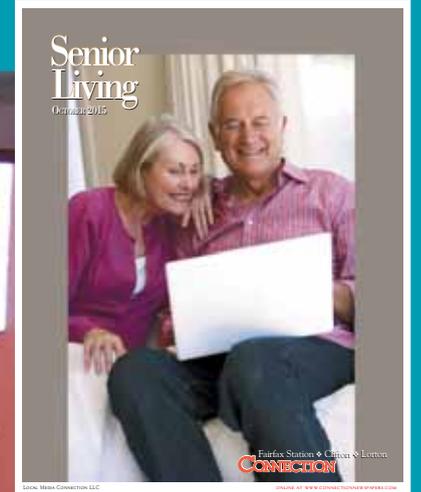


Fairfax Station ❖ Clifton ❖ Lorton  
**CONNECTION**

Inside



Senior Living

(From left) Kelly Layfield and Alyson Franca Pollard, of Clifton, cut the ribbon to their new mind and body studio WheelHouse with Clifton vice mayor Dwayne Nitz on Oct. 2.



# Clifton Studio for Everyone

NEWS, PAGE 15

'They're Not Alone'

NEWS, PAGE 3

## South County High Hosts 5K Rock-n-Run Race

NEWS, PAGE 14

FOLLOW ON TWITTER: @LFSCCONNECTION

ENTERTAINMENT, PAGE 12 ❖ SPORTS, PAGE 16 ❖ CLASSIFIED, PAGE 18

PHOTO BY TIM PETERSON/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](http://fcft.va.aft.org/news/2015-fcft-school-board-candidate-endorsements)

Paid Advertisement



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

**F**airfax 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

## New domestic violence victims screening tool launches in Fairfax County.

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](http://www.fairfaxcounty.gov/domesticviolence/#Announcements).

## Decoding Dyslexia Virginia to Host First 5K Run for Dyslexia

**S**hannon 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 Strategic 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](http://decodingdyslexiava.wordpress.com).

—Tim Peterson

# 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 som-

ersaults, 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.

**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.**



Photos by Tim Peterson/The Connection

**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.**



**WESTRIDGE**  
THE NEW MEMBER OF THE GOOD LIFE COMMUNITY

25757 RACING SUN DR.  
ALDIE, VIRGINIA 20105  
703.327.2510

24983 GREAT BERKHAMSTEAD DR.  
ALDIE, VIRGINIA 20105  
703.542.8889

## 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](http://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](http://www.ryanhomes.com/WestridgeLegacy)



Area Roundups

## Deadline Approaches to Apply for Congressional Nominations to U.S. Service Academies

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. Students who submit completed application packages will be interviewed by one of the Academy Advisory Boards. These boards comprise academy graduates, active duty or retired officers and even a former academy admissions officer. The boards will then make their recommendations to Congressman Connolly for his approval.

The Nomination Application and Information packets are available on Connolly's website at: [http://connolly.house.gov/acad-](http://connolly.house.gov/academy-nominations/)

[emy-nominations/](http://connolly.house.gov/academy-nominations/). Interested students and their parents may also contact his Annandale District Office at 703-256-3071 for additional information.

## Empty Bowls Event to be Held in Springfield

This fall, the Capital Area Food Bank will host three Empty Bowls events in a neighborhood near you. As an increasing amount of our neighbors across Washington, Maryland and Northern Virginia struggle to access the healthy food they need, we will fill even more bowls this year through your support at three lunches on three different dates. In preparation for the CAFB's Empty Bowls tour: Artists are creating one-of-a-kind, handcrafted bowls; local chefs are planning their recipes for a special soup; and bakers will provide hearty, freshly baked bread. For \$35, you'll receive a unique artisan bowl, delicious hot soup from the trendiest area restaurants and the warm feeling of helping nourish our community – one bowl at a time.

All proceeds go to the Capital Area Food Bank – the largest hunger relief organization serving the Washington Metro area – and will provide food to almost 500 food assistance partner nonprofits who access food from the CAFB to serve people in their neighborhoods. Empty Bowls Virginia event will be held at Hilton Hotel - Springfield, 6550 Loisdale Road., on Thursday, Oct. 29, 11:30 a.m. to 2 p.m. To sign up or donate, visit <http://www.capitalareafoodbank.org/give/donate-food/>.

# BURKE NURSERY

Presents Our 21<sup>st</sup> 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](http://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

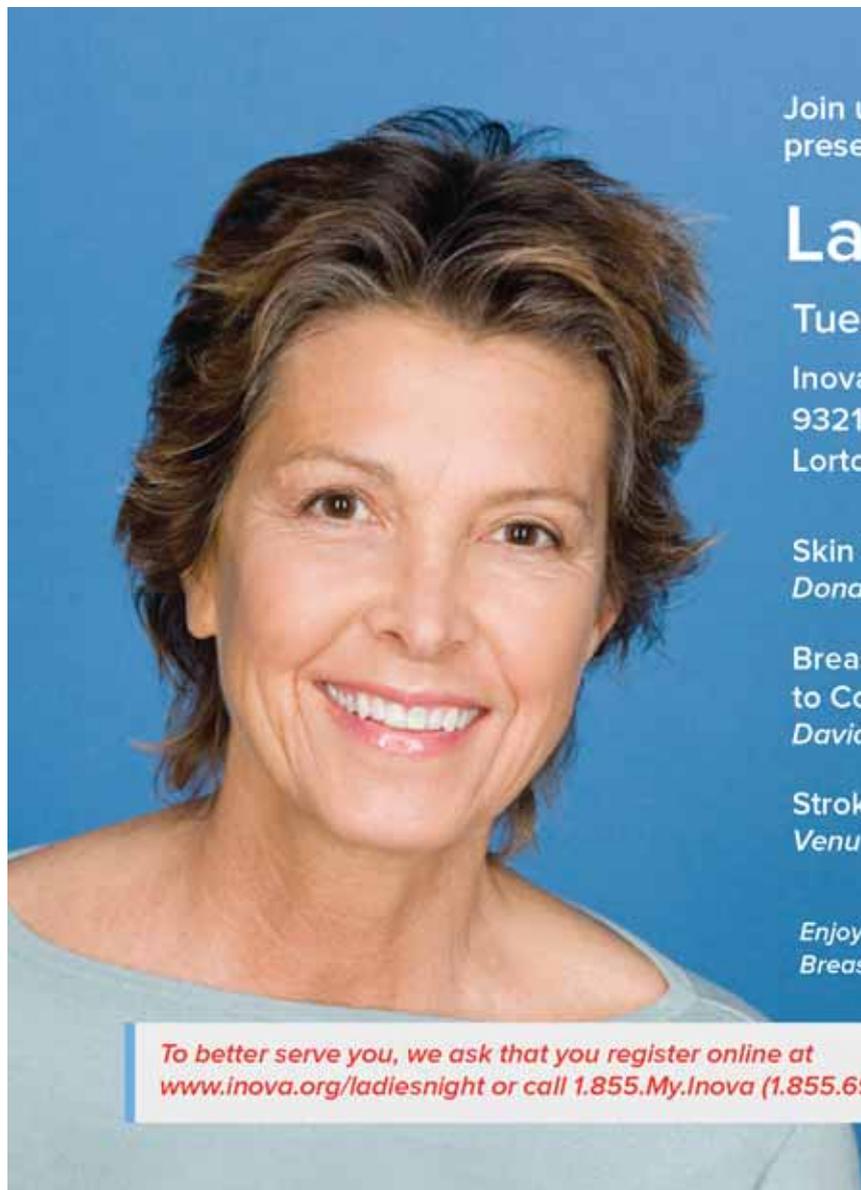
Additional Fees for these Events:

