpless one – R.G. was a 110-pound woman with her arms full of groceries."

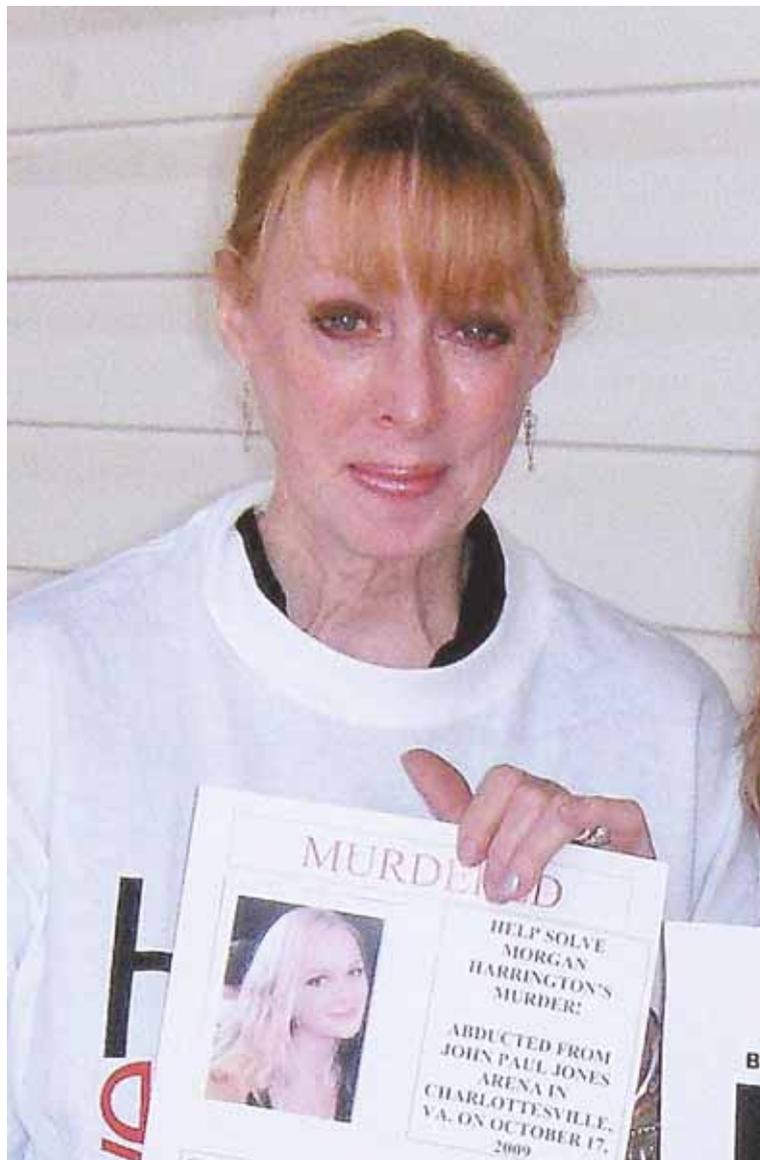
She lived in a townhouse on Rock Garden Drive, near the Giant Foods store. A native of India, she was then 26 and in the U.S. to study. She'd lost track of time while reading at Borders bookstore, so it was dark when she finished shopping and headed home on foot. Just steps from her front door, Matthew, a former college football player, grabbed her from behind.

"He lifted her up and carried her into the darkness," said Morrogh. "He slammed her head on the ground, choked her unconscious, beat her black and blue, sexually assaulted her and tried his best to take her life."

The only thing that saved her, said the prosecutor, was the fortuitous intervention of a man passing by on his way to a friend's house to watch a boxing match. He heard R.G. screaming and, when he started toward her, Matthew fled. "He'd beaten her to a pulp," said Morrogh. "The horror of that moment is indescribable."

Police investigated, but the case went cold until 2010, when a positive DNA match tied Harrington's murder to R.G.'s assailant. Harrington, a 20-year-old Virginia Tech sophomore, vanished outside a Metallica concert in Charlottesville in October 2009. Her body was found three months later; and in summer 2010, authorities linked her killer's DNA to the person who had abducted and sexually assaulted the Fairfax woman nearly five years earlier.

www.ConnectionNewspapers.com



Gil Harrington holds a poster seeking information about her daughter's killer before Jesse Matthew was arrested and charged with her murder.

MATTHEW, of Charlottesville, was then charged with attempted capital murder, abduction with intent to defile and object sexual penetration in connection with R.G.'s case. He's also charged in Charlottesville with Harrington's killing, plus the fall 2014 murder and abduction of UVA student Graham.

Meanwhile, after her ordeal, R.G. returned to India, but came back to Virginia to testify against Matthew at his June 8 trial. (The Connection is only identifying her as R.G. because she's a victim). Matthew then entered an Alford plea, not admit-

ting guilt, but acknowledging the existence of enough evidence to convict him.

"There's a complete and utter lack of responsibility on the part of this defendant," said Morrogh during Friday's sentencing. "He

"There are no winners here today; there's loss and pain all around. R.G. lost her innocence, the Grahams and I lost our daughters and Matthew lost his freedom. And that scream that came out of his mother's mouth was the same one that came out of my mouth when I heard my daughter had died."

—Gil Harrington

gave an Alford plea, instead of pleading guilty. And he only did that after he caused the victim to cross two oceans and testify in front of a bunch of strangers about



Matthew



Ray Morrogh

how she was sexually assaulted and beaten."

Judge David Schell set Matthew's sentencing for Oct. 2, but allowed R.G. to testify June 18 about how the crime has affected her life, so she could then return home to India. Describing her attack, she said, "I felt utterly helpless. I was screaming and I felt nobody was going to come. I feared I would be killed – that this would be the end of my life." Later, as time passed, said R.G., "Coming so close to death, I'd basically stopped living. You feel humiliated

and in a vicious cycle of anger and self-hatred."

A former girlfriend of Matthew's recently wrote a letter to Schell claiming Matthew was sexually abused as a child; and in court

Friday, Morrogh alluded to it. Even if that were true, he said, "What difference does it make to this case? It's not mitigating."

Morrogh said most victims of

sexual abuse don't repeat that pattern but, instead, grow up to lead productive lives. "And if, indeed, [Matthew] endured something like that and was willing to inflict that on a perfect stranger, what does that say about him?" he asked. "It makes him even more dangerous."

For Friday's sentencing, R.G. also wrote a letter – a formal, victim-impact statement further explaining to the judge the long-lasting effects of the crimes perpetrated against her, plus her feelings toward Matthew. "That night, I died an undignified death due to a shameful act of human greed," she wrote. "I've lived with this mortifying horror for 10 years, [while] this cruel and savage sexual predator hid in plain sight."

Likening Matthew to "a modern-day Jekyll and Hyde," Morrogh said Matthew could present a pleasant exterior to mask the depravity within. "He seeks pity, yet is pitiless," said the prosecutor. "He seeks mercy, but is merciless; he seeks empathy, but is heartless."

Quoting Robert Louis Stevenson, author of "The Strange Case of Dr. Jekyll and Mr. Hyde," Morrogh said, "In each of us, two natures are at war – the good and the evil. But in our own hands lies the power to choose. What we want most to be, we are." Then, he added, "Matthew chose what he wanted to be; now it's time for him to pay."

Noting that former Circuit Court Judge Richard Jamborsky once called a felon "wicked and evil" prior to sentencing, Morrogh told Schell, "Given the unprovoked and violent nature of these crimes, I say the same thing [about Matthew]. I ask for three life sentences for this ruthless and remorseless defendant."

However, defense attorney Robert Frank asked for leniency, saying his client was raised in poverty and "suffered racism and his own victimization as a child [without] counseling to deal with them. Many people knew him as kind and considerate and called him a gentle giant. There's no need to lock him up forever."

Matthew declined to speak before sentencing; then it was Schell's turn. "This was a vicious and brutal attack," he said. "The victim suffered severe, physical and psychological injuries." Then, in front of Matthew's mother, plus both Harrington's and Graham's parents, Schell ordered Matthew to spend the rest of his life in prison.

See Matthew, Page 7

Fairfax Connection ♦ October 8-14, 2015 ♦ 3

'A Significant Milestone in the Journey'

City adopts an official affordable-housing policy.

By Bonnie Hobbs
The Connection

The City of Fairfax welcomes developers wanting to build new homes here, but it also wants lower-income families to have places to live, too. Toward that end, the City Council last week adopted its first-ever, affordable-housing policy.

At the Sept. 29 Council meeting, Human Services coordinator Louise Armitage explained how, in 2013, the Council members directed a Housing Affordability Work Group to develop and make recommendations about a policy. Now that it's done, she said, "I can't be more proud of where we stand at this point."

"We developed affordability guidelines for rental units," said Planner Eric Forman. "And so far, four multifamily projects have had their affordability components individually negotiated – and some, at the last minute. But staff believes there should be an official policy for a more predictable and unified approach. Then public hearings [on new projects] wouldn't have to focus on those minute details."

THE GROUP recommended no less than 6 percent of all rental units be affordable to people earning 60 percent AMI (Area Median Income) – roughly \$65,000 per year or below – for 30 years. Cal-



Photo Courtesy of Lisa Whetzel

Members of VOICE (Virginians Organized for Interfaith Community Engagement) pose for a photo after City Council adopted an affordable-housing policy.

culations would be based on an affordability standard of 30 percent, including utilities, as defined by the FHA. The qualifying income amount would vary according to household size.

"We're proposing a two-tiered, rate system, based on by-right [developments] vs. developments needing City approval," said Brooke Hardin, director of Community Development and Planning. "[Cash contributions] would be \$3,012 per unit up to the by-right [home-density] threshold, and \$6,036 per unit above it. For rental conversion, affordable units would be provided instead of cash."

However, he said, all cash contributions for for-sale projects would go into an Affordable Housing Trust Fund. Hardin said having a definite policy in place would "provide consistency and send a clear message to developers regarding [the City's] expectations."

"I still prefer a voluntary, cash

proffer, in lieu of affordable dwelling units (ADUs)," said Councilman Michael DeMarco. "And we may get more units from developers who don't want to make a cash proffer, so it could be a win-win. And in case of condo conversions during a 30-year period, could the developer do a cash proffer, instead?"

"We don't want to have to debate the issue of affordability every time a developer comes in. So we need to stand firm as a Council."

— Mayor Scott Silverthorne

"Yes," replied Forman. "Most rents today don't include utilities, and we believe the rate agreed on should include all fees – especially for affordable-housing tenants, who couldn't afford any extra expenses."

Regarding staff to certify ADU-compliance and manage a hous-

ing trust fund, Armitage said, "We'd like to establish a relationship with Fairfax County – which already does this and receives federal funding for it – to do this for us."

Councilman Jeff Greenfield said affordable apartments converted to condos would need to be upgraded and either rented or sold at ADU prices for the balance of the 30-year affordability term. The Council added that condition, and Forman said a nonprofit group could manage these units.

While Greenfield said making a cash contribution could push a developer into building more dense projects, Mayor Scott Silverthorne said, "We don't want to have to debate the issue of affordability every time a developer comes in. So we need to stand firm as a Council."

Several residents then spoke. Saying he strongly supports an affordable-housing policy, Al Smuzynski told the Council, "Housing trust funds are critical in high-cost areas."

This is a good, first step, and I hope you'll find additional sources of [this] money in the future."

"To prevent and end homelessness, you need to have affordable housing," said Dorothy Sorrell. "Many millennials have low incomes, making it difficult for them to afford

housing."

Representing Fairfax City Citizens for Smarter Growth, Betsy Bicknell said the new policy will "provide benchmarks to let City staff know if [developers'] proffers meet their expectations. Living near your job means less congestion and smarter growth."

ABOUT TWO DOZEN members of VOICE (Virginians Organized for Interfaith Community Engagement) were there, including Judy Fisher, who said, "This would maintain a community which welcomes all and allows local businesses to have a nearby workforce."

June Bloedorn, a Providence Elementary social worker, said, "I work with a lot of kids whose parents are working two jobs and contributing to our community, but are worried about losing their homes. So I'd hate to see these people get pushed out of the City."

Councilman David Meyer then moved for adoption of the policy, with Councilwoman Janice Miller seconding. Meyer also thanked VOICE for "being a voice of conscience. We talk a lot about community, and I believe it's where there's a heartfelt and substantive commitment to one another, as well as economic diversity. I'd like us to bring on as many affordable-housing units as possible. And in the future, I'd like us to appropriate money for affordable housing. This is a significant milestone in the journey, but we have a long way to go."

Agreeing, DeMarco said, "I believe there are opportunities for us to leverage a Housing Trust Fund for grants [so we can do even more with this money]."

The Council unanimously approved the policy and Silverthorne thanked the community members who've worked so hard on this issue, some for three years. "This is a far stronger and better policy today than it would have been then," he said.

"And it puts the development community on notice, as well, that the City is serious about affordable housing."



Photo by Ed Knepley

Community Open House

Put yourself in this picture • Come Live Your Dream!

Sunday, October 18, 2015, 12:30–4:00

55+ Active Adult Community (20% between 50-54)

- Arrange for a short tour of our golf course (Non-resident Memberships Available)
- Meet a volunteer resident, tour the facilities, obtain an information package, enjoy a relaxed environment!
- Enjoy the Dining Room Brunch (9:30–1:30) Cost: À la carte (Credit Card/Check Only) Reservations required by COB Wed., 10/14. Contact Joan 703-743-1325 (Limited Seating)
- Realtor and FSBO Open Houses 1–4 p.m. (Independent of Community Open House)

www.heritagehunt.net

NewBuyers@heritagehunt.net



6901 Arthur Hills Drive • Gainesville, VA 20155 • 703-743-5490



PREPARING STUDENTS FOR THE WORLD'S BEST UNIVERSITIES.

Introducing BASIS Independent McLean, a liberal arts, STEM-focused private school. We believe that with the right course of study and educational environment, any motivated child can achieve academic excellence.

Our approach works. BASIS.ed schools have been consistently ranked as among the best, both here in the U.S. and globally. Graduates are intellectually satisfied, truly love learning, and attend the world's most prestigious and respected colleges and universities.

INFORMATION SESSIONS

Wednesday, Oct. 14, 7 PM | Saturday, Oct. 17, 2 PM

PRESCHOOL–GRADE 12 | OPENING FALL 2016

Transportation Options Available

(571) 205 7079 | Admissions Office: 7925 Jones Branch Dr., Suite 5150, McLean, VA 22102

McLean.BASISindependent.com

©2015 BASIS INDEPENDENT SCHOOLS ARE MANAGED BY BASIS.ed



Education redefined.



Photos by Tim Peterson/The Connection

Fairfax County Police Department Chief Edwin Roessler and Sexual Violence Services Director Ina Fernández announced the launch of a new Lethality Assessment Program with the goal of reducing deaths from domestic violence.



Members of the Fairfax County Police Department, Department of Family Services, Office for Women and Domestic Violence Services, and domestic violence detectives gathered at the Historic Fairfax Courthouse to mark the launch of a new Lethality Assessment Program for victims of domestic violence.

“They’re Not Alone”

By Tim Peterson
The Connection

Fairfax County is taking a step forward to reduce the deaths among victims of domestic violence.

According to the police department, county domestic violence hotlines receive over 240 calls each month. Of those, victims request 64 family abuse protective orders and 13 families are able to escape to an emergency domestic shelter such as Bethany House of Northern Virginia. Within a month, police make around 160 arrests for domestic violence-related offenses.

On Oct. 1, Fairfax County Police Department Chief Edwin Roessler and Sexual Violence Services director Ina Fernández held a press conference at the Historic Fairfax Courthouse to announce the launch of a new Lethality Assessment Program. The announcement coincided with October being declared Domestic Violence Awareness month.

The model, which originated in Maryland, calls for more collaboration between the

police department and domestic violence service providers, as well as a screening tool for officers to more quickly and effectively respond to and refer victims to services.

A Fairfax County Domestic Violence Fatality Team found in 2013 that domestic violence accounted for about half of all murders in the county.

“It opened our eyes to a larger set of lethality,” said Fernández. “Now we’re moving more proactively to help the victim.”