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



Join us for an evening of important lectures about women's health presented by Inova physicians. It's all about the ladies!

## Ladies Night at Inova Healthplex - Lorton

Tuesday, October 13, 2015, 5:00 - 8:00 p.m.

Inova HealthPlex – Lorton  
9321 Sanger Street  
Lorton, VA 22079

Skin Cancer and Non-Surgical Aesthetics with Botox Demonstration  
*Donald Brideau, MD, Chief Medical Officer, Inova Mount Vernon Hospital*

Breast Density and Overdiagnosis of Breast Cancer: Real Solutions to Common Problems  
*David Weintritt, MD, Director, Inova Mount Vernon Breast Cancer Program*

Stroke: What You Need to Know  
*Venu Vadlamudi, MD, Interventional Radiologist*

Enjoy free refreshments, neck and shoulder massages, giveaways and a FREE BOTOX raffle! Breast screenings and mammograms are available.

To better serve you, we ask that you register online at [www.inova.org/ladiesnight](http://www.inova.org/ladiesnight) or call 1.855.My.Inova (1.855.694.6682).



# New Tolls on I-66: Will That Help?

**New tolls presented as the first step to reducing heavy traffic on I-66, some voice doubts.**

By Marissa Beale  
The Connection

On Oct. 5, VDOT held one of several ongoing meetings discussing a new Multimodal Project to reduce traffic on Route I-66, the only interstate in the country limited to HOV usage during rush hour. The new Multimodal approach would seek to move up to 40,000 commuters, by year 2040, onto Route I-66 onto buses, into van and carpools, and onto parallel routes, with the ultimate goal of regulating and reducing travel time for commuters.

The fare for dynamically-priced toll lanes would change based on traffic volume at different times during morning and evening rush hour peaks, 5:30-9:30 a.m. and 3-7 p.m., and during off-peak times, tolls would not be collected.

Job growth in Tysons and the Dulles Corridor are increasing congestion in both directions, and goal of the tolls would be to alleviate that gridlock. Without any action, VDOT predicts that the use of I-66 would only increase over time.

"I am unsure how tolls are going to improve congestion," said Thomas Cranmer, a civil engineer present during the meeting. "[VDOT] provided no cost details. The only reply was it would be about \$50 million."

The rate changes to the tolls are to help maintain speed along I-66 by regulating traffic flow. Some cars normally traveling on I-66 are expected to use Routes 29, 50 and 7, which run parallel to I-66. These roads, however, are already congested. VDOT describes the possible increases in traffic along these roads as modest.

Road-widening was also discussed as a future solution, but only if the tolls did not



Project map.



Estimated costs for toll lanes on I-66.



From left — Thomas Cranmer, civil engineer, and Robert Whitfield, member of the Fairfax County Taxpayers Alliance, are opposed to toll roads on I-66. "I am unsure how tolls are going to improve congestion," said Cranmer.

effectively alleviate congestion over the course of the next five years.

"With tolls you're going to drive commuters to Lee Highway, Arlington Boulevard and Wilson Boulevard," said Charles



Charles McAndrew, member of Fairfax County Taxpayer Alliance Board, is concerned that new tolls inside I-66 are simply going to increase traffic on Lee Highway, Arlington Boulevard and Wilson Boulevard.

McAndrew, a member of the Fairfax County Taxpayer Alliance Board.

"I'm not sure we can wait five years out, we should consider widening the roads now."

And according to a 2006 study, 42 percent of commuters said they were late to work at least once a week because of heavy traffic flow, and tolls are also expected to increase the use of public transportation.

The Commonwealth of Virginia and the Northern Virginia Transportation Commission (NVTC) will work together to implement the new project.

"In early 2016, NVTC will issue a call for projects and approve criteria for project selection. Priority will be given to projects that have the ability to move more people through the I-66 corridor in 2017," according to VDOT.

Robert Whitfield, a member of the Fairfax County Taxpayers Alliance, expressed concern that the I-66 Multimodal Project will be run by NVTC. NVTC is exempt from House Bill Two (HB2), legislation requiring that the Commonwealth Transportation Board (CTB) make public how they select new projects to fund with tax dollars.

"They are trying to avoid a comprehensive evaluation," said Whitfield.

Improved bus services and metro transportation are other factors to be considered if tolls are added. An increase in parking demand is another issue VDOT expects to look at.

On the current track, tolling construction is expected to begin in 2016, with the new tolls operating by the summer of 2017.



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



**Weichert booth at Clifton Day Festival will offer balloons, games, raffles, prizes and much more.**

Photo contributed

## Weichert's Burke Office to Participate in Clifton Day Festival

**N**ickolas Brown, manager of the Weichert Realtors Burke office, announced that his office will be participating in the upcoming Clifton Day Festival scheduled to take place on Sunday, Oct. 11, from 9 a.m. to 5 p.m. in Historic Clifton.

The all-day event will include arts and crafts, antiques, demonstrations, the Town Market, live music, children's activities, business vendors and lots of good food. Stop by the Weichert booth for balloons, games, raffles, prizes and much more. All of the pro-

ceeds from the event will benefit a variety of local organizations.

"We consider it a unique pleasure to be able to gather with all our neighbors at such a fun-filled event, as well as doing what we can to answer any questions they may have about real estate and the current market conditions," said Brown.

For more information or to learn about the real estate services that Weichert, Realtors has to offer, visit the Burke office at 9299 Old Keene Mill Road, or call 703-569-7870 for more information.

**fireside Grill**



Celebrate our annual **Oktoberfest** with seasonal beers and German food specials



Enjoy Our Oyster Bar  
New Varieties Arriving Weekly  
Thursday—Saturday 4-9 P.M.

**Proudly serving locally grown produce and Premium House Aged Angus Beef**

**9000 Lorton Station Blvd., Lorton, VA  
703-372-1923 • firesidegrillva.com**

### A TRUE WATERFRONT DESTINATION

The DC Metro area's only resort-style community on the Potomac River in Eastern Prince William County.



DESTINATION for a LIFETIME



## The Good Life Starts Here!

Main-level living in Potomac Shores-Fairways Shore neighborhood, a home and lifestyle for every generation.

- › Priced from the upper \$400s
- › First-floor owner's suite
- › Up to 4,992 square feet of living space with an attached 2-car garage
- › 18-Hole Jack Nicklaus Signature Golf Course
- › 10 Miles of walking trails and 850 acres of open space
- › Future: clubhouse opening in 2016, onsite VRE station expected in 2017, 15 sports fields and scenic parks, a lively town center and 450-slip marina
- › Non-age restricted

Call 703.520.2074 or visit us online at [RyanHomesFSC.com](http://RyanHomesFSC.com) to learn more!

**GPS Address:**  
2183 Potomac River Boulevard  
Woodbridge, VA 22026

**Model Hours:** Mon, 1-6; Tue-Fri, 11-6; Sat 11-5; -Sun, 12-5

Brokers Warmly Welcomed



Prices, financing and availability subject to change without notice. See a Sales and Marketing Representative for details. NVR Mortgage Finance, Inc. is licensed by the Virginia State Corporation Commission as a mortgage lender and broker, MC-528.



# 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](http://www.sbe.virginia.gov).

**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.

### Editorial

## 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 Station,  
Lorton & Clifton  
**CONNECTION**

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

@LFSCConnection

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

Published by  
Local Media Connection LLC

1606 King Street  
Alexandria, Virginia 22314

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

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

**Kemal Kurspahic**

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

**Amna Rehmatulla**

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

**Tim Peterson**

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

**Jon Roetman**

Sports Editor ♦ 703-752-4013  
[jroetman@connectionnewspapers.com](mailto:jroetman@connectionnewspapers.com)  
@jonroetman

### ADVERTISING:

For advertising information

e-mail:

[sales@connectionnewspapers.com](mailto:sales@connectionnewspapers.com)  
703-778-9431

**Steve Hogan**

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

**Andrea Smith**

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

**Debbie Funk**

National Sales  
703-778-9444  
[debfunk@connectionnewspapers.com](mailto:debfunk@connectionnewspapers.com)

**David Griffin**

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

### Editor & Publisher

Mary Kimm  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
@MaryKimm

### Executive Vice President

Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

### Editor in Chief

Steven Mauren

### Managing Editor

Kemal Kurspahic

### Photography:

Deb Cobb, Craig Sterbutzel

### Art/Design:

Laurence Foong, John Heinly

### Production Manager:

Geovani Flores

### Special Assistant to the Publisher

Jeanne Theismann  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
@TheismannMedia

CIRCULATION: 703-778-9426

### Circulation Manager:

Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)



## Bulletin Board

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

### 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. Hospital visits are stressful, especially with dementia. Learn how to prepare for both expected and unexpected hospital visits. Call 703-204-4664 to RSVP or visit [InsightMCC.org](http://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. Call 877-237-1287 or go to [www.lifelinescreening.com](http://www.lifelinescreening.com).

### WEDNESDAY/OCT. 14

#### 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. Call 877-237-1287 or go to [www.lifelinescreening.com](http://www.lifelinescreening.com).

### SATURDAY/OCT. 17

#### Anti-Bullying Fair.

Robinson Secondary School, 5035 Sideburn Road, Fairfax. At this fair, there will be local colleges and anti-bullying organizations with booths to talk about what they do and how they help stop bullying. There will also be free lunch, guest speakers, and musical entertainment along with an award ceremony for the T-shirt and poetry competitions.

#### Health Fitness Fair.

10 a.m.-4 p.m. Greenbriar Town Center, 13037B Lee Jackson Memorial Highway, Fairfax. Giveaways and specials from The Joint Chiropractic, Hand & Stone Massage, Chantilly Green Dental Care, Orangetheory Fitness, Chantilly Medical Center, Pierce & Ryan Dentistry. Light bites from Dogfish Head Alehouse. Free. 703-996-4391. [www.thejoint.com/virginia/fairfax/greenbriar-10006](http://www.thejoint.com/virginia/fairfax/greenbriar-10006).

#### 10th Annual Pyramid Challenge.

10 a.m.-12 p.m. Washington Irving Middle School, 8100 Old Keene Mill Road, Springfield. Over 800 students from the West Springfield elementary schools participate in a cross-country race per grade to encourage physical fitness and support Food for Others with a canned food drive. Bring four cans of food to participate. Contact Suzie McCandless at [suzie.mccandless@verizon.net](mailto:suzie.mccandless@verizon.net) for information.

### WEDNESDAY/OCT. 21

#### Are There Any Updates?

1:30 p.m. Insight Memory Care Center, 3953 Pender Drive, Suite 100, Fairfax. Learn more about the latest clinical updates around Alzheimer's disease and dementia. Call 703-204-4664 to RSVP or visit [InsightMCC.org](http://InsightMCC.org) for more information.

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](http://www.BealeWeightLoss.com)

Medicaid / Medicare / FSA — CALL



## King's Jewelry

Made in the USA



**KingsJewelry.NET**      703-549-0011  
 Open Mon-Sat 10am-6pm      609 King Street  
 Closed Sundays      Old Town Alexandria

# Build Your Community

## Support Your Local Businesses.



**www.connectionnewspapers.com**

# Gary Kramer, D.D.S.

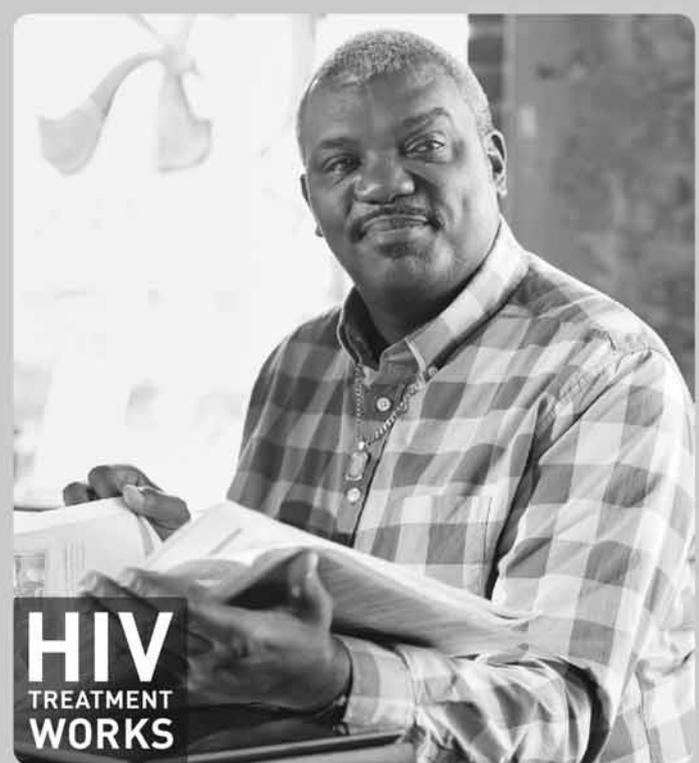
# Sara Bunin, D.D.S.

DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY  
 Dentistry for Children, Adolescents & Special Needs  
 703-978-0051      [KBPediatricSmiles.com](http://KBPediatricSmiles.com)



SUITE F • 5631 BURKE CENTRE PARKWAY • BURKE, VA. 22015  
 MET LIFE, DELTA, BCBS/CAREFIRST, & UNITED CONCORDIA PROVIDER  
 WEEKDAYS • SATURDAYS • EVENINGS      24 HOUR EMERGENCY CARE

“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](http://cdc.gov/HIVTreatmentWorks)  
 For questions and resources, call 1-800-533-4148






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.

### 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

### Faith Notes

Send notes to the Connection at south@connectionnews.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 Fellowship 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.

## News

Members of the Korean-American and greater Fairfax County community gathered in the Luther Jackson Middle School auditorium for the Korean Coalition for Political Participation 2015 Candidates Night on Oct. 3.



Photos by Tim Peterson/The Connection

## Korean Coalition Candidates Night Showcases 30 Participants

### Opponents for five elected positions met at Luther Jackson Middle School

Del. Mark Keam (D-35) encouraged his fellow Koreans present to take advantage of the great number of candidates for elected office about to appear before them at the Korean Coalition for Political Participation 2015 Candidates Night.

"You have have an opportunity tonight to vote for people who reflect your priorities," Keam said. "What can we do to make our future better? Go out and vote."

A dapper Korean Coalition president Michael Kwon

served as master of ceremonies and moderator, leading the 30 candidates present through brief rounds of introductions and questions.

The candidates represented a number of ballot options, including Fairfax County Sheriff, Board of Supervisors chairman and individual supervisors, School Board at-large, Virginia State House of Delegates and State Senate.

—Tim Peterson



(From left) Candidates for supervisor present at the Korean Coalition for Political Participation 2015 Candidates Night included Dan Storck (D-Mount Vernon), Kathy Smith (D-Sully), John Guevara (R-Sully), John Cook (R-Braddock, incumbent), Mollie Loeffler (I-Mason), Penny Gross (D-Mason, incumbent), Jennifer Chronis (R-Dranesville) and John Foust (D-Dranesville, incumbent).

(From left) Candidates for delegate to the Virginia State House of Delegates present at the Korean Coalition for Political Participation 2015 Candidates Night included Joana Garcia (D-42), Tim Hugo (R-40, incumbent), Jerry Foltz (D-40), Craig Parisot (R-34), Kathleen Murphy (D-34, incumbent), David Bulova (D-37, incumbent) and Sang Yi (R-37).



www.ConnectionNews.com



Del. Mark Keam (D-35) gives an introductory speech at the beginning of the Korean Coalition for Political Participation 2015 Candidates Night on Oct. 3.



Candidates for Fairfax County Board of Supervisors chairman Sharon Bulova (incumbent) and Arthur Purves (R) were first to speak at the Korean Coalition for Political Participation 2015 Candidates Night.



(From left) Candidates for Virginia State Senate present at the Korean Coalition for Political Participation 2015 Candidates Night included Joe Murray (R-39), Barbara Favola (D-31, incumbent), Dave Marsden (D-37, incumbent), David Bergman (R-37) and Jerry Foreman (R-36).



Fairfax County Sheriff Stacey Kincaid (D) and her opponent for re-election Bryan Wolfe (R) discussed the importance of mental health training for Sheriff's Office staff and the use of force.

www.ConnectionNews.com

# FREE Trick-or-Treating

## Saturday, October 31

rain or shine

**RAPPAPORT**  
www.rappaportco.com 571-382-1200

**THE COLONNADE**  
at Union Mill  
Clifton, Virginia  
Giant • Starbucks • Outback Steakhouse

**1 pm - 3 pm**  
Located at the intersection of Braddock and Union Mill roads in Clifton.

**Centrewood PLAZA**  
Giant • Hallmark • Starbucks

**2 pm - 4 pm**  
Located at St. Germaine Drive and Machen Road in Centreville.

## 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  
LEAD-SAFE  
SEPA  
CERTIFIED FIRM

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

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

**THE CONNECTION**  
NEWSPAPERS

# 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](mailto:lpatkins2@aol.com)

# 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

9800 Old Keene Mill Rd.  
703-455-7041  
Sunday School 9:15 AM  
Worship Service 10:30 AM  
www.calvaryfamily.com  
"Continuing the ministry of Christ on earth"

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

## 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.



**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

## Entertainment

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

### THURSDAY/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." The catch is that the ball can never travel the same way twice! 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.

### 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.

### 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.



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.

#### 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."

### 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 will be performing a wide variety of musical selections, including wind ensemble standards, soloists, marches and patriotic favorites.

**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 as he returns to diving after a long period of absence. The documentary follows Louganis' evolution from childhood diving prodigy to Olympic champion, and from pioneering openly gay athlete with HIV to almost forgotten sports icon. A discussion with filmmaker Cheryl Furjanic follows the screening.

### 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.

### FRIDAY/OCT. 16

**Alphabet Soup.** 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Stories and activities about letters in the alphabet. Ages 3-5 with adult.

### 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>

**Paws to Read.** 11 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Practice reading aloud to a trained therapy dog. 15-minute sessions available.