A response and referral tool within the Lethality Assessment Program features an 11-question screening for patrol officers responding to domestic violence calls. The first three questions are:

1. Has he/she ever used a weapon against you or threatened you with a weapon?
2. Has he/she threatened to kill you or your children?
3. Do you think he/she might try to kill you?

If the victim answers “Yes” to any of the three, or to four of the next four in the sequence, they are determined to be “high risk” of being seriously injured or killed by

their partner and the officer then initiates a referral process using a domestic violence services hotline-dedicated phone. The victim may choose to be connected with an advocate and additional services such as shelter, or not.

Police and service providers are hoping this will empower more people in abusive situations to ask for help.

“We’re concerned about unreported cases, there’s a lot of trust-building we need to develop,” said Chief Roessler. “We want to help victims self-initiate to take a stand and get away from violence, we want people to know they’re not alone.”

“It’s such a tragedy those victims had not reached out,” said Amy Carlini, a spokesperson for the Department of Family Services in Fairfax County. “A lot of times the most dangerous thing for a victim is trying to leave a situation.”

All Fairfax County Police patrol officers received training in the Lethality Assessment Program in spring of 2015 and the department began implementing it in July. Since then, the department reported their

findings that:

- Over half of the cases were determined to be high-risk
- 33 percent of the high-risk cases involved a firearm
- 64 percent of the cases involved a history of strangulation
- 55 percent of the cases involved a history of stalking

Fernández said an internal committee comprised of representatives from the police department and victims services, office of the Commonwealth’s Attorney, Domestic Violence Action Center, office for Women & Domestic and Sexual Violence Services, Bethany House of Northern Virginia and other organizations will continually review the program and complete assessments at the three, six, nine and 12-month marks.

“It’s in the beginning stages,” she said, “but we’re hopeful we can continue to re-evaluate it.”

For more information on Domestic Violence Awareness Month activities, visit www.fairfaxcounty.gov/domesticviolence/#Announcements.

New domestic violence victims screening tool launches in Fairfax County.

Decoding Dyslexia Virginia to Host First 5K Run for Dyslexia

Shannon Duncan of the Falls Church area isn’t a big runner herself, but when she sees a 5K road race, it always catches her eye. That’s why the mother of three chose to take on organizing one with a best friend and neighbor to raise awareness for dyslexia, a learning disability affecting an individual’s ability to speak, read, spell and learn language.

Duncan is a regional leader for Decoding Dyslexia Virginia, a grassroots advocacy group aiming to educate families with dyslexic children about helpful resources available to them as well

as lobbying policy makers regarding best practices for identification, remediation and support of students with dyslexia in schools.

Duncan’s older two children do not have dyslexia, however her youngest daughter does, they discovered after having her screened specifically for the disability when she was in third grade.

Some parents have criticized Fairfax County Public Schools for not training their teachers to properly identify, remediate and take steps forward to support students with dyslexia. However, the learning disability was highlighted in the latest Stra-

tegic Plan issued by the school board and superintendent Dr. Karen Garza has required all elementary school administrators and instructional staff be trained to recognize dyslexia symptoms and warning signs, according to a Fairfax County schools spokesman.

And in accordance with a proclamation from Gov. Terry McAuliffe (D), the board is recognizing October as “Dyslexia Awareness Month.”

There will be a workshop hosted by the Fairfax County Public Schools Office of Special Education Instruction for parents of middle and high school students with dys-

lexia on Oct. 20 from 7-9 p.m. at the Dunn Loring Center, 2334 Gallows Road, as well as a workshop for parents of elementary school students with dyslexia on Nov. 13 from 10 a.m.-12:30 p.m. also at the Dunn Loring Center.

The first annual Decoding Dyslexia 5K Run for Dyslexia is scheduled to take place Oct. 11 beginning at 8 a.m. at Burke Lake Park. For more information on Decoding Dyslexia Virginia and upcoming events, including the 5K, visit decodingdyslexiava.wordpress.com.

—Tim Peterson

Matthew Sentenced to Three Life Terms in Prison

From Page 3

"No, no, no," Matthew's mother screamed at the judge. "I hope you rot in hell."

RELATIVES then led her out of the courtroom. Afterward, Morrogh said she'd be in his prayers because "she's a victim, too." Calling it a "just sentence," he said, "The judge put public safety first and recognized the heinous nature of these crimes. My thoughts are with R.G. today, and I hope time will help her heal from this terrible trauma." Agreeing, City of Fairfax Police Chief Carl Pardiny said, "While we're relieved to have this closure to this case, our hearts truly go out to the victim and the families who've suffered."

"It was a hard, painful day, thinking what R.G. went through, and I think Matthew got just what he deserved," said Morrogh. "For him to treat R.G. in the manner he did was despicable and vile, and I'm glad he got three life sentences. If she hadn't come here, he'd have been free and we wouldn't have been able to prosecute this case - so she's the hero."

But Harrington's mother Gil said, "There are no winners here today; there's loss and pain all around. R.G. lost her innocence, the Grahams and I lost our daughters and Matthew lost his freedom. And that scream that came out of his mother's mouth was the same one that came out of my mouth when I heard my daughter had died."

Bulletin Board

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

THURSDAY/OCT. 8

Boomers and Older Adults Venture into Volunteering. 10 a.m. - 12 p.m. Lorton Workhouse, 9518 Workhouse Way, Lorton. Community and county agency representatives will be on hand to discuss a wide range of opportunities including helping kids with homework, delivering meals on wheels and

becoming a court appointed advocate. **Hospitalization Happens Workshop.** 3 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn how to prepare for both expected and unexpected hospital visits. Call 703-204-4664 to RSVP or visit InsightMCC.org for more information.

SATURDAY/OCT. 10

Affordable Health Screening. St. John's Methodist Church, 5312 Backlick Road, Springfield. Learn about the risks for cardiovascular disease, osteoporosis, diabetes and other chronic, serious conditions. Pre-registration required. 877-237-1287. www.lifelinescreening.com.

The Most Popular Art & Craft Show and Family Festival in the Greater Metropolitan Washington DC area!

Fall ^{39th} Annual Festival

Saturday
October 10, 2015
(Rain date October 11)
10 AM-5 PM
Old Town Fairfax

- Over 400 Vendors & Artisans
- Lumberjack Shows
- Amusement Rides
- 4 Stages of Entertainment
- Beer Gardens
- FREE Admission!

Parks & Recreation City of Fairfax **#TGIFairfax**

703-385-7858 • www.FairfaxFallFestival.com



25757 RACING SUN DR.
ALDIE, VIRGINIA 20105
703.327.2510

24983 GREAT BERKHAMSTEAD DR.
ALDIE, VIRGINIA 20105
703.542.8889

WESTRIDGE
THE NEW MEMBER OF THE GOOD LIFE CLUB

VIRGINIA MANOR & WESTRIDGE
The Good Life Has Arrived.

Two of Ryan Homes' popular non-age restricted communities in Loudoun County—Virginia Manor & Westridge, boast resort-style amenities for everyone including miles of walking trails, parks, a luxury pool & clubhouse, tennis courts, fitness center & more. Virginia Manor & Westridge are located in the South Riding area, just minutes from upscale shopping, dining & entertainment. Each community is easily accessible to the future Silver Line Metro, Route 50 & the Loudoun County Connector. The Stone Spring Hospital is also just 2 miles away.

The Legacy Series at each community features 1 & 2-story homes with first-floor owner's suites, open living spaces, & a yard perfect for entertaining. Virginia Manor & Westridge have it all. Tour our Legacy Series Models today. *See details below!*

Virginia Manor - priced from the upper \$400s (703) 327-2510
Loudoun County's established, amenity-rich community with mountain views.
www.ryanhomes.com/VAManorLegacy

Westridge - priced from the upper \$400s (limited homesites remain) (703) 327-2510
Offers all the conveniences of a modern community with the charm & warmth of a small town--something rare to find in the area.
www.ryanhomes.com/WestridgeLegacy

Ryan Homes

Opinion

Vote Now to Avoid the Earthquake

Early voting available for most voters now; vote by Nov. 3.

The news is all about Donald, Hillary, Bernie, Carlie, Joe and Jeb. That's next year, November 2016. The election in less than a month matters here in Northern Virginia. What are your priorities? Do you think quality schools are essential? Do you wish for better transportation and traffic solutions? Is protecting the environment important to you? Do you care about police transparency? Do you think gerrymandering is a problem? Are you worried about how public money is being spent? These are all local concerns, and these and many, many others are the issues that will be affected by next month's election.

Especially in a Dillon Rule state such as Virginia, where localities have only the powers specifically granted by the state General Assembly, who is elected at the state level is critical.

An earthquake, hurricane, early snow, or just one of those cataclysmic traffic days could make it hard to vote on Election Day, Nov. 3. On that day, virtually every state and local office is on the ballot. In-person absentee voting begins is underway, and is a good way to ensure you have your say in this critical local election.

Virginia Law allows voters to vote absentee 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. If you qualify, you can vote early in-person, see sidebar.

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.

Editorial

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, Fairfax County School Board at Large (vote for 3); District School Board member; 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>

It's also worth noting that new, more restrictive voter identification regulations took effect last year. Voters arriving to the polls without required 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. 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 U.S. Passport; Other government-issued photo identification cards (must be issued by U.S. government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth); valid college or university student photo identification card, must be from an institution of higher education located in Virginia; employee identifica-

In-Person Absentee Voting: Vote Early

In-Person Absentee Voting Fairfax County Government Center

♦ Fairfax County Governmental Center Location, Conference Room 2/3, 12000 Government Center Pkwy., Fairfax, VA 22035

Through Oct. 9, Monday, Tuesday, Wednesday and Friday 8 a.m. - 4:30 p.m.; Thursday 8 a.m. - 7 p.m. Oct. 13 - Oct. 30: extended hours: Monday - Friday 8 a.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

Closed on Monday, Oct. 12 in observance of Columbus Day

♦ In-Person Absentee Satellite Voting

Oct. 13 - Oct. 30 - Weekdays: Monday - Friday, 3:30 p.m. - 7 p.m.

Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

(Closed on Monday, Oct. 12 in observance of Columbus Day)

Satellite Locations:

♦ **Franconia Governmental Center** - 6121

Franconia Road, Community Room B, Alexandria, 22310

♦ **Mason Governmental Center** - 6507 Columbia Pike, Conference Room, Annandale, 22003

♦ **West Springfield Governmental Center** - 6140 Rolling Road, Community Room, Springfield, 22152

tion 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.

Putting an End to Domestic Violence in Fairfax County

By John C. Cook
Supervisor (R-Braddock)



Commentary

Domestic violence is the leading cause of homicide in Fairfax County. Every month, there are over 160 domestic violence related arrests, 65 victims file for family abuse protective orders, 260 calls are made to domestic violence hotlines and 14 families take shelter at emergency domestic violence homes across Fairfax County. Last year, 467 children were homeless in our community, primarily because they and a parent fled their homes due to domestic violence. However, for every family that flees, several stay in the home out of fear that if they leave, their abuser will track them down and harm them. Consequently, thousands of children are impacted by domestic violence, and the scars do not heal easily, if ever. Many victims feel there is no way out of the situation, but Fairfax County offers a variety of different resources to help victims and their families, and there is an increasing chorus of voices standing up to say this is unacceptable.

In recognition of Domestic Violence Aware-

ness Month this October, Fairfax County is asking the community to "look again" at domestic violence. When we think of domestic violence, an image of a particular victim might immediately come to mind. However, oftentimes a domestic violence victim isn't whom we might think. In fact, domestic violence usually does not just involve one victim, but often affects an entire household. Children in homes where domestic violence occurs often struggle the most. Studies show that the 3 million children who witness domestic violence in their homes each year will suffer significant emotional and cognitive harm, even if they are not on the receiving end of the physical abuse.

The harm goes beyond what we might even typically think of when conversations of domestic violence occur. In fact, issues surrounding family pets may sometimes prolong instances of domestic violence. Oftentimes, fear of abandoning pets is a major reason why many women feel as though they cannot escape domestic violence. More than seventy

percent of women who entered shelters reported that their family pet had also been threatened, injured, maimed, and even killed by the batterer.

On Oct. 15, my office is raising awareness by hosting the 3rd Annual Stop Domestic Violence Event. My co-hosts for this event, and champions in domestic violence prevention, are Sheriff Stacy Kincaid and Mayor Scott Silverthorne. The event will take place from 5 p.m. until 7 p.m. at Chuy's Mexican Restaurant, 11219 Lee Highway in Fairfax, and will feature information tables and support opportunities for nonprofit organizations involved in domestic violence prevention, treatment and awareness.

Whether you are attempting to flee abuse, are a witness to abuse, or simply want more information on how to address the issue if you encounter it, please come out to the event on Oct. 15. If you are not able to attend you can call the Fairfax County 24-hour hotline at 703-360-7273 for assistance. We hope to put an end to domestic violence in Fairfax County by assisting victims and raising awareness in the community regarding the services available in Fairfax County.

Fairfax
CONNECTION

www.ConnectionNewspapers.com

@FfxConnection

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

Free digital edition delivered to your email box. Go to connectionnewspapers.com/subscribe

NEWS DEPARTMENT:
fairfax@connectionnewspapers.com

Kemal Kurspahic

Editor ♦ 703-778-9414

kemal@connectionnewspapers.com

Amna Rehmatulla

Editorial Assistant

703-778-9410 ext.427

arehmatulla@connectionnewspapers.com

Bonnie Hobbs

Community Reporter ♦ 703-778-9438

south@connectionnewspapers.com

Jon Roetman

Sports Editor ♦ 703-752-4013

jroetman@connectionnewspapers.com

@jonroetman

ADVERTISING:

For advertising information

e-mail:

sales@connectionnewspapers.com

703-778-9431

Debbie Funk

Display Advertising/National Sales

703-778-9444

debfunk@connectionnewspapers.com

Karen Washburn

Display Advertising, 703-778-9422

kwashburn@connectionnewspapers.com

Andrea Smith

Classified Advertising, 703-778-9411

classified@connectionnewspapers.com

David Griffin

Marketing Assistant

703-778-9431

dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm

mkimm@connectionnewspapers.com

@MaryKimm

Executive Vice President

Jerry Vernon

jvernon@connectionnewspapers.com

Editor in Chief

Steven Mauren

Managing Editor

Kemal Kurspahic

Photography:

Deb Cobb, Craig Sterbutzel

Art/Design:

Laurence Foong, John Heinly

Production Manager:

Geovani Flores

Special Assistant to the Publisher

Jeanne Theismann

jtheismann@connectionnewspapers.com

@TheismannMedia

CIRCULATION: 703-778-9426

Circulation Manager:

Ann Oliver

circulation@connectionnewspapers.com



Letter

Supervisor for A-Team

To the Editor:

With the midterm elections rapidly upon us, I would be remiss not to mention my good friend and neighbor John Cook, and I say this for several reasons.

The first being the time he has personally sacrificed away from his sizable family; time neither he nor his family will ever get back. He has however persevered and accomplished great things for his family and mine. His initiatives in speed control throughout our neighborhood (yellow sign "You live here. We live here.") have peppered our district in fact I have one on my front lawn.

He also had the courage to start the Neighborhood College training for his district, and opening it later to others who wanted to partake in the training. Okay some might say; "but he's a Republican." I couldn't argue that, the question is do you want the best person on the job, in the operating room, in the classroom, in the courtroom, or do we base this on politics? I personally prefer the A-team.

Is he perfect? I can say no, and for that matter who is; I know I am not.

Robert Rivera
Springfield

Area Roundups

Deadline for Applications

U.S. Rep. Gerry Connolly (D-11) announced this year's deadline for students wishing to apply for one of the nation's service academies is Friday, Oct. 16. This includes applications to the U.S. Air Force Academy, U.S. Naval Academy, U.S. Military Academy, U.S. Coast Guard Academy and the U.S. Merchant Marine Academy.

In addition to applying to the individual service academy a student must receive a nomination by a qualified nominating source. The deadline to apply for a congressional nomination from Congressman Connolly is Friday, Oct. 16, 2015. Any student who lives in the 11th District of Virginia must submit a completed application packet by the deadline in order to be considered. There are no exceptions to this deadline.