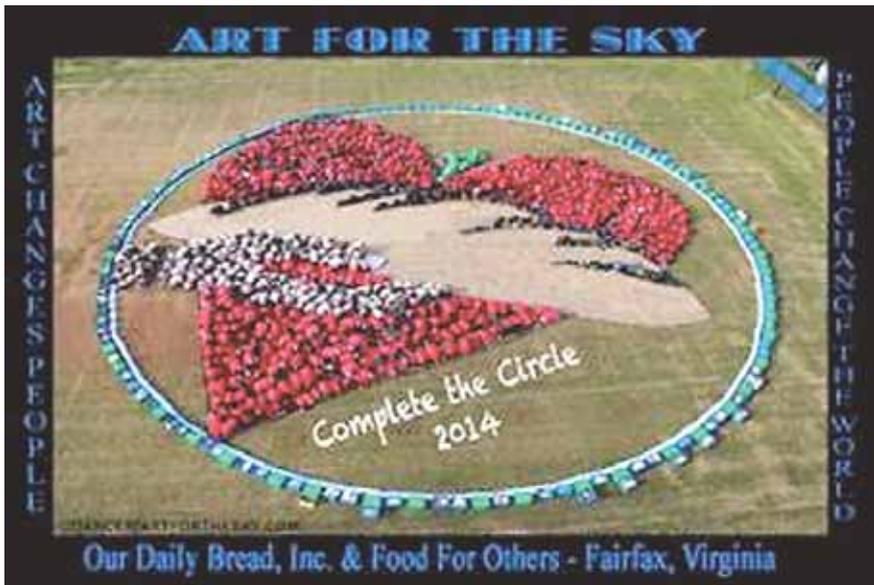
**Ballroom Social Dance.** 7:30-10:30 p.m. 9518 Workhouse Way, Lorton. Come join the evening to learn some new dance moves. Mini-lesson takes place from 7:30-8 p.m. followed by open dance from 8-10:30 p.m. Tickets: \$10-15. www.workhousearts.org.

### SUNDAY/OCT. 18

**DMV Run for the Warriors.** 8:15-10 a.m. Burke Lake Park, Shelter A, 7315 Ox Road, Fairfax Station. Local 5K and 1-Mile Walk/Run to raise

See Calendar, Page 13

www.ConnectionNewspapers.com



**Art for the Sky**  
**Photo taken from 80 feet above by Artist Daniel Dancer at the 2014 Complete the Circle FoodRaiser. The perimeter of the circle is food and pantry donations, and the "heart" and "hand" images are the people.**

Photos contributed

## FoodRaiser to Be Held Nov. 8

Community members of all ages are preparing to gather to take a stand against hunger and need in the Fairfax County area at Our Daily Bread (ODB) and Lorton Community Action Center's (LCAC) Complete the Circle FoodRaiser, to be held from 1-2:30 p.m. on Sunday, Nov. 8 on the Practice Field at Fairfax High School (3501 Rebel Run, Fairfax). The public is encouraged to register by Oct. 9 to reserve event T-shirts.

More than 250 community members, including individuals and families, companies, local congregations, scouts, youth groups and various community organizations, have already registered to participate, and people of all ages are invited to register. Participants will gather to create a "living picture" that will be photographed from 100 feet above by artist Daniel Dancer of Art for the Sky. Attendees are asked to purchase in advance a special event T-shirt for \$5 (\$10 for XXL), which will "color" the image, and to bring a donation of at least three food pantry items or a grocery gift card to "complete the circle" of giving and hope. The pantry donations will create the perimeter of the picture and will later be distributed to families in need who are



**The design that participants in the Nov. 8, 2015 event will create on the Practice Field at Fairfax High School.**

served by Our Daily Bread and Lorton Community Action Center. More than 1,000 community members participated in Our Daily Bread's 2014 Complete the Circle event, co-hosted last year with Food for Others, and donated more than 8,300 pounds of food and supplies and \$1,300 worth of grocery gift cards, food and financial donations to help needy families throughout the Fairfax County area. ODB and LCAC's goal for Complete the Circle 2015 is to have 1,000 participants, raise 10,000 pounds of food and \$10,000 in donations to help the working poor throughout the

Fairfax County area.

A celebration with refreshments, children's games and entertainment, and live music will precede the photo shoot, featuring young aspiring musicians from School of Rock in Vienna, children's activities by local nonprofit Parties 2 Inspire and refreshments from Cox Farms in Centreville. Individuals, families and groups are encouraged to participate, and sponsorships and in-kind donation opportunities are available. All proceeds will benefit ODB and LCAC's efforts to assist struggling residents of the Fairfax County area. Participants are encouraged to register at [www.CompletetheCircleFX.org](http://www.CompletetheCircleFX.org) by Oct. 9 to reserve their T-shirts, but advance and in-person registration will be available after that date. Sponsors, in-kind donations and volunteers to help organize and run the event are greatly needed. "We welcome our community's creative ideas to partner with Our Daily Bread and Lorton Community Action Center to make the event and celebration a success," said Our Daily Bread executive director Lisa Whetzel. "And most important, to be part of the solution to help our neighbors succeed." For more information, visit [www.CompletetheCircleFX.org](http://www.CompletetheCircleFX.org) or call 703-273-8829.

**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

### Calendar

**From Page 12**  
 support and awareness of military non-profit, Hope For The Warriors, which aims to restore hope for service members, their families, and families of the fallen. General registration is \$35, students receive \$5 discount, veterans and active duty \$25, wounded warriors and Gold Star families are free, and kids are free if registered online. [runforthewarriors.org](http://runforthewarriors.org).  
**NTRAK Model Train Show.** 1-4 p.m. The Fairfax Station Railroad Museum, 11200 Fairfax Station

Road. The Northern Virginia NTRAK members will have a display and running N gauge model trains.

#### MONDAY/OCT. 19

**Small Wonders.** 11 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Fingerplay and songs. Age 12-23 months with adult.  
**Hidden Pond Monday: Fall Changes.** 4:30 p.m. Richard Byrd Library, 7250 Commerce Street, Springfield. Presented by the staff of Hidden Pond Nature Center.

#### TUESDAY/OCT. 20

**Evening Book Discussion.** 7:30 p.m. Fairfax City Regional Library, 10360 North Street, Fairfax. Flight Behavior by Barbara Kingsolver.

#### WEDNESDAY/SUNDAY/OCT. 21-25

**Disney on Ice.** 7 p.m. Eagle Bank Arena, 4400 University Drive, Fairfax. Celebrate in Disney in this ice skating spectacular and sing along to your favorite Disney songs for the whole family to enjoy. [www.ticketmaster.com](http://www.ticketmaster.com).

Help feed your neighbors!  
 LCAC always needs:

- Cereal
- Pasta
- Pasta Sauce
- Rice



For more information, please visit [LortonAction.org](http://LortonAction.org) or call 703-339-5161, ext. 120



Several runners by the bleachers, with drinks and snacks, after completing their race.



The race participants sitting on the bleachers right before the award ceremony begins. The wind and drizzle were getting stronger toward the end of the event.

# South County High Hosts 5K Rock-n-Run Race

87 participants completed their race and supported the band this year.

By Arisa Ishita  
The Connection

On Oct. 3, even in the drizzling, windy, cold evening, runners and walkers in neon yellow T-shirts did not give up: It was the 2nd Annual "Twilight Rock-n-Run 5K" hosted by the South County High School Band, where this year, 87 individuals participated.

Participants either ran or walked under three different categories - Kids Fun Run, 5K Run or 1 Mile Glow Walk. Sixty-five participants ran in the 5K.

The purpose of the event was to benefit the high school band. According to Katie Lord, race director and coordinator, collected money will be spent toward band uniforms, maintaining or repairing instruments, purchasing music rights for the marching band performance, entry fees to competitions, transportation to play at games or competitions and some other oc-

casions.

Hosted by the band boosters and sponsored by several businesses around the area, Lord said the idea of this 5K race came during a South County Band Booster meeting and they were able to put it together since last year.

Carla Olivo, one of the race co-directors and a parent of alumni at South County High School, said both years the band boosters worked hard to create something fun and a fun atmosphere for the event.

This year's theme was a "glow theme" where race participants and staff members wore neon yellow T-shirts - perfectly visible in the rainy darkness - and glowing rings were given away. Music heard near the finish line made the atmosphere motivating during a misty night.

When the last runner reached the finish line by the football field, the award ceremony was about to begin to conclude that evening. The top three male and female runners in five age categories received med-



Katie Lord, race director and coordinator, announcing the individuals who received awards for the night.

als.

"I hope the 5K becomes an annual event,"

Olivo said. "The band boosters want it to be a community event."

Photos by Arisa Ishita/The Connection

## Navy Band to Perform At Lake Braddock

The U.S. Navy Concert Band will be performing a free concert in the Lake Braddock Secondary School "Little Theater" on Oct. 15. The band's 172 enlisted musicians annually perform more than 270 public concerts and 1,300 ceremonies.

"It's a great opportunity for our kids, for our community," said Lake Braddock band director Michael Luley. "Rarely do the kids, and I'm guilty myself, get up to see the other concerts in Washington, D.C. For them to come join us, there's no excuse that our kids can't see them play."

Twelve students from the Lake Braddock band will sit in with the Navy musicians on a march during the program. "They're the pros," Luley said. "I spoke to our students about how they're

aspiring to be there; this is the level they're going to play at."

This program is scheduled to open with "Festive Overture" by Dmitri Shostakovich and continue with Carl Maria von Weber's "Bassoon Concerto" featuring Musician 1st Class Renee DeBoer, "Molly on the Shore" by Percy Grainger, "Home to Stay" arranged by Senior Chief Musician Scott Silbert and featuring Chief Musician Courtney Williams on vocals, and Vittorio Giannini's "Symphony No. 3."

The concert is scheduled to begin at 7:30 p.m. Lake Braddock is located at 9200 Burke Lake Road. For more information, call the Lake Braddock band office at 703-426-1076.

—Tim Peterson



The U.S. Navy Band visits Lake Braddock Secondary School Oct. 15

Photo courtesy of the U.S. Navy Band



(From left) Kelly Layfield and Alyson Franca Pollard, of Clifton, cut the ribbon to their new mind and body studio WheelHouse with Clifton vice mayor Dwayne Nitz on Oct. 2.

## WheelHouse Mind and Body Studio Opens in Clifton

**K**elly Layfield and Alyson Franca Pollard used to host yoga classes all around Clifton — the town hall, large barn, any green open space — but not longer. On Oct. 2, the pair opened WheelHouse Mind Body studio on Chapel Road, in the center of Clifton's historic downtown and around the corner from Main Street. Drawing from their diverse physical training

backgrounds, the studio offers yoga, pilates, barre, flexibility High Intensity Interval Training and personal training classes.

The two women had previously been running independent small businesses out of their respective homes: Layfield with pilates, Pollard as a certified personal trainer.

In spring 2015, the longtime friends joined forces to co-teach outdoor yoga in the town square

on Sunday mornings. "We're like yin and yang," Pollard said.

In July, they heard the space on Chapel Road was available and decided to move forward with establishing WheelHouse under one roof.

"It's always been needed here," Layfield commented on having a centralized fitness opportunity in Clifton. "We want it to be for everyone."



Photos by Tim Peterson/The Connection

Owners Kelly Layfield (left) and Alyson Franca Pollard (right) opened WheelHouse Mind Body studio in Clifton on Oct. 2.

Pollard added that when they presented the idea to the Clifton town council, it wasn't difficult to win them over. "The people were hungry for it," she said.

The pair explained the intimate size of the studio will allow them

to offer a more personable, individualized experience during classes. "We love the boutique feeling here," Layfield said.

For more information, visit [www.wheelhousemindbodystudio.com](http://www.wheelhousemindbodystudio.com).

—Tim Peterson

### DR. GENE SWEETNAM DR. GRACE CHANG

O P T O M E T R I S T S



TWO  
CONVENIENT  
LOCATIONS

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

#### Most Insurances Accepted:

Anthem Blue Cross/Blue Shield, Care First, Medicare, Tricare In-network  
Doctor, Vision One Discount, Avesis, Aetna HMO/PPO/POS, PHCS,  
VSP® Network Doctor, EyeMed Vision Care, United Healthcare, VA Medicaid  
*WE WELCOME YOUR DOCTOR'S PRESCRIPTION*

5204A Rolling Rd.  
Burke Professional Center  
Burke, VA 22015  
**703-425-2000**

8951 Ox Rd., Suite 100  
Shoppes at Lorton Valley  
Lorton, VA 22079  
**703-493-9910**

[www.drsweetnam.com](http://www.drsweetnam.com) • [www.sightforvision.com](http://www.sightforvision.com)

## Find Your Children Safe & Sound

# KIDDIE COUNTRY

DEVELOPMENTAL LEARNING CENTER

REGISTER  
NOW!

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

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

#### CHILDREN AGES 2-5

Full (6:30 a.m.-6:30 p.m.) and half day (9:00 a.m.-1:00 p.m.) programs

#### SPECIAL FEATURES

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

#### BEFORE & AFTER SCHOOL PROGRAMS

#### AGES SIX-ELEVEN YEARS

#### GRADES 1-6

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

#### KINDERGARTEN

Registrations are now being accepted for the 2015-2016 School Year. Two Virginia certified teachers per classroom. Program emphasizes language arts, math, computer literacy, science, social studies, social development, art, music and physical development.

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

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

#### KIDDIE COUNTRY I

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

Come See Our  
Award-Winning Facilities!