The Nomination Application and Information packets are available on Connolly's website at: <http://connolly.house.gov/academy-nominations/>. Interested students and their parents may also See Roundups, Page 13

www.ConnectionNewspapers.com



Le Papiyon Chocolatier

Gourmet Chocolates, Sweets & Candy

- Personalized Favors & Gifts for all Occasions
- Corporate Gift Boxes
- Create your Own Chocolate Box or Bag of Candy
- Candy/Sweet Buffet Packages
- We offer Delivery & Nationwide Shipping

Follow us on Facebook /lepapiyon & Instagram /lepapiyon to know about our Halloween Fun Party!

10409 Main St., Fairfax, VA 22030 • www.lepapiyon.com • 703-218-8099



Maplewood Grill
is Celebrating 12 Years of our

Oktoberfest
German Buffet-Style Dinner
\$32 per person not including tax or tip
Wednesday, October 14th, 2015
Offering a fine selection of German beer & wine
Reservations highly recommended
Buffet Dinner begins at 6:30 P.M.

Brunch Every Sunday

703-281-0070
132 Branch Road, S.E. • Vienna, VA
Visit www.maplewoodgrill.com for Specials



MEDICAL WEIGHT LOSS

Live A Healthy Life!
Dr. Beale's Medical Weight Loss Can Help

- Appetite Suppressants
- B-12 / Fat Burner Injection
- Personalized Eating Plan
- 1-on-1 Counseling

571-765-1474
\$40 / wk to LOSE 11-13 lbs per Month
Now in FAIRFAX, VA • Est. 1974
www.BealeWeightLoss.com

Medical / Medicare / FSA — CALL



SHILLELAGHS
THE TRAVEL CLUB

Celebrating our 50th Anniversary

Sunny Florida By Motorcoach From Vienna! • January 8 - 19\$2599
Includes deluxe coach from Vienna, Tysons Metro or Rockville, 11 Nights Hotel with Daily Breakfast, 2 Lunches, 3 Dinners, Sightseeing, Porterage, Down East Coast, Return up West Coast, 4 Nights Key West, 3 Nights Ft. Myers — ESCAPE THE COLD!

Savannah, Ga. For St. Patrick's Celebration • March 15 - 18.....\$1086
2nd Largest St. Pat's Parade in USA! Includes motorcoach from Vienna, Tysons Metro or Rockville, 3 Nights at Hotel Tybee with Daily Breakfast, 3 Dinners, Porterage, Sightseeing, Private Reserved Seating at Parade with Bloody Mary Brunch, Dinner & complimentary beer & wine all day! JOIN THE FUN!

Azalea Festival In Norfolk • April 21 - 24.....\$650
Includes coach from Vienna, Tysons Metro or Rockville, 3 Nights Hotel in VA, Beach with Breakfast, 3 dinners, Sightseeing, Reserved Seats at Parade — Call for Details

SHILLELAGHS TRAVEL CLUB
100 East Street SE, Suite 202 • Vienna, Virginia 22180
703-242-2204 1-800-556-8646
Please visit our Web site at: www.shillelaghstravelclub.com for a listing of all our upcoming trips and socials.

HEALING LOVE - NEVER OUT OF REACH



In this one-hour talk, national speaker Jill Grimes discusses how God's love dissolves the glue that tries to attach us to guilt, disease, or age.

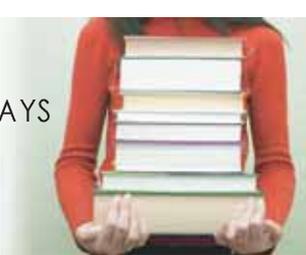
Sunday, October 18 at 2pm
Sherwood Community Center
3740 Old Lee Hwy
Fairfax, VA 22030

- ◆ Free Parking
- ◆ Child Care Available

Sponsored by
The First Church of Christ, Scientist, Fairfax, Virginia.
Questions? Call 571-442-1580.
Visit ThinkDifferentlyFairfax.com.

WRITING & INTERVIEWING COACH

KIARA SAVAGE, M.S.



TJHSST EXAM ESSAY PREP
COLLEGE ADMISSIONS ESSAYS
ACADEMIC WRITING
INTERVIEWING SKILLS

E: KIARA.S.SAVAGE@GMAIL.COM
T: 703.861.7721
LINKEDIN.COM/IN/KIARASAVAGE



Instant Download!
Or call for your FREE copy.

INJURED?

Before you talk to the adjuster
Before you hire an attorney
Before you sign any forms

Download this FREE consumer guide today
TheAccidentBook.com
or call 703.991.4880 for a FREE copy

Thousands have relied on the information in this book.
See what others say: JustReadTheReviews.com



"I wrote this book to level the playing field between you and the insurance companies." Ben Glass

BENGLASSLAW™
FREE Books Before You Sign ANY Form



White Ford Bronco will perform '90s music.



Groovy Nate will be on the Children's Stage.



The Irish Breakfast Band performs.



The Boyle School of Irish Dance outside the Sherwood Center.

Fairfax Fall Festival is This Saturday

Food, crafts, music, lumberjacks and fun.

By Bonnie Hobbs
The Connection

Food, crafts, music, children's activities, carnival rides and even a lumberjack show – they're all part of the upcoming Fairfax Fall Festival. The 39th annual festivities are slated for this Saturday, Oct. 10, from 10 a.m.-5 p.m., (rain date, Oct. 11) in downtown City of Fairfax.

Hundreds of artisans will offer their work all along University Drive, Main Street and Sager Avenue. Items include woodcrafts, pottery, baskets, jewelry, dolls and toys, quilts, photography, paintings and needlework.

Also popular each year is the All-American Lumberjack Show and Interactive Lumberjack Camp on Armstrong Street in front of City Hall. Sponsored by JL Tree Service, professional lumberjacks will compete throughout the day in 11 different events.

Showtimes are 10:30 a.m., 12 p.m. and 3:30 p.m., with a 1:30 p.m. camp. There will be axes, modified racing chainsaws, water events, crosscut saws and audience participation. Different events are offered at each show.

Festival food choices include chicken, barbecue, burgers, fries, crab cakes, Thai food, kettle corn, ice cream and pie. There will be two food courts – at University Drive and Sager Avenue, and at University Drive next to the SunTrust Bank parking lot at 4020 University Drive. Carnival rides, in that same parking lot, will run until 7 p.m. Also on tap are beer gardens, a



The All-American Lumberjack Show will be on Armstrong Street in front of City Hall.



SouthPaw will play Southern rock/country music.

business expo and four entertainment stages.

There will be open houses at Fire Station 3, 4081 University Drive, 10 a.m.-5 p.m., including Sparky's Harvest Bash, educating children on fire safety, and the City of Fairfax Museum and Visitor Center, 10209 Main St., 9 a.m.-5 p.m. Also welcoming visitors are the Ratcliffe-Allison House, 10386 Main St., 10 a.m.-4 p.m.; and Historic Blenheim and Civil War Interpretive Center, 3610 Old Lee Highway; gallery and interpretive walking trail, self-guided tours, 12-

4 p.m., and historic house (first floor) and guided tour at 1 p.m.

❖The Children's Stage on University Drive will be in the parking lot next to the Old Fire Station No. 3 Restaurant.

Entertainment: 10:15 a.m., Blue Sky Puppets; 10:45 a.m. and 12:30 p.m., Bert the Nerd; 11:15 a.m., Mad Science; 1:15 p.m., Groovy Nate; 2:15 p.m., Reptiles Alive!; and 3:30 p.m., Sophia Music Studio.

❖The Main Stage and beer garden is at South Street and University Drive. Performing are White

Ford Bronco (an all-90s band), 11 a.m.-1:30 p.m., and Bruce in the USA (a musical history of Bruce Springsteen & The E Street Band), 2:30-5 p.m.

❖The Country Stage and beer garden, at Armstrong Street and University Drive, features SouthPaw (Southern rock/country music), 11 a.m.-1:30 p.m., and Harley Boone (kickin' country music), 2:30-5 p.m.

❖The Festival Stage, at 3999 University Drive (Old Town Hall), hosts: 10:30 a.m., Happy Feet Cloggers; 12 p.m., Main Street Community Band; 1:30 p.m., Fairfax Children's Chorus; 2:30 p.m., NVJCC Dance; 3:30 p.m., Shepherd's Pie Irish Ceili Band; and 4:30 p.m., Andrew Acosta & Friends.

Parking is at The Judicial Center parking garage B on Page Avenue and the Old Town Village parking garage (Chain Bridge Road between Whitehead and North Street). Or take shuttle buses from Fairfax High School and GMU.

Handicapped parking is at City Hall, 10455 Armstrong St. (accessed via Chain Bridge Road), Main and East streets, 4041 University Drive and Old Town Village parking garage.

For more information, call 703-385-7858 or see www.FairfaxFallFestival.com.

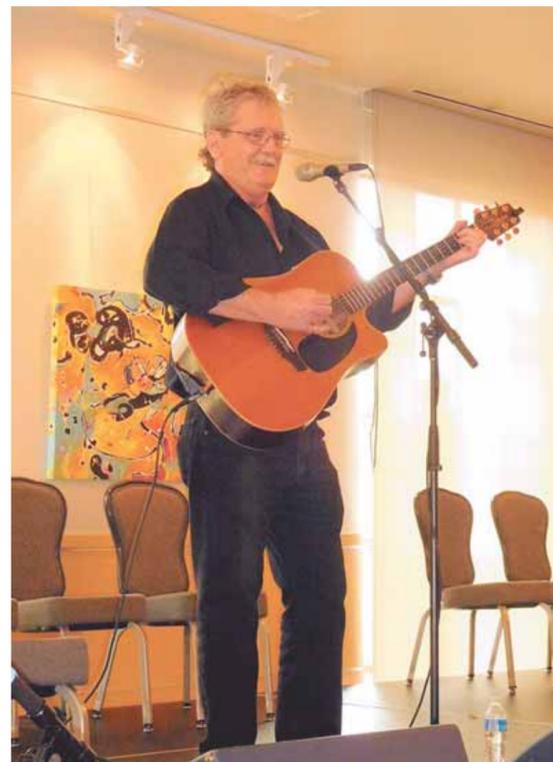
Celebrating with Song and Dance

The 20th annual CCE Irish Folk Festival was held Sept. 26 at the Sherwood Community Center.



Attendees enjoy step-dancers Shannon Dunne – Sean-nós.

Photos By
Bonnie Hobbs/
The Connection



Singer-songwriter Brian Gaffney wows the crowd with his repertoire of Irish ballads.



Marc Glickman repairs and restores string instruments. He and assistant Kelly Criscuolo-DeButts stand in front of a display of antique fiddles.



Bernadette Hamm, 6, learns weaving from Sheila Fieldman.

5th Annual Golf

"FORE" the Kids Golf Tournament

Benefiting the Boys and Girls Clubs of Fairfax County

Dear Members of BCGGW Fairfax Board:
In an effort to provide an awesome golf event we have elected to cancel our tournament scheduled for this Monday due to the dire weather forecast for our area. We have rescheduled the event for Monday, October 26th. All other details are exactly the same. Your support of our kids is greatly appreciated and we look forward to seeing you on October 26th. Fairfax Region - Boys & Girls Club of Greater Washington, Golf Outing Team

Golf Foursomes \$1,000
Includes Four Golfers
Boxed Lunch
Post Tournament Awards Banquet
Live/Silent Auctions
Raffles and Prizes
Closest to the Pin & Long Drive
Includes:
Greens Fees, Cart,
Driving Range
Individual Golfers \$250

For more information on sponsorship opportunities, please contact Leslie Atkins - lpatkins2@aol.com

"I fought for my country. Now I'm bringing the fight to my HIV." – Reggie

HIV TREATMENT WORKS

Living with HIV since 1985.
As a military guy, I know how to follow orders. So when my doctor told me to start and stay in treatment, I listened. Now my treatment regimen is part of my life. That means I take my pills, I keep my medical appointments, I stay connected to support groups and I keep up with the latest education. Treatment works for me, and now I show other veterans who are HIV-positive how it can work for them.

Get in care. Stay in care. Live well.

cdc.gov/HIVTreatmentWorks
For questions and resources, call 1-800-533-4148

ACT against AIDS **VDH** VIRGINIA DEPARTMENT OF HEALTH



Photos by Tim Peterson/The Connection



Robinson students filled the school's auditorium and field house for a live video chat with 1991 graduate Kjell Lindgren, who is currently a flight engineer aboard the International Space Station.

Students had the opportunity to ask astronaut Kjell Lindgren questions about life in space, experiments he is helping perform and what it took to become a flight engineer for NASA.

Down to Earth

Robinson students chat live with interstellar alumnus.

By Tim Peterson
The Connection

Robinson Secondary School principal Matthew Eline knew the event would be special when he received a package from NASA. The space agency sent him a "digital hybrid device" to link up phone, television and camera services so Robinson students could take part in a live chat with 1991 graduate Kjell Lindgren, a flight engineer aboard the International Space Station.

Lindgren's classmate Bryan Hazard, standing on the main auditorium stage on Oct. 5, addressed a towering projection of

his friend, floating upright in a cabin in space. "How do you read me?"

After a short pause, Lindgren replied "I read you loud and clear," to a roaring applause from the students filling Robinson's main auditorium. The rest of the student body watched a live feed in the field house.

Lindgren, valedictorian of his 1991 class, was selected to the 20th NASA astronaut class in 2009 and joined the International Space Station launch on July 22. Among his varied work on the space station, Lindgren spoke to the students about studying the effects of microgravity on the human body and growing a lettuce plant.

"Growing a green plant was a lot of fun," he said, "and psychologically beneficial."

Students had a chance to ask Lindgren a series of questions, which he answered while performing somersaults, spinning his microphone in midair and snatching floating pieces of trail mix.

When he first arrived at the space station, Lindgren said "I was surprised at how clumsy I was." He also explained more about space adaptation syndrome, a type of motion sickness.

To conclude, Lindgren offered the advice to "make that goal and work toward it every day." For students interested in becoming astronauts themselves, being part of the generation that explores the planet Mars, he encouraged them to take courses in science, technology, engineering and math.

"That's the language of space flight," Lindgren said.

Lindgren's parents Randahl and Anita, both Burke Centre residents, were in the audience on Monday morning. On seeing their son on the big screen, Anita said, "It was wonderful."

The family had talked earlier that morning, so they didn't exchange many words during the presentation. The Lindgrens said they talk with Kjell weekly, and that he's in constant contact with his own family in Texas.

After the call, principal Eline expressed his pride and relief that the connection had been successful. "He was fun, intellectual and spoke to the kids well," he said.

Cansler Lawyer Calls for More Investigations into Rose Hill Taser Incident

Elton Cansler of Alexandria was arrested on Sept. 24 for committing larceny and assaulting a police officer, an incident captured on two independent witnesses' mobile phones during which the Fairfax County Police Officer used a taser to force him to comply with orders.

Cansler had been approached by an officer and admitted to stealing a pair of sunglasses from the employee break room of SunTrust Bank in the Rose Hill area of Alexandria.

Cansler's lawyer Victor M. Glasberg submitted a letter to Fairfax Chief of Police Edwin Roessler on Oct. 1, demanding an internal affairs investigation of the incident. In his letter, Glasberg explained that Cansler had cerebral palsy and mental difficulties.

Following the incident, Roessler announced such an investigation would be taking place. On Sept. 28, an expanded release from Roessler concluded, "The

officer's discretion was appropriately used to deploy a form of a less-lethal force and in compliance with all policies and laws in this matter." The report explained Cansler kept his arms straight against the police cruiser while the officer was initiating the arrest and pushed back against him.

According to a Fairfax County police spokesperson, the Internal Affairs investigation is still underway.

Glasberg responded to the Sept. 28 statement in his letter to Roessler by calling for another investigation "into your and your department's public, on-line, full-throated defense of what the officer did before your investigation has even gotten off the ground." (Mr. Cansler has not even been interviewed).

"An apparent police thug is bad enough," Glasberg continued. "A knee-jerk departmental stonewall and cover-up are worse."

Roessler has not responded to Glasberg's letter, the police spokesperson said.

—Tim Peterson



Courtesy of Fairfax County Police Department/Video provided by independent witness
One of two cell phone videos of the incident shows a Fairfax County police officer use a taser on Elton Cansler and then handcuff him, with help from another officer.

Area Roundups

From Page 9
contact his Annandale District Office at 703-256-3071 for additional information.

Fire Prevention Open House Set for Oct. 10

Fire Prevention Open House will be held Saturday, Oct. 10, from 10 a.m. to 4 p.m., at all 38 county fire and rescue stations. The theme for 2015 is: "Hear the Beep Where You Sleep; Every Bedroom Needs a Working Smoke Alarm."

Firefighters will have displays and activities spotlighting fire and life safety, including preventing fires and fire injuries, especially in the home. Residents are encouraged to visit their community fire and rescue station to participate and learn more about fire safety. Firefighters will also offer tours of the station, and educate visitors on various fire apparatus.

To learn more about fire prevention, go to www.firepreventionweek.org.

REMODELED HOME & ART TOUR
OCT 17-18, 2015 | 10AM-5PM



Tour this Remodeled Home and Meet Artists Alicia Sommers & Karen Bateman



914 RIVA RIDGE DRIVE, GREAT FALLS, VA

SUN DESIGN
design/build | additions | kitchens | baths | basements | outdoor spaces
703.425.5588 SunDesignInc.com info@sundesigninc.com

Inside or out...



...Tech Painting's got you covered!



Serving: VA DC MD OBX
703-684-7702
www.techpainting.com

ADOPT/DONATE/VOLUNTEER
www.lostdogandcatrescue.org



SPECIAL CONNECTIONS CALENDAR
Advertising Deadlines are the previous Thursday unless noted.

OCTOBER
10/21/2015.....A+ Camps & Schools
Halloween is October 31
10/28/2015..... Election Preview

NOVEMBER
11/4/2015..... Wellbeing
11/11/2015.....HomeLifeStyle
11/18/2015.....A+ Camps & Schools
11/19/2015.....Holiday Entertainment & Gift Guide I
Thanksgiving is November 26
11/25/2015.....Celebrating Gratitude, Thanksgiving

DECEMBER
12/2/2015.....Wellbeing
12/9/2015.....Holiday Entertainment & Gift Guide II
12/9/2015.....HomeLifeStyle; Home for the Holidays
12/16/2015.....A+ Camps & Schools; Holiday Entertainment & Gifts Pages
12/23/2015.....Special Issue - Safe for the Holidays
12/30/2015.....Children's Connection

E-mail sales@connectionnewspapers.com for more information.

Award-Winning
THE CONNECTION
Newspapers & Online
703-778-9431
www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

- Alexandria Gazette Packet
- Arlington Connection
- Burke Connection
- Centre View
- Chantilly Connection
- Fairfax Connection
- Fairfax Station/Clifton/Lorton Connection
- Great Falls Connection
- McLean Connection
- Mount Vernon Gazette
- Oak Hill/Herndon Connection
- Potomac Almanac
- Reston Connection
- Springfield Connection
- Vienna/Oakton Connection

BURKE NURSERY
Presents Our 21st Annual

FALL FESTIVAL & Pumpkin Playground

October 1 thru October 31

Fall is a great time to plant. Visit our Nursery for trees, shrubs and all your garden needs!

For More Information Call:
(703) 323-1188
www.pumpkinplayground.com

BURKE NURSERY & GARDEN CENTRE
9401 Burke Road
Burke, VA 22015
Garden Centre is open daily 8-7

Featuring MARY APONTE Cherokee Story Teller, 9-12 Weekdays

LOTS OF FAMILY FUN
SPOOKY HAY RIDES • MONEY MOUNTAIN MINERS MOUNTAIN SLIDE WIZARD OF OZ SLIDE W/ADDITIONAL SLIDE • MINI CAROUSEL WESTERN TOWN • GRAVE YARD AIRPLANE • MERRY-GO-ROUNDS INDIAN TEE-PEE • TUMBLING TUBES PHONE TUBES • GHOST TUNNEL SLIDE PUMPKIN FORT • FARM ANIMALS • MECHANICAL RIDES PIRATE SHIP AND PIRATES CAMP GHOST TRAIN • SPOOKY CASTLE FIRETRUCK • MONSTER TRUCK SLIDE

SPECIAL EVENTS SAT - SUN 10-5
FACE PAINTING
Additional Fees for these Events:
BALLOON ANIMALS \$2
WOBBLE WAGON \$2
MOON BOUNCE \$2
PONY RIDES \$5

GIGANTIC SELECTION OF
PUMPKINS • CORN STALKS CIDER • JAMS & JELLIES APPLES • HALLOWEEN DECORATIONS CABBAGE & KALE • WINTER PANSIES CHRYSANTHEMUMS
Mon-Thu 9-8
Fri-Sun 9-9
(Weather Permitting)

ADMISSION \$10.00 M-F; \$14.00 SAT/SUN & Oct. 12 • WEEKDAY GROUP TOURS • SEASON PASSES AVAILABLE

Entertainment

Produced by Feld Entertainment

Disney ON ICE
100 YEARS OF MAGIC

Presented by **yokids**

Over 50 of Your Favorite Disney Stars in One Show!

SAVE \$6 on Tickets for a Limited Time!

Restrictions and exclusions may apply. Subject to availability. No double discounts. Excludes premium seats. Additional charges may apply. Limit of eight (8) tickets per order. Ticket prices do not include \$2.50 facility charge.

OCT. 21 - 25 **EAGLEBANK ARENA**
GEORGE MASON UNIVERSITY
Formerly Patriot Center

Redeem Offer: Bring this ad to the venue box office
Ticketmaster.com • 800-745-3000
Use offer code: PRINT • Expires 10/16/15

DisneyOnIce.com

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

THURSDAY/OCT. 8

Storytime Yoga. 4:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Join us for stories, stretching and simple yoga poses. Bring a mat or towel and wear comfortable clothing.

You Can Count on Monsters. 4:30 p.m. City of Fairfax Library, 10360 North Street, Fairfax. Learn about prime numbers and create your own number monster.

FRIDAY/OCT. 9

Romance Lovers. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Join this new book group to discuss Start Me Up by Victoria Dahl. Read every romance subgenre, from historical to paranormal to contemporary.

FRIDAY-SUNDAY/OCT. 9-18

Point A to Point B. Workhouse Arts Center, 9601 Ox Road, Lorton. It's just another day at the Lab, but today's particular assignment has the two employees scratching their heads: a ball keeps appearing from a spot labeled "Point A" and needs to travel to "Point B." Tickets are \$9 for children and adults and can be purchased online at www.ArtsOnTheHorizon.org or at the door on the day of the performance.

SATURDAY/OCT. 10

Fall Festival in Old Town Historic Fairfax. 10 a.m.-5 p.m. 10209 Main Street, Fairfax. What started out as a small market for artisans has grown to a festival with over 400 arts, crafts and food vendors, children's activities and entertainment for all ages. Visit <http://www.fairfaxva.gov/about-us/special-events/fall-festival>.

Burke History Day. 10 a.m. - 4 p.m. Burke Fire and Rescue Department, 9501 Old Burke Road, Burke. Burke's "Famous, Infamous, and Persons of Interest" will be featured at the annual Burke History Day. Join for exhibits, talks and children's events to learn about the rich history of this vibrant community.

Fairfax Ferns Garden Club Flower Shop. 12:30-4 p.m. Fairfax City Regional Library, 10360 North Street, Fairfax. The Fairfax Ferns Garden Club will have a Small standard Flower Show that will have flower design and horticultural exhibits.



The Bunnyman returns at Clifton's Haunted Trail on Oct. 24, a terrifying annual event that winds through Clifton's 8 Acre Park.

Ongoing

Paintings of the Potomac Valley Watercolorists. Through Nov. 7 at McQuire Woods Gallery, Bldg 16, The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Gallery hours: Wed.-Sat.: 11 a.m. - 6 p.m.; Sunday: 12-5 p.m. The exhibition brings together some of the area's top painters in watercolor, acrylic and mixed media, presenting 100 original works including landscapes, florals, still life and abstracts.

TUESDAY/OCT. 13

Tai Chi. 10 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Come experience the benefits of Tai Chi led by Dante Gilmer of Still Water Tai Chi Center. Wear comfortable clothes that allow movement. Adult.

Storytime at Old Town Square. 10:30 a.m. Fairfax City 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/OCT. 14

Springfield Christian Women's Connection Luncheon. 11:30 a.m. Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield.

Harvest Time. 11 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Songs, stories and fingerplay about harvest. Age 2-3 with adult.

Don Hakenson to Present a Civil War Forum. 7:30 p.m. The Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Noted Civil War Historian, Donald Hakenson will present a Forum titled, "Col. John Singleton Mosby's Most Successful Combat Operations and His Worst Defeat."

See Calendar, Page 15

SUNDAY/OCT. 11

Clifton Day. 9 a.m. - 6 p.m. Town of Clifton, corner of Main Street and Chapel Road. The town's annual arts and crafts fair. Informative luncheon, along with door prizes, delicious food, complementary child care and new friendships. Reservations call 703-922 6438 or e-mail: SpringWmConn@yahoo.com.

T-TRAK Model Train Show. 1-4 p.m. The Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Table Top N gauge model trains will be on display and running.

Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates
703-999-2928



Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed
Est. 1999



Visit our website: www.twopoorteachers.com



Help Struggling Families in Your Community!

Our Daily Bread helps Fairfax County area families who are struggling to make ends meet by providing food, financial assistance, financial education, Holiday assistance and school supply assistance.

You can help your neighbors in need today by providing financial and food donations.

Our Most-Needed Pantry Items:

- Dinner kits
- Diapers
- Canned fruit
- Laundry detergent
- Toilet paper
- Snacks for lunches
- Boxed rice
- Spaghetti sauce
- \$20 grocery gift cards

We also need groups to collect and deliver food to our clients 1-2 Sundays a year!

Contact: food@ODBFairfax.org or 703-273-8829; Visit www.ODBFairfax.org

Our Daily Bread
4080 Chain Bridge Road, 2nd Floor, Fairfax, VA 22030



Calendar

From Page 14

THURSDAY/OCT. 15

Navy Band Concert. 7:30-8:45 p.m. Lake Braddock Secondary School Little Theatre, 9200 Burke Lake Road, Burke. The Navy's Premiere Concert Band performs a wide variety of musical selections.

Filmmaker Series: Back on Board:

Greg Louganis. 4:30 p.m. GMU Johnson Center Cinema, 4400 University Drive, Fairfax. Back on Board: Greg Louganis tells the life story of this four-time Olympic Champion. Follows Louganis' evolution from childhood diving prodigy to Olympic champion, and from pioneering openly gay athlete

with HIV. Discussion with filmmaker Cheryl Furjanic follows the screening. **Mother Goose Storytime.** 10:30 a.m. Fairfax City Regional Library, 10360 North Street, Fairfax. Come enjoy stories, songs and fingerplays and lay a foundation of early literacy skills for your baby. Birth to 23 months with adult.

THURSDAY/OCT. 15 - 18.

Vincent. Time varies. 9518 Workhouse Way, Lorton. In this 75-minute performance written by Leonard Nimoy and directed by Paul Stein, the story looks into the mind of a misunderstood genius Vincent Van Gogh and rumors flying in Paris after his death. Tickets: \$25.

www.workhousearts.org.

SATURDAY/OCT. 17

K-9 Krawl 5K. 9 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. A free walk to help increase awareness between domestic violence and the link to animal cruelty. Register at <https://www.surveymonkey.com/r/2015K9Krawl>

Trivia Night. 6:30-8:30 p.m. St. Stephen's United Methodist Church, 9203 Braddock Road, Burke. Have fun while providing funds for projects for children in our community. Bring friends and form a team.

Faith Notes

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.

The congregation of the **Greater Little Zion Baptist Church in Fairfax** will be celebrating its 124th Anniversary on Oct. 18. The theme for this 124th Anniversary is Faith, Family and Friends: Building Faith, Uniting Family, and Fellowshiping with Friends, Galatians 6:10. In advance of that service, they have scheduled a night of Revival and a Pre-Anniversary Praise and Worship Concert.

♦ **Revival** - Thursday, Oct. 15 at 7:30 p.m.
Rev. Dr. Vernon C. Walton-Guest

preacher (First Baptist Church of Vienna)

♦ **Pre-Anniversary Praise and Worship Concert** - Friday, Oct. 16 at 7:30 p.m.

Featuring local and regional music groups and praise dancers.
Zion Day Service - Sunday, Oct. 18 at 9:45 a.m.

Rev. Dr. Robert F. Cheeks, Jr. - Guest preacher (Shiloh Baptist Church, McLean)

LOCATION: Greater Little Zion Baptist Church, 10185 Zion Drive.

Rev. Dr. James T. Murphy, Jr., Pastor. For more information, call the Church Administration Office at 703-764-9111

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a bible study fellowship at 9 a.m. Sundays followed

by a 10 a.m. worship service. Nursery care and children's church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center

10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.



THE JOINT[®]

...the chiropractic place

Presents

Fall Health & Fitness Fair



Saturday: Oct. 17, 2015
Greenbriar Town Center
10 a.m. to 4 p.m.

Giveaways • Special Offers • Free Treats • Light Bites

from these participating sponsors:

Hand & Stone Massage Chantilly Green Dental Care	Dogfish Head Alehouse Orangetheory Fitness	Pierce & Ryan Dentistry Chantilly Medical Center
---	---	---

Have fun Be Healthy!

See you at the Fair! 13037 B Lee Jackson Memorial Hwy.

Preserving the Past to Enrich the Future

Centreville Day

October 17, 2015 10am-5pm
in HISTORIC CENTREVILLE PARK

FREE CHILDREN'S RIDES by G&C TIRE & AUTO
SAFE & HEALTHY FAMILIES Mini Safety Fair!
ROTARY CLUB PET COSTUME SHOW
American Legion Parade at Noon!

Finish the day with Cub Run Rec Center ZUMBA & Hot Hula

On the Showmobile Stage with DJ Myra Flemister:
The VaDeatles! Pirates for Sail
Centreville Dance Academy
Fairfax Choral Society,
Chun-Choon Band, Harmony
Road Music, Hallelujah Mission
Tae Kwon Do, Creative Dance,
NoVA Wushu Academy,
ZUMBA, and Hot Hula!

Shop! Eat! Trick or Treat!
FCPA History Train,
Free Children's Area by ADK,
Ghost Tour, Hands-On History
at Mount Gilead, Stuart-Mosby
Museum, Old Stone Church,
St John's Church
Spindle Sears House

Like Us on Facebook!

www.CentrevilleVA.org
CENTRE VIEW

COMMUNITIES OF WORSHIP

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

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

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

Jubilee
Christian Center
"Loving People to Life"

Worship Gathering - Sunday 8:45 & 11 AM
Sunday School 10:10 AM
Sunday Evening - Realtime Worship & Youth 6 PM
Family Night - Wednesday 7:15 PM
Home Life Groups & College/Young Adult Ministries
Visit our Website: www.jccag.org
4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-383-1170

To Advertise
Your Community of Worship,
Call 703-778-9422

Lake Braddock RB Atkins Has Big Day in Victory

The 33-7 victory over Centreville improved Lake Braddock's record to 5-0.

Lake Braddock junior Lamont Atkins rushed for 215 yards and two touchdowns and totaled 14 tackles on defense during the Bruins' 33-7 victory over Centreville on Oct. 1.

The victory improved Lake Braddock's record to 5-0.

Lake Braddock rushed for 272 yards as a team, led by Atkins' career-high total, which included a 99-yard touchdown run.

"Everyone remembers that I [scored] a 99-yard touchdown," Atkins wrote in an email. "However, they missed the huge defensive stand that got us the ball on the 1-yard line in the first place. So, I have to give the defense their credit. On first down, Coach Weiler called a run to the right. The offensive line cleared the way to allow me to get to the second level and I was able to avoid the middle linebacker and outrun their safety."

How does it feel to score on such a long run?