(Both Schools Winners  
of American Institute  
of Architects Awards)

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

#### KIDDIE COUNTRY II

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

## Lake Braddock RB Atkins Has Big Day in Victory

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

**L**ake 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

**T**he 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.

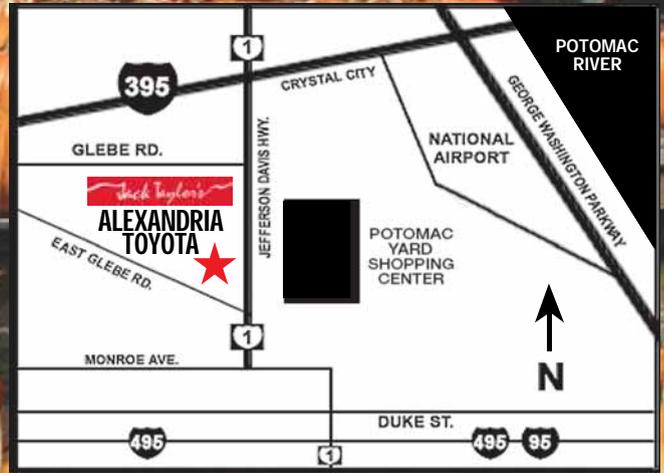
South County will host Woodson at 7 p.m. on Friday, Oct. 9. The Stallions will then host Mount Vernon on Oct. 16 and travel to Annandale on Oct. 23 before closing the regular season with big games against West Potomac (home, Oct. 30) and Lake Braddock (road, Nov. 6).

"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](http://alexandriatoyota.com)



**TOYOTA Owners**  
ToyotaOwnersOnline.com

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



**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**

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

**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 \$14.95 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 SHIP 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 SHIP SUPPLIES ADDITIONAL.

**ROTATE & BALANCE SPECIAL \$59.95**

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

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 SHIP SUPPLIES ADDITIONAL.

**FALL SAVINGS**

**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 SHIP SUPPLIES ADDITIONAL.

**TRUE START BATTERY SPECIAL \$99.95**

FROM \$149.95

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 SHIP 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 SHIP SUPPLIES ADDITIONAL.

**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 SHIP 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 SHIP 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 SHIP SUPPLIES ADDITIONAL.

**15% OFF ANY ACCESSORIES**

• Apparel • Window visors  
• I-pad adaptors • All weather floor mats  
• Toyota bedliners

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 SHIP 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 SHIP 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 SHIP SUPPLIES ADDITIONAL.

**FALL DETAIL SPECIAL \$249.95**

Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior.

Vans & SUVs add \$20.00.

By Appointment Only

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.

**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!**



**ALEXANDRIA TOYOTA/SCION**  
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305  
703-684-0700 | [ALEXANDRIATOYOTA.COM](http://ALEXANDRIATOYOTA.COM)  
JUST MINUTES FROM REAGAN NATIONAL AIRPORT!



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**  
LICENSED  
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](http://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](http://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](http://www.crescenthomeservices.net) Email: [info@crescenthomeservices.net](mailto: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**

**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](mailto:classified@connectionnewspapers.com)

**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](mailto:easy@maxsold.com) or  
[MaxSold.com/book](http://MaxSold.com/book) by Nov.15

**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](mailto:theschefers@cox.net)

**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**

**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**

**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](http://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**

**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](mailto:Jennifer@HDIComputerSolutions.com)

**21 Announcements**

**LIFETIME METAL ROOFING**  
by VA CAROLINA BUILDINGS [VACarolinaBuildings.com](http://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**

**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](http://www.brindleybeach.com)

**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 (15<sup>th</sup> 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**

**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**

View at [www.loghomedream.com](http://www.loghomedream.com) - Click on House Plans  
**SERIOUS ONLY REPLY.** Call 704-602-3035 ask for Accounting Dept.

BBB  
A+ Rating



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



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



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



**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.



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



**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](http://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



**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

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



**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



**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!



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

**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 thru-out 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 COMPANY  
Exceeding Your Expectations is my #1 Priority

**BARBARA NOWAK & GERRY STAUDTE**  
"My Virginia Home Team"  
703-473-1803, 703-309-8948  
gerry.staudte@longandfooster.com  
[www.MyVirginiaHomeTeam.com](http://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.