Lake Braddock running back Lamont Atkins, seen earlier this year, rushed for 215 yards against Centreville on Oct. 1.

"It was exciting," Atkins wrote, "but all I could think about was, 'Don't let anybody catch you.'"

On defense, Atkins was credited with 14 tackles, including four solo. The Bruins limited Centreville to 7 points, and are allowing an average of 8.4 per game.

Photo by Craig Sterbutzel/The Connection

"The defense played lights-out," Atkins wrote. "Centreville has a great team and we were able to hold them to only 7 points, [but] we still have room to improve and must get better to reach our goal."

The day after the game, Atkins received a scholarship offer from Vanderbilt Univer-

sity. The Commodores are recruiting Atkins as a running back.

"I was excited and humbled at the same time," Atkins wrote, "to get an offer from an SEC school."

Atkins said he also has offers from Navy, Toledo and Kent State.

Lake Braddock quarterback Kyle Edwards completed 7 of 15 passes for 99 yards and two touchdowns against Centreville. Peyton Scott and Josh Churchill each had a receiving touchdown.

Atkins had three receptions for 27 yards. Andrew Niedringhaus led the defense with 21 tackles (two solo).

Next up for Lake Braddock is a road game against T.C. Williams at 1 p.m. on Saturday, Oct. 10. The Bruins will then host Woodson on Oct. 16 before hosting West Springfield on Oct. 23. Lake Braddock travels to face Mount Vernon on Oct. 30 before closing the regular season against currently undefeated South County on Nov. 6.

How do the Bruins keep from looking ahead to their matchups with West Springfield and South County, two of the top teams in Conference 7?

"Our entire team understands that we must take this season one week at a time," Atkins wrote. "We are 100 percent focused on TC Williams."

— Jon Roetman



Photo by Will Palenscar/The Connection

Robinson running back Sean Foncha scored three touchdowns against Chantilly on Oct. 1.

Robinson Football Beats Chantilly

The Robinson Rams traveled to Chantilly to face the Chargers on Thursday night in a Conference 5 matchup. The game was played Thursday due to inclement weather that was expected from Hurricane Joaquin in the Northern Virginia area on Friday.

Chantilly scored first with a David Tammaro-to-Marcus Trammell touchdown pass and Chantilly was up 7-0. Robinson wouldn't score until the second quarter. Senior running back Sean Foncha would score two of his three touchdowns in the second quarter.

Chantilly would tie it up at 14 in the

fourth with a pass from Tammaro to Garrett Snedeker, but Robinson would pull away from the Chargers with Foncha's third rushing touchdown and a field goal to close out the game 24-14.

Tammaro threw two touchdown passes. Robinson was led by Foncha, who scored three touchdowns and ran for 119 yards, and teammate Da'Jon Lee, who ran for 115 yards. Chantilly (3-2, 1-1 Conference 5), will face McLean (0-5) on Friday for their homecoming game. Robinson (3-2, 2-0 Conference 5) will play at Stone Bridge (3-2).

— Will Palenscar

South County Football Improves to 5-0

The high-powered South County football team was at it again on Oct. 1, thumping T.C. Williams 42-2 in Lorton.

The game, originally scheduled for Saturday, Oct. 3 at T.C. Williams, was moved to Thursday at South County due to potential inclement weather.

The Stallions rushed for 310 yards as a team. Running back DeMarcus Ramsey led the way with 17 carries for 228 yards and four touchdowns.

Quarterback DeAndre Clayton completed 3 of 6 passes for 60 yards and a touchdown.

The win improved South County's record to 5-0, including 2-0 in Conference 7. The Stallions are ranked No. 4 in the Washington Post's top 20, one spot behind Lake Braddock.

South County is averaging 45.4 points per game. Clayton said the Stallions' goal is to score 50 per contest.

"I feel like we're playing well," Clayton wrote in an email. "... Our confidence is through the roof right now. We feel like we can beat anybody."

Clayton has completed 69 percent of his passes for 637 yards and 10 touchdowns this season. He's been intercepted twice. He's also rushed for 229 yards and a score.



Photo by Will Palenscar/The Connection

South County quarterback DeAndre Clayton prepares to hand off against West Springfield on Sept. 25.

Ramsey has rushed for 581 yards and nine touchdowns.

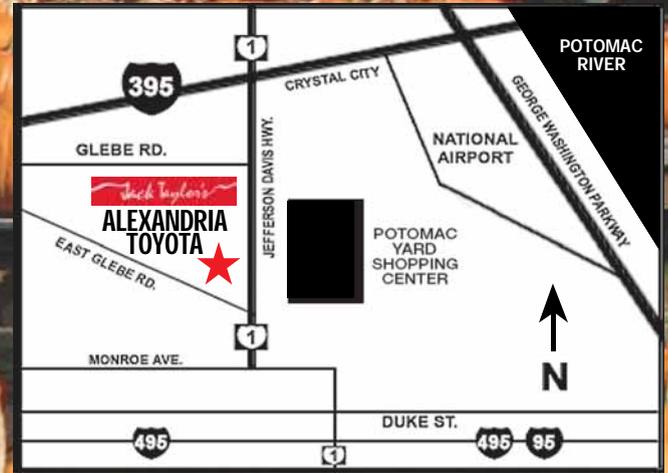
South County will host Woodson at 7 p.m. on Friday, Oct. 9. The Stallions will then host Mount Vernon on Oct. 16 and travel to Annandale on Oct. 23 before closing the regular season with big games against West Potomac (home, Oct. 30) and Lake Braddock (road, Nov. 6).

"I feel like we're one of the best teams in the state," Clayton wrote, "and we're ready for anybody."

— Jon Roetman

Jack Taylor's
ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.
Alexandria, VA 22305
703-684-0710
www.alexandriatoyota.com



NEW! Extended Service Department Hours:
Monday - Friday, 7 am to 9 pm
Saturday, 8 am to 5 pm
Sunday, 10 am to 4 pm
Sunday by appointment only.

Make your next service appointment at:
alexandriatoyota.com



ServiceCenters
Keep Your Toyota a Toyota



ToyotaOwnersOnline.com

TOYOTA LIFETIME GUARANTEE

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



TOYOTA
Let's Go Places

You Have Saturdays Off
That's Exactly Why We Don't!



BUY 3 TIRES AND GET 4TH FOR \$1.00

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

BONUS: ADD A 4 WHEEL ALIGNMENT FOR \$39.95

FALL MAINTENANCE SPECIAL \$59.95

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters

SYNTHETIC OIL \$14.00 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

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.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

ROTATE & BALANCE SPECIAL \$59.95

Includes: Rotate and balance all 4 wheels and inspect brakes and tires.

15% OFF SITE LINE WIPER BLADES WITH FREE INSTALLATION

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

LUBE, OIL & FILTER SERVICE SPECIAL

\$34.95 (Non-Synthetic) **\$44.95** (Synthetic)

Includes: Change oil (up to 5 qts.), install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

TRUE START BATTERY SPECIAL \$99.95

FROM \$99.95 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.

EXPIRES 10/31/15. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

EXTEND THE LIFE OF YOUR VEHICLE! BG FLUID EXCHANGE SPECIAL

- TRANSMISSION FLUSH \$189.95
- POWER STEERING FLUSH \$139.95
- BRAKE FLUSH \$139.95
- FUEL INDUCTION FLUSH \$139.95

FOR TRANSMISSION FLUSH, TYPE 1 OR V5 FLUID ADD \$90.00. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

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 10/31/15. 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.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

VARIABLE DISCOUNT

- \$5.00 OFF with purchase of \$35.00 - \$49.99
- \$10.00 OFF with purchase of \$50.00 - \$99.99
- \$15.00 OFF with purchase of \$100.00 - \$199.99
- \$20.00 OFF with purchase of \$200.00 - \$499.99
- \$50.00 OFF with purchase of \$500.00 Or more

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

TOYOTA GENUINE SERVICE COMPLIMENTARY MULTI-POINT INSPECTION

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

Jack Taylor's
ALEXANDRIA TOYOTA / SCION

ALEXANDRIA TOYOTA/SCION
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305
703-684-0700 | ALEXANDRIATOYOTA.COM
JUST MINUTES FROM REAGAN NATIONAL AIRPORT!

TOYOTA **Let's Go Places**



New RAV4s, Priuses Scion IMs and IAs ALL ON SALE LIKE NEVER BEFORE
Fall is here and so are the SAVINGS!
Ask one of our sales managers.
George, Mike, Yared or Rocky
703-684-0700
WE ARE HERE TO MAKE DEALS!

Zone 2: • Burke
• Fairfax • Springfield
• Fairfax Station/Clifton/Lorton

Home & Garden

connectionnewspapers.com CONTRACTORS.com

703-778-9411
Zone 2 Ad Deadline:
Tuesday Noon

Employment

GUTTER **GUTTER**

GUTTER CLEANING
Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

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



IMPROVEMENTS **IMPROVEMENTS**

R.N. CONTRACTORS, INC.
Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

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

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



LANDSCAPING

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

703-863-7465

PAVING

**Joseph Sealcoating
Specialist**

PAVING
40 Years
Experience! Free
Estimates!
703-494-5443

**Pediatric Nurse PT
LPN/RN**
in busy Pediatric office, Burke, VA.
703-503-9100

HANDYMAN **HANDYMAN**

SPRINGFIELD HANDYMAN

 **Small Home Repairs**
Good Rates
Experienced

703-971-2164

R&N Carpentry

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



MASONRY **MASONRY**

ALBA CONSTRUCTION INC.
CONCRETE WORK
Licensed • Insured
Driveways • Patios • Exposed Aggregate
Sidewalks • Carports • Pool Decks • Garages
Flagstone • Brick • Stonework
703-204-0733

Educational Internships
Unusual opportunity to learn many aspects of
the newspaper business. Internships available in
reporting, photography, research, graphics.
Opportunities for students, and for adults consid-
ering change of career. Unpaid. E-mail
internship@connec
tionnewspapers.com



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

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

A&S Landscaping

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

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



Potomac Masonry
703-498-8526
New Installations & Repairs
Stone - Flagstone - Brick - Concrete

FREE ESTIMATES!!
Lic. & Ins
potomac-masonry.com



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

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

EMPLOYMENT

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

ZONES

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

IMPROVEMENTS **IMPROVEMENTS**

**Picture Perfect
Home Improvements**
(703) 590-3187
Remodeling Bathrooms, Kitchens & Basements

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

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

Handyman Services Available
<http://www.pphionline.com/>
"If it can be done, we can do it" 
Licensed - Bonded - Insured

LAWN SERVICE **LAWN SERVICE**

J.E.S. Services
Your neighborhood company since 1987
703-912-6886

Landscaping & Construction
Free Estimates - Fully Licensed & Insured

- Planting & Landscaping Design
- Drainage & Water Problems
- Concrete Driveways, Replacement or New
- Patios and Walks • Masonry Work or Dry Laid
- Paver, Flagstone, Brick, any style you choose
- Retaining walls of all types

All work Guaranteed



Alfredo's Construction Company, Inc.

- Concrete Driveways
- Patios • Sidewalks
- Stone • Brick

Phone:
VA: (703) 698-0060 • MD: (301) 316-1603
www.alfredosconstructioncompany.com

PAVING **PAVING**

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

Zone 2: • Burke
• Fairfax • Springfield
• Fairfax Station/Clifton/Lorton

Home & Garden
connectionnewspapers.com CONTRACTORS.com

CRESCENT HOME SERVICES **Handyman & Home Improvement**
Free Estimates  Licensed & Insured

703-953-7309
www.crescenthomeservices.net 100% A-Rated on Angie's List & Washington Consumer Checkbook
Local references available too!

CHS DOES:

- Home Repair & Maintenance
- Pressure Washing
- Gutter Cleaning / Repair
- Carpentry
- Water Damage Repair
- Rotten Wood Repair
- Drywall / Painting
- Light Plumbing & Electrical
- Kitchen & Bath Remodeling
- and so much more!

 **5% discount on labor with this ad**
Good thru 11/30/2015

No Job Too Small
Professional  Affordable  Reliable
www.crescenthomeservices.net Email: info@crescenthomeservices.net

TREE SERVICE **TREE SERVICE**

Pit bull Tree Choppers

 **We take a bite out of your bark.**

Call: **Lee Lohan 703-400-5005**
Licensed and insured. We accept all major credit cards.

- Complete tree removal, stumps and limbs.
- Clearing of deadwood,
- Landscaping and design,
- Ponds and waterfalls,
- Trimming and pruning.

Division of Lohan Construction, LLC.

TREE SERVICE **TREE SERVICE**

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

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

25 years of experience - Free estimates
703-868-5358

**24 Hour Emergency
Tree Service**

Zone 2: • Burke
• Fairfax • Springfield
• Fairfax Station/Clifton/Lorton

Classified

703-778-9411
Zone 2 Ad Deadline:
Tuesday Noon

THE CONNECTION
NEWSPAPERS

CLASSIFIED

For Local...

- Employment
- Employees
- Services
- Entertainment
- Announcements
- Real Estate
- Cars
- Trucks
- Vans
- RV's
- Boats
- Pets
- Yard Sales
- Crafts
- Hobbies
- And More!

For All
Your
Advertising
Needs...

It Works
Week
After Week.

703
917-6400

Place
Your
Ad
Today!

THE CONNECTION
to your community

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

Wednesday, October 14, 2015 at 10:00 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 \$15,000.00 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 material-man'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

THE CONNECTION
NEWSPAPERS **CLASSIFIED**

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

16 RE Services **16 RE Services**

FREE BOOK:

Selling Goods due to
downsizing/estate settlement.
Only 80 available.
Contact MaxSold Downsizing/Estate Services:
202-350-9388, easy@maxsold.com or
MaxSold.com/book by Nov.15

26 Antiques **26 Antiques**

**We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.**
Schefer Antiques
703-241-0790
theschefers@cox.net

21 Announcements **21 Announcements**

LEGAL NOTICE

Inova Medical Group Endocrinology welcomes

Michael J. Horwath, M.D.
To make an appointment or
To request medical records, please contact:

703-709-6116
11901 Baron Cameron Ave.
Reston, VA 20190

To move your records to a provider
Outside our network, customary fees apply.

21 Announcements **21 Announcements**

LEGAL NOTICE

According to the Lease by and between Kristina Carrigan of unit 1075 and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: clothes, luggage, a blender, ect. Items will be sold or otherwise disposed of on Friday October 23, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Marleny Sandoval of unit 1114 and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: furniture, boxes, a painting, ect. Items will be sold or otherwise disposed of on Friday October 23, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

21 Announcements **21 Announcements**

SAVE \$500*

*Any job over \$2,000. Good only when presented at time of free inspection. Not to be combined with any other offer.

Foundation & Structural Repair • Concrete Lifting
Crawl Space Moisture Control • Basement Waterproofing

**FREE
INSPECTION
& ESTIMATE**

888-876-3113
www.jeswork.com

JES
Foundation Repair
Crawl Spaces • Waterproofing

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

An expert
is someone
who knows
some of the
worst mistakes
that can be
made in his
subject and how
to avoid them.
-Werner
Heisenberg

101 Computers **101 Computers**

**HDI
COMPUTER SOLUTIONS**

JENNIFER SMITH • Serving the Area Since 1995

- > Speed Up Slow Computers
- > Virus Removal
- > Computer Setup
- > Help with Windows 8



571-265-2038

Jennifer@HDIComputerSolutions.com

21 Announcements **21 Announcements** **21 Announcements**

LIFETIME METAL ROOFING

by VA CAROLINA BUILDINGS VACarolinaBuildings.com
40 Year Warranty - Financing Available W.A.C - Local Contractor



WE ALSO BUILD SHOPS, GARAGES & BARNS!

MetalRoofover.com
Call For Your Free Roof Inspection! **1-800-893-1242**

21 Announcements **21 Announcements** **21 Announcements**

Outer Banks, North Carolina - Vacation Rentals



- Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla
- Fall Weeks... Still feels like summer - Discounts!!!



Reserve your family vacation today!

877-642-3224 • www.brindleybeach.com

21 Announcements **21 Announcements** **21 Announcements**

ONLINE ONLY AUCTION

COMPLETE LIQUIDATION

Remaining items from Central Fidelity Bank

Large selection of items to include floor safes, desks, chairs, file cabinets, book cases, cubicle sections, pictures, commercial kitchen equipment, chandeliers, & much more.

Items at **828 Main St (15th Floor), Lynchburg, VA 24504**

Bidding Ends October 15 at 6pm

12% Buyer's Premium with 2% discount if paying with cash or check VAAF93

Counts Realty & Auction Group

800-780-2991 • CountsAuction.com

21 Announcements **21 Announcements** **21 Announcements**

Estate Sale - 2nd Release

LOG HOME KITS
AMERICAN LOG HOMES IS ASSISTING LIQUIDATION
OF **NEWLY RELEASED** ESTATE & ACCOUNT SETTLEMENT ON HOUSES
3 Log Homes selling for **BALANCE OWED, FREE DELIVERY**

- Model # 303 Little Rock \$38,525 — **BALANCE OWED \$15,900 ★**
- Model # 402 St. Louis \$40,850 — **BALANCE OWED \$17,000 ★**
- Model # 403 Augusta \$42,450 — **BALANCE OWED \$16,500 ★**
- **NEW - HOMES HAVE NOT BEEN MANUFACTURED**
- **Make any design changes you desire!**
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- **NO TIME LIMIT FOR DELIVERY**

BBB
A+ Rating

View at www.loghomedream.com - Click on House Plans
SERIOUS ONLY REPLY. Call 704-602-3035 ask for Accounting Dept.



LONG & FOSTER® # 1 in Virginia

703-425-8000



Carol Hermandorfer
703-216-4949
Expect Personal Service & Experienced Negotiation

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



Historic Town of Clifton - \$649,000
Own a piece of VA history! The McDaniel House, built in 1895, has been lovingly maintained and updated!



Burke Centre - \$674,500
Beautifully updated colonial on pipestem backing to woods in terrific community

View more photos at www.hermandorfer.com



David Levent
703-338-1388
davidshomes@lnf.com
Selling Virginia's Finest Homes
Member, NVAR Multi Million Dollar Sales Club



MARSHA WOLBER
Lifetime Member NVAR Top Producers
Top 5% of Agents Nationally
www.marshawolber.com
Cell: 703-618-4397



Arlington \$445,000
Rarely offered 1 BR + Den Condo with 1 Full and 1 half bath on 8th Flr in Heart of Ballston. Great Views From Balcony. Unit Has SXS Fridge, Corian Counters, Hardwood Flrs, Gas FP, Gas Cooking, Storage, & 1 Garage Pkg. Space in Luxury Bldg Amenities Incl Pool, Fitness Cntr, party Rm. Washer Dryer in Unit. Close to Metro, Trans, & Shopping. Call for details and pricing.



South Riding \$650,000
Gorgeous! Top of the line kitchen reno, private 0.39 acres, move in perfect. Great community!



Lake Ridge \$424,500
Amazing kitchen reno, gorgeous hardwoods, walk to Lake Ridge ES. Great community!



JUDY SEMLER
703-503-1885
judys@lnf.com
www.JudysHomeTeam.com



Burke \$2,150
Beautiful 6 level townhome with 3 bedrooms & 3.5 baths * Updated eat-in kitchen * Walkout recreation room to patio & deck in fenced back yard * Fresh paint throughout * Great location near VRE Station, commuter routes, shopping.
Call Judy at 703-927-7127



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

Pep Bauman
"Put Pep's Energy to Work for You"
703-314-7055
PepLnF.com



Burke \$517,000 COMMUTERS' DREAM!!!
3 bedrooms, 2 1/2 baths, with main level Library/Study/Den. On quiet cul de sac with many tall trees! Sought after Burke Station Square Community within 1/2 mile of the Virginia Railway Express (VRE) & Pentagon bus stop. Beautiful Patio & Fenced Back Yard. Lake Braddock School District!
CALL STEVE CHILDRESS NOW 703-981-3277



Reston \$619,000
Beautiful main level master, spectacular end unit on premium lot, freshly painted, beautiful hardwood floors, gourmet kitchen, stainless steel appliances with granite counters, rec. room, large deck, in a park-like setting, 2-car garage, close to pools, tennis, picnic pavilion, walking paths and Reston Town Center. Must See!!



Ann Witherspoon, CRS
Associate Broker
703-503-1836
ann.witherspoon@LNF.com
Life Member NVAR Top Producers
Life Member NVAR Multi-Million Dollar Sales Club



JON SAMPSON
jon.sampson@longandfooster.com
jonsampsonrealtor.com
703-307-4357



Fairfax Station/Canterberry Estates \$749,500
DON'T MISS OUT WHEN THE RATES GO UP!
Immaculate, updated & beautifully landscaped on cul-de-sac lot - 1st Floor Master BR + 3 FULL BA - Master BR with Sitting Room - Large Custom Screen Porch, Butler's Pantry, Built-ins & Much More! CALL TODAY BEFORE THE RATES CHANGE!

Beat mortgage rate increases. Sell while the market is hot/buy while rates are still low. Call me for dedicated professional service.



Cheryl Pryor
REALTOR® ckpryor@msn.com
703-801-9985
FOR SALE IN SOUGHT-AFTER CARDINAL FOREST
Updated, 2-Bedroom, 2-Bath TOWNHOUSE-STYLE CONDOMINIUM
8527 Milford Court | Springfield, VA
Just a Few of the Fabulous Amenities:
■ 2 Clubhouses
■ 2 Pools
■ 4 Tennis Courts
■ 4 Playgrounds
■ Sauna
■ Boat Lot
Call Cheryl for More Information on this Outstanding Home



Sheila Adams
703-503-1895
Life Member, NVAR Multi-Million Dollar Sales Club
Life Member, NVAR TOP PRODUCERS



Alexandria \$469,900
Next Door to Van Dorn Metro
Lovely 3 BR + Loft, Garage Townhome, next door to Metro, hardwood floors throughout except kitchen, GSD's step you out to private deck, perfect for entertaining - finished lower level w/fireplace. Call Sheila Adams for private appointment, 703-503-1895.

Carol L. Manning, Associate Broker
NVAR Multi-Million Dollar Club
NVAR Top Producer
703.517.1828
or Contact Carol@LNF.com
CAROL & GERRY STAUDTE
My Virginia Home Team

BARBARA NOWAK & GERRY STAUDTE
"My Virginia Home Team"
703-473-1803, 703-309-8948
gerry.staudte@longandfooster.com
www.MyVirginiaHomeTeam.com

Thinking of Selling?
CALL TODAY for a seller consultation on how to prepare your home to SELL.
In this ever changing real estate market, choose an agent who TELLS IT LIKE IT IS.
Don't be caught off guard!



Woodbridge \$500,000
Stylish Updates
Beautiful 4 BR, 3.5 BA home w/open flrpln. New HW floors on ML. Gourmet Kit w/SS appliances. Gas FP. Fin. Rec Rm w/WO from Lower Level. Backs to Trees.



Richard Esposito
703-503-4035
Richard@LNF.com
Service is the difference I provide.

ELLIE WESTER
703-503-1880
L&F Founder's Club
Lifetime NVAR Top Producer
Life Member, NVAR Million Dollar Sales Club
ellie.wester@longandfooster.com



Centreville \$749,000
This spacious colonial has 3 finished levels, 4 bedrooms, and 3 1/2 baths. Gourmet kitchen, master suite is more of a spa and walk up lower level.



Lake Front Royal \$215,000
Weekend Retreat
Get away from it all and enjoy the peace of the mountains in this 3BR-2BA ranch home on a 3/4 acre lot. Updates include roof, baths, HVAC, and more. Short hike to Appalachian Trail and nearby Smithsonian Conservation Center.

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

Senior Living

OCTOBER 2015



Fairfax Serving
Areas of Burke
CONNECTION

Senior Living: Senior Olympics Results

Bridge, Cribbage, Mah Jongg, Scrabble, Wii and Ten Pin Bowling

Gold medal winners in duplicate bridge, cribbage, Mah Jongg, scrabble, Wii bowling and ten pin bowling, which took place during the 2015 Northern Virginia Senior Olympics, Sept. 12-25: **Duplicate bridge** winners of gold medals are (North-South Pairs), Lucy McCoy, Annandale, Martha Lackey, McLean; (East-West Pairs), Carol Aitken, Sterling, Fern Wallmer, Potomac Falls. Winner of a gold medal in **cribbage** was Mark Wever, Springfield, and in **scrabble**, Jennifer Frum, Arlington.

Wii bowling gold medalists were (women) 60-69, Fran Dudick, Arling-

ton, 70-79, Sara Mason, Springfield, 80-89, Helen Mool, Springfield, 90-99, Vivian Mitchell, Springfield; (men) 60-69, Joseph Simpson, Alexandria, 70-79, Ed Ladd, Potomac Falls, 80-89, Lawrence Earl, Springfield, and 90-99, Henry Stawicki, Burke. (Note: 99-year-old Ray Kaminski, Springfield, won a silver medal.)

Gold medalists in **10 pin bowling** were (women), 65-69, Audrey Huthwaite, Springfield, 70-74, Sandra Graves, McLean, 75-79, Lourdes Rosales, Reston, 80-84, Barbara Williams, Herndon, 85-89, Winnie Tegge, Alexandria, 90-94, Eve Sorensen, Alex; (men) 60-64, Allan Dosik, Arlington, 65-69, Edward Dizon, Springfield, 70-74,

Jesse Barron, Woodbridge, 75-79, Marvin Smyth, Woodbridge, 80-84, Robert Layne, Springfield and 85-89, Leonard Kalkwarf, Springfield.

Basketball, Eight & Nine Ball Pool

Basketball free throws, field goals and 3 on 3 games took place at the Thomas Jefferson Community Center in Arlington as part of the 2015 Northern Virginia Senior Olympics. Eight ball pool and nine ball pool (new event) were held at The Revolution Darts & Billiards Grille in Fairfax.

Gold medalists in **free throws** were (women) 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea, McLean; (men) 50-59,

Philip Martinson, Fairfax, 60-69, Robert Smith, Gainesville, 70-79, Peter McGuirk, Arlington, 80-89, George Arvan, Fairfax. **Field goals** gold medalists were (women), 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea; (men), 50-59, Peter Martinson, Fairfax, 60-69, Sam Slowinsky, Gainesville, 70-79, Allan Kellum, McLean, 80-89, George Arvan, Fairfax.

Four men's **basketball teams** competed. Winning gold medals were 50-59, Metro All Stars, Richard Suggs, Alexandria, Charles Harris, Alexandria, George Hall, Woodbridge, Adrian Lewis, Quantico, Eugene Thomas,

Woodbridge, Jose Lechuga, Dumfries; 70+, Virginians, Paul Peck, McLean, Peter Stackhouse, Alexandria, Sam Kountoupes, McLean, Peter McGuirk, Arlington and Leonard Upson, Washington.

Winning gold medals in **eight ball pool** were (women) 50-59, Danita Moses, Alexandria, 60-69, Shelly Wade, Arlington, 80-89, Elizabeth Roadcap, Ashburn; (men) 50-59, Mike Moon Fairfax, 60-69, Carroll Howard, Leesburg, 70-79, Clifford Nolan, Bristow, 80-89, Joseph Clement, Springfield; **nine ball pool**, (women) 60-69, Shelley Wade, Arlington, 80-89, Edwina Shelahl, Arlington; (men) 50-59, Kevin Cooper, Fairfax, 60-69, Vic Bukowski, Fairfax, 70-79, James Westray, Arlington and 80-89, Joseph Griffin, Springfield.

Handball, Racquetball and Pickleball

The Audrey Moore Recreation Center, Annandale, was the site of the 2015 **handball and racquetball** competition in the 2015 Northern Virginia Senior Olympics. Three days of pickleball competition was held at the Thomas Jefferson Community Center in Arlington. Gold medalists in **handball singles** were, 60-64, David Fleming, Alexandria, 70-74, Karl Lady, Alexandria, 75-79, Lewis Moore, Fairfax; **doubles, all ages** David Fleming, Alexandria, and Leven Gray, Fairfax. **Racquetball** gold medalists were (women), 50-54, Bethany Grigsby, Lorton; (men), 60-69, William Bouie, Reston, 70-79, Melvin Jones, Woodbridge.

Pickleball, which is similar to tennis with a shorter net, singles (women), 60-69, Judy Aw, Falls Church, 70-79, Sun Y. Yang, Arlington, 80-89, Betty De La Cruz, Arlington; (men) 50-59, Franz Roland, Arlington, 60-69, Michael Thayer, Arlington, 70-79, Donald Tomb, Arlington, 80-89, Horacio Reyes, Arlington. **Pickleball doubles medalists**, women, 50-59, Carolyn Mobley and Roxanne Tigh, Arlington, 70-79, Jo Ferry, Alexandria and Sun Y. Yang, Arlington, 80-89, Alease Brooks and Betty De La Cruz, Arlington; (men) 50-59, Corey Chamness, Falls Church, Stephen Nurre, Annandale, 60-69, Michael Knight, Falls Church, Michael Thayer, Arlington, 70-79, Donald Tomb, Arlington and Jerry Bigenho, Arlington. **Pickleball mixed doubles**, gold medalists, Mary Rousselot and Corwin Umbach, Arlington, 70-79, Sun Y. Yang, and Herb Levitan, Arlington, 80-89, Alease Brooks and Horacio Reyes, Arlington.

Volleyball, Golf, Mini Golf

Seven women's and five men's **volleyball** teams competed in the 2015 Northern Virginia Senior Olympics, held recently at the Chinn Aquatics and Fitness Center in Woodbridge.

Gold medalists were, women, 50-54, Keep Swinging team members Bertha Otoy, Sterling, Maritza Serrano, Falls Church, Maria Barrientos, Alexandria, Olga Navarro, Alexandria, Gloria Ruiz, Springfield, Elizabeth Taylor, Alexandria, 55-59, Play To Win members, Berdette Colbert, Berlin, Sara Abarca, Falls Church, Betty Sifuentes, Centreville, Constance Lindsley, Arlington, Maria Dodd, Vienna, Jean Zamora, Woodbridge, 60-64, VB-Diggers members, Melanie Morton, Reston, Gloria Pinto, Falls Church, Judy Olson, Fairfax, Laura Ponder, Manassas, Kristi Nickerson, Reston, Carmela Miller, Arlington; men, 50-54, Dewey Burns team members, Michael Ryan, Annandale, Peter Silins, Darnestown, William Hazard, Alexandria, Gregory Sadosuk, Fairfax, Lamar Dougherty, Fairfax, Keith Pierce, Gainesville, Kim Grubbs, Annandale; 55-59, Hawkeye team, An-

See Results, Page 3

ASSISTED LIVING, FAMILY OWNED The Gardens at Fair Oaks



Residents find joy easily at The Gardens at Fair Oaks—the area's *only* family-owned assisted living community.

Activity-filled days include scenic excursions, Lunch Bunch outings, special musical performances and more. Our restaurant-style meals are perfect for socializing. Nurses on staff 24/7 help residents enjoy life to the fullest.

Call Admissions at 703.667.9752 to arrange a tour of our community.



The Gardens
AT FAIR OAKS
Excellence In Assisted Living

Like us on   

Assisted Living • Memory Care • On-Site Rehabilitation • Adult Day Program
4310 Forest Hill Drive • Fairfax, Virginia 22030 • thegardensatfair Oaks.com

Senior Living

819 Compete in Local Senior Olympics

Pickleball closes out two-weeks of Olympic events

By Emily Rabbit t
The Connection

With more than 40 events ranging from Scrabble to shotput, the Senior Olympics was conducted across Northern Virginia at two dozen locations ranging from Loudoun County to Arlington and around Fairfax; 819 Northern Virginia seniors participated in this year's games.

Volunteers met with parks and recreation staff in Arlington County, the City of Alexandria, the City of Fairfax, Fairfax County, Falls Church, Loudoun County, Fauquier County, and Prince William County nearly year-round to plan and execute the games.