**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.

**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

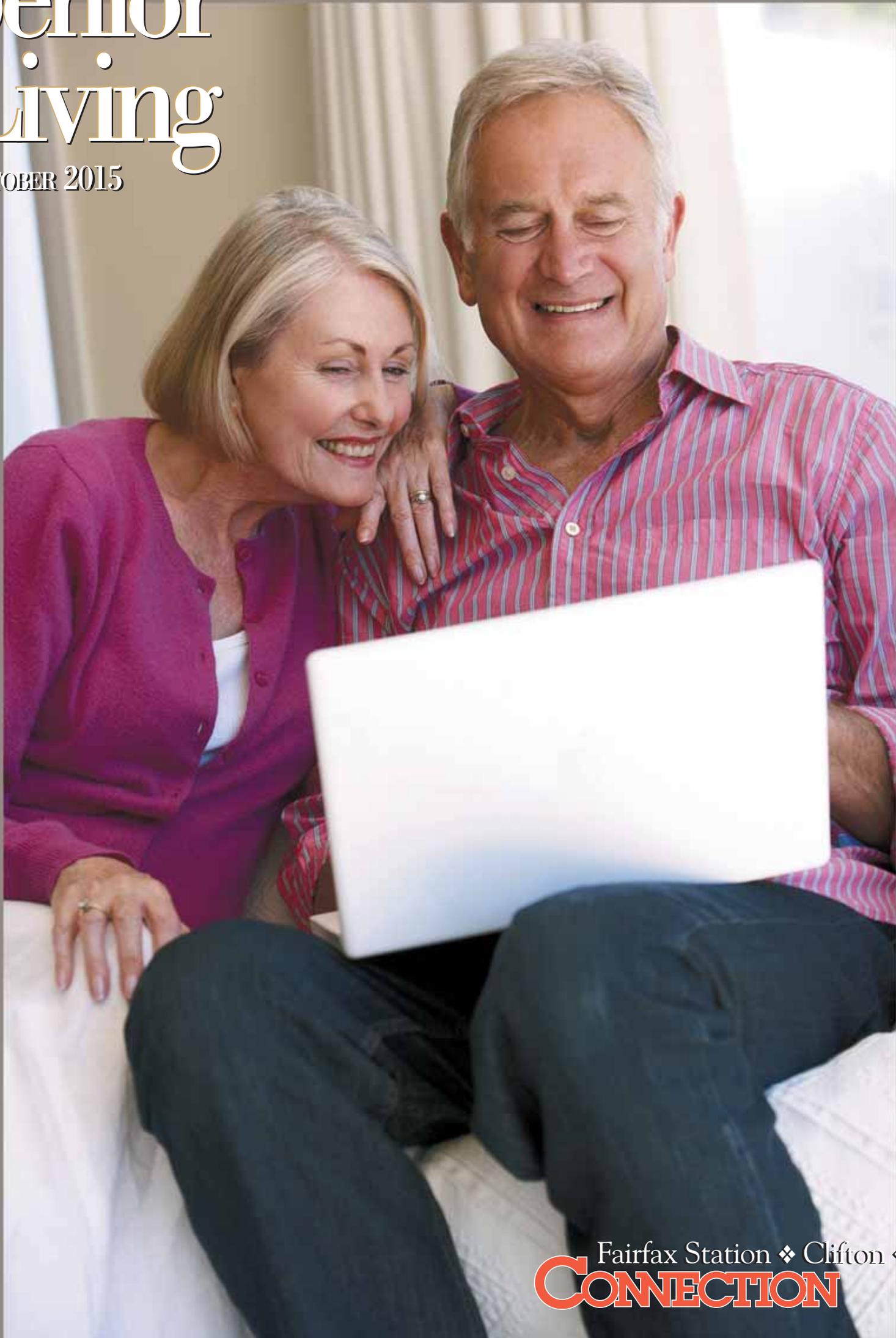


**Lake Front Royal \$215,000**  
Weekend Retreat  
Get away from it all and enjoy the peace of the mountains in this 3BR-2BA ranch home on a 3/4 acre lot. Updates include roof, baths, HVAC, and more. Short hike to Appalachian Trail and nearby Smithsonian Conservation Center.

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

# Senior Living

OCTOBER 2015



Fairfax Station ❖ Clifton ❖ Lorton  
**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, Arlington, 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 Upton, 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, Spring-

field; **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, Andrew 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 Srey, 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. See Results, Page 3

## A healthy body starts with a healthy mouth!

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

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

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



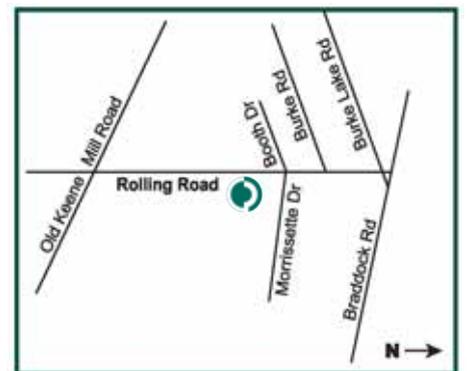
*Washingtonian* magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including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

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

### Our Services:

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

Selected as one of the  
"Best Dentists in America"  
"Best Dentists in Metropolitan Area"  
by *Washingtonian Magazine*  
"Top Dentist"  
by *Northern Virginia Magazine*



**FREE  
IMPLANT  
CONSULTATION**

X-rays not included. Not valid with insurance submission.



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

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



**5803 Rolling Road, Suite 211  
Springfield, VA 22152**

**703-912-3800 • www.smiles4va.com**



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

# Senior Living

## 819 Compete in Local Senior Olympics

Pickleball closes out two-weeks of Olympic events

By Emily Rabbit t  
The Connection

**W**ith 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](http://www.nvso.us) to find out how to participate in or contribute to next year's event.

### NVSO Gold Medalists

RESULTS From Page 2

ton, 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 Books, 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, Springfield.

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-

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)

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



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.**

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

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.

### Details

For more information about local aging villages:

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

Senior Living

IS PRODUCED BY  
CONNECTION NEWSPAPERS  
[WWW.CONNECTIONNEWSPAPERS.COM](http://WWW.CONNECTIONNEWSPAPERS.COM)  
LOCAL MEDIA CONNECTION LLC

FOR MORE INFORMATION,  
CALL 703-778-9431 OR EMAIL  
[SALES@CONNECTIONNEWSPAPERS.COM](mailto:SALES@CONNECTIONNEWSPAPERS.COM)

# Senior Living

## NVSO Gold Medalists

RESULTS From Page 3

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, Niel 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.

For more results, see [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

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

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



All Are Welcome!

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

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

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



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](http://www.fairfaxcu.org)

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

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



Almost Done -vs-

Nicely Done

COME EXPERIENCE THE DIFFERENCE TODAY.

CALL

703-764-3748

[NicelyDoneKitchens.com](http://NicelyDoneKitchens.com)



Custom Kitchen & Bath Design, Remodeling and Project Management  
Visit Our Showroom at 8934 Burke Lake Rd. in Kings Park Shopping Center  
Hours: 9:30 am - 6 pm Mon.-Fri.; 10 am - 3 pm Sat.

# 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](mailto: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](mailto:byrdmatx@comcast.net)) has been writing about home improvement topics for 30 years. See more stories at [www.HomeFrontsNews.com](http://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 Frenzel 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 Frenzel 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.)



**Best Prices Guaranteed**

**CUSTOM DESIGN**



- Kitchens
- Bathrooms
- Counter Tops
- Fireplace
- Custom Floors
- Vanity Tops
- Tile
- Residential & Commercial

## GERELI MARBLE & GRANITE



8241-I Backlick Road • Lorton, Virginia 22079  
Licensed & Insured • 703.339.0300 • Fax: 703.339.0400 • www.gereli.com

**DECORATING DEN INTERIORS**  
CUSTOM WINDOW TREATMENTS | FURNITURE | LIGHTING  
WALL, FLOOR & BED COVERINGS | ACCESSORIES

**SAVE UP TO 25%**  
on custom window treatments  
including blinds, shades, draperies, side panels  
and decorative hardware\*

\*Offer ends 9/30/2015

Contact me today for your complimentary  
in-home design consultation!

**Virginia Brewer**  
OWNER & INTERIOR DECORATOR  
703.395.8515  
virginia@decoratingden.com  
virginia.decoratingden.com

# Body, Mind and Free Spirit!

*Resident since 2012*

## Talk to your neighbors, then talk to me.

**Rudy Shields, Agent**  
9415 Old Burke Lake Road  
Burke, VA 22015  
703-978-5700  
rudy.shields.bvz@statefarm.com

See why State Farm® insures more drivers than GEICO and Progressive combined. Great service, plus discounts of up to 40 percent.\*  
**Like a good neighbor, State Farm is there.®**  
**CALL FOR QUOTE 24/7.**

\*Discounts vary by states.  
State Farm Mutual Automobile Insurance Company  
State Farm Indemnity Company, Bloomington, IL

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!*

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

# 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

**“W**hen 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 100<sup>th</sup> 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



**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.**

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

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](http://www.greatfallsva.brightviewseniorliving.com).