Pickleball singles at the Thomas Jefferson Recreation Center in Arlington was one of the final events concluding the two-week Northern Virginia Senior Olympics on Sept. 25.

Volunteer Irene McDonnell explained the appeal of pickleball: "Tennis players love to switch to pickleball when they've had a few joints replaced."

Judy Aw started that way: "I was a tennis player, but after I had rotator cuff surgery I wasn't able to serve overhead. My neighbor plays pickleball, so that's how I started." Aw took first prize in the over 60 age group, and talked with her opponent, Charlotte Hicks, at length after their match, trading information on their favorite places to play. Pickleball combines the challenge and athleticism of tennis in a badminton-sized court with wooden paddles similar to table tennis. The ball used is akin to a wiffle ball. Depending on the players, it can look like leisurely volley, or a heated court battle.

Alease Brooks and Betty de la Cruz, both of Arlington, faced off for the 80 and up singles competition, but earlier in the week they took the gold for doubles together.



Judy Aw of Falls Church takes gold as Charlotte Hicks looks on for 60-plus pickleball singles.

Photos Contributed

Brooks loves pickleball, walking, and anything else that gets her out and moving around. On exercising into her golden years Brooks said, "It's done wonders for me — it keeps my mind clear, gets me doing things for other people. I don't take any medication but an aspirin. Exercise is the key to everything. Do it while you can, that's what I say."

USA Pickleball Association Mid-Atlantic Ambassador Helen White can't say enough



Alease Brooks (left) and Betty de la Cruz, both of Arlington, take the gold medals in 80-plus pickleball singles.

Record-Breaking Registration

"For the fourth year in a row, the Northern Virginia Senior Olympics can report a substantial increase in registration," said Northern Virginia Senior Olympics chairman David Jerome of Burke.

The total registration is 815, up from 772 in 2014 and up from 75 in 1982, when the event first started.

The opening ceremony of the 2015 Northern Virginia Senior Olympics, Saturday, Sept. 12, took place at the Thomas Jefferson Community Center, in Arlington. Taking part in the opening ceremonies were T.C. Williams High School Army JROTC Color Guard, Alexandria; Debbi Miller, 2013 Ms. Senior America-Virginia, who sang the National Anthem; and torch bearer, Dr. Charles Toftoy, Arlington.

Mary Hughes Hynes, Arlington County Board chairman, welcomed athletes from the sponsoring jurisdictions. Jerome recognized William Bouie, chairman, and Ken Quincy, vice chairman, Fairfax County Park Authority and Jennifer Collins, acting program manager, Office of Senior Adult Programs, Arlington's Department of Parks and Recreation plus gold and silver sponsors who support and promote NVSO throughout the year.

about the game. A court sport enthusiast who splits her time between facilitating pickleball and basketball for all ages and especially the 50 and up set, White is passionate about finding ways for mature adults to play — from piloting a seated pickleball league for patients at Walter Reed to lobbying to get underutilized outdoor courts lined for pickleball use. She's always advocating that senior citizens and pickleball are a great match.

"It's a great way to stay active, have fun, get some fitness, and make friends," White said, pointing out that it's a relatively low cost sport to get involved with, with paddles costing \$15 and up, depending on the seriousness of one's level of play. Senior centers and community centers across Northern Virginia include accessible options for people to participate in pickleball and other activities.

Get in touch with the Northern Virginia Senior Olympics Committee through its website at www.nvso.us to find out how to participate in or contribute to next year's event.

NVSO Gold Medalists

RESULTS From Page 2

drew Levy, Crofton, Erik Johnson, Arlington, Paul White, Centreville, Rodney Anderson, Manassas, William Bell, Alexandria, David Moss, Arlington and Glenn King, Springfield.

The Montclair Country Club in Dumfries hosted the NVSO **golf competition** for the first time and players competed in five year age groups by gender. Gold medalists were women, 60-64, Becki Davis, Sumerduck, 65-69, Kathryn Chandler, Falls Church, 75-79, Nancy Huff, Woodbridge; men, 55-59, Mark Wuckovich, Springfield, 65-69, Gary Usrey, Arlington, 70-74, Craig Olson, Arlington, 75-79, Lawrence Dawson, Dumfries, 80-84,

Larry Lasik, Herndon and 85-89, Marvin Reed, Oak Hill.

Miniature golf gold medalists were women, 50-59, Sheila Beard, McLean,

60-69, Judy Landolt-Korn, Clifton, 70-79, Barbara Klementz, Annandale, 80-89, Patricia Gallagher, Springfield; men, 50-59, Jon Woodyatt, Fairfax, 60-69, Steve Ferguson, Vienna, 70-79, Erwin Stierle, Vienna and 80-89, Charles Toftoy, Arlington.

Field Events, Tennis and Table Tennis

Field events were held at the Stone Bridge High School in Ashburn. Gold medalists in the **high jump** were (men), 60-64, Steven Kopp, Arlington, 65-69, Gerard Nezet, Arlington, 70-74, Parviz Youseffi, Gainesville, 75-79, Bernard Stamm, Ashburn; **standing long jump**, (women) 50-54, Bethany Grisby, Lorton, 55-59, Keg Good, Woodbridge, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 80-85, Alease Brooks, Arlington; (men) 60-64, Douglas Hill, Woodbridge, 65-69, Douglas Hastings, Alexandria, 70-74, Parviz Youseffi, Gainesville, 75-79, Carlos

Rodriguez, 80-84, Elmer Primo, Arlington, 85-89, Leonard Kalkwarf, Springfield; **running long jump**, (women) 50-54, Sheila Beard, McLean, 55-59, Kathleen Wilson, Springfield, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 80-84, Alease Brooks, Arlington; (men) 65-69, Douglas Hastings, Alexandria, 70-74, Donald Meli, Annandale, 75-79, Carlos Rodriguez, 80-84, Elmer Primo, Arlington and 85-89, Leonard Kalkwarf, Springfield.

In the **mini javelin event**, gold medalists were (women) 50-54, Maureen Pan, Alexandria, 55-59, Sue Hedges, Ashburn, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 75-79, Angela Fernandez; (men) 50-54, Mark Abbott, Delaplane, 60-64, Douglas Hill, Woodbridge, 65-69, Douglas Hastings, Alexandria, 70-74, Thomas Sullivan, Oakton, 75-79, Bernard Stamm,

Ashburn, 85-89, Leonard Kalkwarf, Springfield; **shot put**, (women) 50-54, Maureen Pan, Alexandria, 55-59, Kathleen Wilson, Springfield, 75-79, Angela Fernandez, Burke; (men) 50-54, Mitchell Frid, Broadlands, 55-59, Craig Day, Falls Church, 60-64, Douglas Hill, Woodbridge, 70-74, Thomas Sullivan, Oakton, 75-79, Roger Webb, Ashburn, 80-84, Jerry Bradley, Oakton, 85-89, Harold Mueller, Oakton; **discus**, (women) 50-54, Maureen Pan, Alexandria, 55-59, Sue Hedges, Ashburn, 65-69, Margaret Rodriguez, Dumfries, 70-74, Gail Johnson, Gainesville, 75-79, Angela Fernandez, Burke, 85-89, Elizabeth Martin, Falls Church; (men) 50-54, William Johnson, Arlington, 55-59, Craig Day, Falls Church, 60-64, Douglas Hill, Woodbridge, 65-69, Eiji Yasuhara, Sterling, 70-74, Thomas Sullivan, Oakton, 75-79, Carlos Rodriguez, Dumfries, 80-84, Jerry Bradley, Oakton and 85-89, Leonard Kalkwarf, Spring-

field.

The Charles Houston Recreation Center in Alexandria was the site of the **table tennis** competition. Gold medalists were (women) 50-59, Jenny Lang, McLean, 60-69, Jieying Shi, Chantilly, 70-79, Sun Y. Yang, Arlington, 80-89, Betty De La Cruz, Arlington; (men) 50-59, Larry Kirk, Woodbridge, 60-69, Shaw Zee, Fairfax Station, 70-79, John Papp, Nokesville and 80-89, Edward Scccio, Dumfries. Wakefield District Park, Annandale, hosted three days of **tennis competition, singles** 70-79 (women), Sun Y. Yang, Arlington; (men) 70-79, John Lisack, Woodbridge, 80-89, Robert Shellhouse, Alexandria; **doubles** (women), 50-59, Luanne Lohr, Arlington, 60-69, Jacqueline Lawrence, Arlington, 80-89, Kelly McCaffery, Springfield; (men) 50-59, Mark Matsko and James Callan, Arling-

See RESULTS, Page 5

Senior Living

It Takes a Village

Local groups help seniors socialize, manage everyday tasks.

BY MARILYN CAMPBELL
THE CONNECTION

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE). The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

Patricia Sullivan, interim operations manager for Arlington Neighborhood Villages, reports that the organization is growing and

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs."

— Cele Garrett, executive director of AHA

adding services at a slow but steady and deliberate pace. In fact, two new services were added in August, "Walking Buddies" and "Friendly Vis-

tors."

"With the friendly visitors service, a volunteer goes over to someone's house to spend time with them," Sullivan said. "There was one instance where a volunteer went over to a member's house to watch a football game with him."

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in setting up villages. Interest in the village

concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liason with the Fairfax County Health Department. "I'm seeing a kind of shift where at one time people came together on their own to form a village, now community associations and other similar groups are becoming interested in the village concept and adding it on as a component of their existing organizations."

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele Garrett, executive director of AHA. "If they need IT support or if they're trying to get their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.



PHOTO COURTESY OF AT HOME IN ALEXANDRIA
Tom Crowley, Christena Nielsen and Jack Clopper enjoy an At Home in Alexandria picnic.



PHOTO COURTESY OF AT HOME IN ALEXANDRIA
Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon at a local Virginia restaurant.

Details

For more information about local aging villages:

- Fairfax County: www.fairfaxcounty.gov/hd/ltccc/villages.htm
- Washington Area Villages Exchange (WAVE): wavevillages.org
- Herndon Village Network (HVN): www.herndonvillagenetwork.org
- Lake Barcroft Village: www.lakebarcroftvillage.org
- McLean Community: A Village for All Ages (MCVA): www.mcva.weebly.com
- Braddock District Council Aging in Place Program: wallbdc@gmail.com
- Mount Vernon at Home Village: www.mountvernonathome.org

SOCIAL CONNECTIONS are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello."

THE SERVICES OFFERED vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

Fairfax
CONNECTION

Senior Living

IS PRODUCED BY
CONNECTION NEWSPAPERS
WWW.CONNECTIONNEWSPAPERS.COM
LOCAL MEDIA CONNECTION LLC

FOR MORE INFORMATION,
CALL 703-778-9431 OR EMAIL
SALES@CONNECTIONNEWSPAPERS.COM

Senior Living

NVSO Gold Medalists

RESULTS From Page 3

ton, 60-69, John Lisack, Woodbridge and Gary Scavongelli, Burke, 70-79, Al Grossi and Don Tomb, Arlington and 80-89, Phil Doherty, Burke and Neil Lane, Reston **mixed doubles**, 50-59, Brian Bochiccho, Vienna and Barbara Heard, Oakton, 60-69, Albert and Suellen Grossi, Arlington, 70-79, Bob Howe and Sharon Timmons, Alexandria, 80-89, L. Wayne Bell, Annandale and N. Shaila Zadd, Vienna.

Swimming

Gold medals were awarded and 12 records broken in six swimming events at the Northern Virginia Senior Olympics held at the Claude Moore Recreation Center in Sterling. In the **half-mile freestyle**, gold medalists were women, 50-54, Maureen Harp, Annandale, 55-59, Sharon O'Neill, Annandale, 60-64, Jieying Shi, Chantilly, 65-69, Carol Mackela, 70-74, Joan Jackson, Lake Ridge, 75-79, Gertruida DeRosa, Springfield; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 65-69, Bruce Fisher, Fairfax (new record, 70-74, James Leimkuhler, McLean, 75-79, David Nicholas, Oakton, 80-84, Lawrence Cohen, Sterling (new record) and 85-89, Loren Mead, Falls Church.

Freestyle, 100 yards, medalists were women, 50-54, Ellen Rotchford, Arlington (new record), 60-64, Bobbe Duquette, Herndon (new record), 65-69, Charlotte Miller, Ashburn (new record), 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Frank Millikan, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean (new record), 75-79, David Nicholas, Oakton (new record), 80-84, Lawrence Cohen, Sterling (new record) and 85-89, Phil Case, Springfield.

In addition, gold medalists in the **50 yard freestyle** event were women, 50-54, Elaine Clancy, McLean, 55-59, Margo Lassiter, Lovettsville, 60-64, Bobbe Duquette, Herndon, 65-69, Charlotte Miller, Ashburn, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket, 80-84, Mary Simpson, Manassas; men, 50-54, Bill Conover, Purcellville, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Kevin Culhane, Lorton, 70-74, James Leimkuhler, McLean, 75-79, John Dineen, Springfield, 80-84, Lawrence Cohen, Sterling and 85-89, Phil Case, Springfield.

In the **50 yard breaststroke** competition, gold medalists were women, 50-54, Elaine Clancy, McLean (new record), 55-59, Margo Lassiter, Lovettsville, 60-64, Jieying Shi, Chantilly, 65-69, Carol Mackela, Arlington, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Edwin Allen, Arlington, 65-69, Kevin Culhane, Lorton (new record), 70-74, James Leimkuhler, McLean, 75-79, John Dineen, Springfield (new record) and 80-84, Lawrence Cohen, Sterling (new record).

Gold medalists in the **50 yard backstroke** event were women, 50-54, Ellen Rotchford, Arlington, 55-59, Margo Lassiter, Lovettsville, 65-69, Carol Mackela, Arlington, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Kevin Culhane, Lorton, 70-74, James Leimkuhler, 75-79, Leo Deege, Vienna, 80-84, Neil Sween, Vienna and 85-89, Phil Case,

Springfield.

In the **100 yard backstroke** event, women, 50-54, Elaine Clancy, McLean (new record), 65-69, Carol Mackela, Arlington, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean, 75-79, Leo Deege, Vienna, 80-84, Neil Sween, Vienna and 85-89, Phil Case, Springfield.

Mexican Train Dominoes, Bunco, Horseshoes and Bocce

Mexican Train dominoes, bunco, horseshoes and bocce were among the events taking place the first week of the 2015 Northern Virginia Senior Olympics. Gold medalists in the bocce and horseshoe competition held at the Fairfax Senior Center were, **bocce**, women, 70-79, Dona Hobbs, Lake Ridge, 80-89, Nancy Van Scoyoc; men, 60-69, John Murphy, Fairfax Station, 70-79, Ralph Tapp, Warrenton, 80-89, Lucio D'Andrea, Lake Ridge; horseshoes, women, 60-69, Jackie Peyton, Herndon, 80-89, Margie Miller, Herndon; men, 50-59, Jay Lerch, Manassas, 60-69, Jerome Jackson, Fairfax, 70-79, Carlos Rodriguez, Dumfries and 80-89, Leonard Kalkwarf, Springfield.

Goodwin House Bailey's Crossroads was the site of the **Mexican Train dominoes** event. There are no age or gender divisions. Fran Dudick of Arlington was awarded a gold medal.

Bunco is another event where both men and women of all ages over 50 compete together. Winning gold medals at Hollin Hall Senior Center, Alexandria, were 83-year-old Joan Fogarty of Burke and 86-year-old Audrey Drzemiecki of Herndon.

Cycling

Men and women cyclists over the age of 50 competed in the 2015 Northern Virginia Senior Olympics, held at the Northern Fauquier Community Park in Marshall. There were both 10K and 20K time trial races in five year age groups and divided by gender.

Gold medalists in the **10 K race** were (women) 50-54, Susan Lengel, Fairfax, 55-59, Karen Sullivan, Arlington, 65-69, Lynn Saunders, Gainesville, 70-74, Rosemary Schwartzbard, Arlington, 75-79, Joyce Tobias, Haymarket; (men) 50-54, Eric Lengel, Fairfax, 55-59, Jim Crowley, Alexandria, 60-64, Thomas Tice, Centreville, 65-69, James Degeoey, Reston, 70-74, Giulio Porta, Annandale, 75-79, Stephen Forman, McLean, 80-84, Thomas Tobias, Haymarket and 85-89, Otto Gercken, Gainesville.

Gold medalists in the **20 K race** were (women) 55-59, Karen Sullivan, Arlington, 60-64, Aparat Siler, Manassas, 65-69, Lynn Saunders, Gainesville, 70-74, Rosemary Schwartzbard, Arlington, 75-79, Joyce Tobias, Haymarket; (men) 50-54, Eric Lengel, Fairfax, 55-59, Jim Crowley, Alexandria, 60-64, Jim Gleason, Reston, 65-69, James Degeoey, Reston, 70-74, Giulio Porta, Annandale, 75-79, Charles Nelson, Arlington, 80-84, Thomas Tobias, Haymarket and 85-89, Otto Gercken, Gainesville.

Track, Rowing and Diving

Nine track events and a 2K rowing competition took place at Thomas Jefferson Community Center, Arlington, on Sept. 12 plus a diving competition in late afternoon at the Yorktown High School aquatic center in Arlington.

For more results, see www.connectionnewspapers.com

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

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

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

Questions? E-mail: goinggreen@connectionnewspapers.com



THE CONNECTION NEWSPAPERS



Better Tomorrows Start with Better Savings Today

GREAT NEWS!

We just raised the yields on many of our savings accounts!

Regular and IRA Certificates

\$2,500 to \$24,999

1.20% APY - 12 months

2.20% APY - 60 months

2.45% APY - 72 months

Jumbo

1.30% APY - 12 months

More Great Yields and Terms Available

Want to save for retirement, a college education, or just a rainy day? You can feel confident that a savings account with **Fairfax County Federal Credit Union** is the right choice. Don't put off creating your better tomorrow. Start saving today!

Three ways to open your account today:

Online at www.fairfaxcu.org

Call us at 703-218-9900 (press option 3)

Stop by one of our branches (see website for locations)

Body, Mind and Free Spirit!



Resident since 2012



Welcome to Westminster at Lake Ridge. This is a community of beautiful apartment and cottage homes nestled among quiet tree-lined streets and walking paths. Here you will find an exciting, joyful and fulfilling experience, shared with active and engaged friends and neighbors who make our community home, all with peace of mind that comes with quality on-site health services.

Westminster at Lake Ridge is accepting wait list reservations!

Call (703) 496-3440 today to schedule your personal tour!

WESTMINSTER AT LAKE RIDGE
ENGAGED LIVING
An IngleSide Community

www.wlrva.org • (703) 791-1100
12191 Clipper Drive, Lake Ridge, VA



Exactly What You Want in Retirement

Kill the living room, maximize the kitchen.

By John Byrd

There's no doubt that the concept of a family kitchen has been radically altered in the past few decades. Homeowners are comfortable with less enclosure; more visual continuum. They are also embracing zoning ideas that make it easier for a hostess to move between food preparation tasks and entertaining guests.

But suppose the proposed solution for more kitchen space is to "lose the living room?" Unthinkable at first, but then — "really innovative, clever... a huge breakthrough."

Such were the revelations of Joy Green, owner of a 3,000-square-foot residence in Oak Hill, as she contemplated a plan to introduce a gourmet kitchen into the rear of traditional-style three level home.

Joy and husband Helmut, both in their mid-60s, had purchased the house new in 1983; raised three boys in it and, like most homeowners of the period, had happily adapted to what the home had to offer.

What the home offered was a 1,000-square-foot first level template consisting of a front foyer with a living room to the left; a family room, kitchen and dining room (moving from right to left) on the rear of the house.

One could walk directly from the foyer to the family room, but each room was less than 150 square feet. "And," Joy adds, "there was an excess doors." Five in the family room alone.

"The traffic through the kitchen was frequently clogged," she said.

Yet, curiously, the spacious front-facing living room was scarcely used.

"When the kids were small, the living room was a kind of containment area for their games," Joy said. "But as they got



Marcelo Dobrauchi of Terranova Construction K&B combined a former family room and tiny kitchen to create a gourmet kitchen nearly three times the size of the original for seniors Helmut and Joy Green of Oak Hill.



The new food prep island features two baking ovens positioned to help Joy Green enjoy one of her favorite culinary pursuits.



The kitchen's work triangles include a farm sink and custom designed cabinetry supporting spacious work surfaces.

Details

Designers at Terranova Construction K&B periodically offer workshops on home remodeling topics at their Tysons Corner showroom. Call 703-761-0604 or email Info@terranovaCKB.com.

online. She came across kitchen design pro Marcelo Dobrauchi of Terranova Construction K&B and set up meeting in her home.

"I had been experimenting with new space plan ideas for months," Joy said.

"I was kind of stumped. But Marcelo put everything into perspective almost immediately. In the end, he drafted eight floorplan variations. He was very thorough on every issue — and there were many."

"I thought an open plan might be better suited to what Joy and Helmut were looking for," Dobrauchi said, "so I sketched out a concept showing how they could convert the living room to a formal dining room while reconfiguring the adjacent kitchen/family room space as a large open kitchen revolving around a food prep island and dining counter."

Since this would entail deleting three interior walls concealing electrical wiring and plumbing, Dobrauchi devised a way to re-route much of the critical infrastructure into a specially-designed 12-foot-by-8-foot passageway conjoining the kitchen to the relocated formal dining room.

Meanwhile, by rerouting HVAC vents, the designer eliminated the need for ceiling-flush bulk-heading, adding the vital inches needed for higher, more capacious cabinets.

To accommodate a wide assortment pots, pans, cooking utensils, the design team built an L-shaped system of floor cabinets fitted out with custom-designed slots and cubbies.

At 16-feet-by-3-feet, the handsome food prep island and five stool dining counter is the kitchen's focal point. A pair of state-of-the-art baking ovens are within easy reach of the white quartz counter surface — which parallels a black quartz surface that includes a wine refrigerator and a glass-facing stemware cabinet.

The built-in works perfectly for the couple's everyday dining requirements, but is also an ideal staging area for the buffet-style service they generally employ for larger parties.

Jana Neudel, a Terranova interior design expert, worked closely with Joy in developing the kitchen's finish work elevations.

Nordic white mission-style cabinet facings present a pleasing shade contrast to the truffle-colored facings of the food prep island. Natural stone tiles with herringbone detail in a 3-inch-by-6-inch brick pattern, meanwhile, present a softly neutral back splash that ends texture to an open sunny space.

Completing the transitional-style interior design statement, walnut flooring and crown molding create a visual unity. Natural light floods in from all directions.

A perfect space for entertaining, and gourmet cooking pursuits.

John Byrd (byrdmatx@comcast.net) has been writing about home improvement topics for 30 years. See more stories at www.HomeFrontsNews.com.

older, we stopped using the living room. Which made our first floor plan rather odd — since the kitchen was too dark and cramped and didn't have the kinds of storage capacity that I really needed."

Fast forward 15 years, and the Greens have finally removed a wall between the family room and the kitchen. There's now more light. But the wall separating the kitchen from south-facing dining room still blocks out the morning sun, and the space remains quite restricted.

"Storage was really a problem. I had to keep certain cooking implements in the basement or other closets. Just keeping track of what was where was really inconvenient."

But as the Greens gradually became empty-nesters and then retirees, thoughts of retrofitting the first floor to better satisfy emerging entertainment and culinary pursuits prevailed. Joy began to research kitchen design ideas in magazines and

Senior Living

Senior Calendar

MEDICARE 101

Tuesday, Oct. 13, 2015, 10-11:30 a.m., Vienna Presbyterian Church – Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 15, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church – Room 205, 124 Park Street, NE, Vienna, VA 22180; To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.
ere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Monday, Oct. 19, 2015, 10:30 a.m.-12 p.m., Lorton Senior Center - Main Room, 7722 Gunston Plaza, Lorton, VA 22079. To register: Call Kim Frenkel at 703-550-7195, TTY 711.

MEDICARE 101

Wednesday, Oct. 21, 2015, 1-2:30 p.m., Braddock District Office, 9002 Burke Lake Road Burke, VA 22015. Directions: 703-425-9300, TTY 711. (No registration necessary.)

SENIOR MEDICARE ENROLLMENT

Friday, Oct. 23, 2015, 10 a.m.-3 p.m., Lorton Senior Center - Computer Room, 7722 Gunston Plaza, Lorton, VA 22079. To register: Call Kim Frenkel at 703-550-7195, TTY 711..

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 29, 2015, 11 a.m.-1:30 p.m., WFCM, Chantilly Library, 4000 Stringfellow Road, Chantilly, VA 20151. To register: Call Carrie Brill at 703-324-5456, TTY 711.

SENIOR MEDICARE ENROLLMENT

Wednesday, Nov. 4, 2015, 11:30 a.m.-2 p.m., Mott Community Center, 12111 Braddock Road, Fairfax, VA 22030. To register: Call Carrie Brill at 703-324-5456, TTY 711.

Volunteers Needed

Help urgently needed with the following interesting positions and tasks. Call 703-324-5406, TTY 711

The **Little River Glen Senior Center** in **Fairfax** needs a **Computer Lab Assistant**.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**.

The **Hollin Hall Senior Center** in **Alexandria** needs a volunteer to help with once a week **fish aquarium upkeep** and instructors for the following classes: **Basic Guitar, Italian, Pottery and Ballroom Dance**; dance class meets on Thursday afternoons.

The **Herndon Adult Day Health Care Center** needs a **Bingo Caller** on Fridays at 2:00 p.m. and an **Art Therapy Assistant** once or twice a month.

The **Kingstowne Center for Active Adults** in **Alexandria** needs a **Country Western Line Dance Instructor, Hula Hoop Class Leader, African Style Dance Instructor** and an instructor to teach a class in **Mosaic Art or Jewelry Making**.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs.

Meals on Wheels needs **drivers, coordinators, and co-coordinators** for routes throughout the county. Meals are delivered midday on Monday, Wednesday and Friday.

The **Sully Senior Center** in **Centreville** needs a **certified personal trainer**, preferably with experience working with older adults, for one hour, twice a week.

The **Herndon Senior Center** needs **Social Visitors** daily anytime from 10 a.m.-2 p.m. and a **Baked Goods Table Manager**, Monday, Wednesday and Friday, 8:30-11:30 a.m.

Korean Meals on Wheels needs drivers to deliver meals midday on Monday, Wednesday and Friday. (Speaking Korean not required.)

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

Delight in our **HomeLifeStyle** sections, the second week of every month.

Peek at the top real estate sales, glimpse over-the-top remodeling projects, get practical suggestions for your home.

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

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

THE CONNECTION
NEWSPAPERS

Looking for a New
Place of Worship?

Visit Antioch Baptist Church!



All Are Welcome!

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

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

Antioch Baptist Church

6531 Little Ox Road

Fairfax Station, VA 22039

703-425-0710 • www.antioch-church.org

LOWEST PRICES OF THE SEASON



Now is the time to save on gorgeous carpet
from Karastan for a limited time only.

Sale ends November 9, 2015

See store for details.

NATIONAL

Karastan
MONTH

During National Karastan Month you will
find the lowest prices of the season.

Kemper
carpet & flooring

Quality, Value and Service since 1972
Woman-Owned Business

3891 Pickett Road • Fairfax, VA 22031

703-978-9001

www.kempercarpet.com

Senior Living



Brightview Great Falls executive director Tina Aulakh gave the welcome speech and made the toasts, surrounded by her staff on the stairs above her. Then it was on to leading the gathering in a few rousing tunes before getting the dancing underway.



Photos by Andrea Worker/The Connection

Porta Nickles is preparing to celebrate her own birthday soon, looking forward to blowing out 100 candles. Surrounded by her grandchildren, (from left) Aletta, Laura, John and Philip, Ms. Porta says that the welcome that family members receive at Brightview Great Falls is one of the reasons she loves her home there. "Family of all ages are always invited and welcome," she said.

BrightView Celebrates One-Year

By Andrea Worker
The Connection

“When you live in a retirement or assisted living community, every birthday is a reason to celebrate – so why not give three cheers to the place itself!” quipped one resident of the BrightView Senior Living community in Great Falls, speaking at the facility’s one year anniversary bash.

The event was a dress-up occasion, and staff, residents and family and friends alike turned out in cocktail attire for the reception, special dinner and entertainment. Guests could tell they were in for an unusual evening when a smiling gentleman greeted them at the front entry on stilts, towering with impressive ease above the crowd. Inside the main lobby, offerings of flutes of champagne and “Vibrant Great Falls Bellinis” (No, we didn’t get the recipe!) ensured that the party really did get started.

Resident John Donahu was one of the first to move in when BrightView Great Falls opened in September 2014. Donahu came to the community because both he and his wife could be accommodated. With the facility’s Wellsprings Village section, which offers secure dementia care in a residential setting, the couple could continue to live in proximity, despite her deteriorating mental health. Sadly, Mrs. Donahu passed away shortly after their arrival, but John has become an active member of the BrightView residents’ gang and was found at the gathering greeting friends and enjoying the delights on the unique dessert tray – served on a floating table surrounding a very well-dressed young lady.

PORTA NICKLES is another resident who thinks birthday parties are “just wonderful!” Nickles attended this celebration surrounded by a table-full of her grandchildren who all live nearby and are frequent visitors. Even her great grandchildren are well



Ann Corsino joined the Brightview Great Falls community about half way into this, their inaugural year. She chose to enjoy her reception treats in one of the several outdoor spaces that surround the campus where she was still able to keep an eye on the action.

known and loved by BrightView families and staff. “They’re around here somewhere,” laughed Nickles granddaughter Aletta. “They are so comfortable here and so welcomed, that they just wander about and mingle with their many friends here.” While Nickles is decidedly happy to celebrate the one year birthday of her new home, she’s even more excited to prepare for her own 100th birthday, coming up early in the new year. “I’m ready! My life here is full and rich and I look forward to every day,” she said, just before heading off to join the group of residents who were preparing to sing a special BrightView ditty written and conducted by their beloved, piano-playing Josh Graf, director of Vibrant Living at BrightView Great Falls.

Brightview Great Falls is part of Brightview Senior Living, LLC, based in Baltimore. To residents like Donahu and Nickles, it’s no wonder the company keeps expanding the number of its communities throughout Virginia, Maryland and beyond. “It’s really all about the wonderful staff,” said Ann Corsino, who has been in residence

for about six months. “There are so many lovely, caring young people here. They really brighten things up.” Donahu and Nickles agreed that the staff is the key ingredient to the community’s success. Both cited numerous staff members for their professionalism, respect, and “just liking to have and share in a bit of fun!”

Once the gourmet buffet dinner, prepared under the direction of Chef Meldo, was reduced to not much more than leftovers, it was time for welcomes, toasts, singing, party favors, and some serious rug-cutting. “That’s ‘dancing’ for you young folks who might not know that expression,” the partygoers were educated by several residents. Executive Director Tina Aulakh made those welcomes and toasts, and then led the introductions and applause for the staff, praising them for their part in “getting us to this wonderful day.” After acknowledging her team, Aulakh told the attendees that the “real reason we are here this evening” is because of the residents, thanking them not only for choosing Brightview Great Falls as their home, but for enriching the lives of



Resident John Donahue chats with the “Floating Desert Lady” – who is actually executive director Tina Aulakh’s daughter Katja Milosevic. Milosevic says that she enjoys interaction with the residents. “It’s really good karma here,” she said.

those “privileged to be part of your family here.”

THE EVENING’S ACTIVITIES were scheduled to conclude at 7:30 p.m., but it was obvious by the numbers hitting the improvised dance floor of the facility’s “great room” that the action was only just getting started. It seemed a given that everyone inside the Brightview Great Falls community are ready to take Porta Nickles’ advice and “live life to the fullest and look forward to every day.”

Tina Aulakh, and Community Sales Director Joanna Banks invite anyone interested in exploring senior living options either for themselves or for family members to contact Brightview Great Falls or any of their other locations. “We do a number of ‘get to know us’ events,” said Banks. “And our residents love to show people around.” The community is located at 10200 Colvin Run Road in Great Falls and can be reached at 703-759-2513 or see their website www.greatfallsva.brightviewseniorliving.com.