

Book sale chairman Joy Whittington and Brian Engler of the Friends of the Burke Centre Library, which has 200 members.

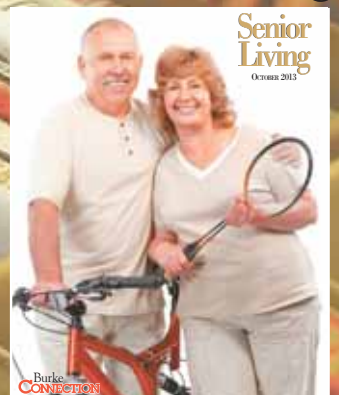
Shutdown: What Now?

NEWS, PAGE 6

Battleground Northern Virginia

NEWS, PAGE 3

Inside Senior Living



Five out of

Inova is the only local health system with all five of its hospitals ranked among the DC region's top 15 by U.S. News & World Report.



Inova Alexandria Hospital



Inova Fairfax Hospital



Inova Mount Vernon Hospital



Inova Loudoun Hospital



Inova Fair Oaks Hospital

No matter where you live in the Washington, DC area, you can trust that world-class healthcare is just right around the corner at any one of Inova's five hospitals. U.S. News & World Report has also ranked Inova Fairfax Hospital the #1 hospital in the DC area for the second straight year, and it's the only hospital in the region to be ranked among the nation's best in women's and children's care.

At Inova, we are leading the future of health. Learn more at inova.org/usnews



NEWS



Republican gubernatorial candidate Ken Cuccinelli



Democratic gubernatorial candidate Terry McAuliffe

PHOTOS BY MICHAEL LEE POPE/THE CONNECTION

Battleground Northern Virginia

BY MICHAEL LEE POPE
THE CONNECTION

For many years, Northern Virginia has been written off by both parties as a Democratic stronghold — a place where Republicans simply try to cut their losses while they focus on the rest of the commonwealth. But this election cycle may be different. All three of the gubernatorial candidates are from Fairfax County. And recent statewide candidates have not been able to win without picking off selected jurisdictions in Northern Virginia.

“As you look at Northern Virginia that’s further from Washington, you see a more Republican area — Prince William, western Fairfax, Fauquier,” said Stephen Farnsworth, professor at University of Mary Washington. “That’s where the real action is in Northern Virginia politics.”

As Election Day draws closer and television becomes a virtual battlefield for attention, a real battle is brewing on the ground here in Northern Virginia. Candidates and their advisors are looking at the path to victory back in 2009 for Republican Bob McDonnell, who won Prince William County, Fairfax County and Fauquier County. Although this race is likely to be closer than 2009, the importance of Northern Virginia is looming larger than ever.

“I don’t expect Ken Cuccinelli to actually win Fairfax County, which Bob McDonnell actually managed to do in 2009,” said Geoff Skelley, analyst with the University of Virginia Center for Politics. “Cuccinelli will do very poorly in Reston or Annandale, so just because he’s from Fairfax doesn’t mean he has appeal throughout the county.”

ONE OF THE QUIRKS of Virginia politics is that the gubernatorial elections follow presidential elections, a phenomenon that has frequently seen voters reject the party that won the White House the previous year. But a look at the numbers tells a different story. Although 3.7 million voters cast a ballot in 2008, fewer than 2 million votes participated the next year. That means that election officials are expecting about half of last year’s turnout, which included



Supporters of both major party candidates for governor rally at the entrance to the Capital One campus in McLean on Wednesday, Sept. 25, just before Ken Cuccinelli (R) and Terry McAuliffe (D) participated in an hour-long debate sponsored by the Fairfax Chamber of Commerce.

PHOTO BY MARY KIMM/THE CONNECTION

a record-breaking 3.8 million votes.

“For [Democrat Terry] McAuliffe, the goal is to get as many voters out as possible,” said Skelley. “For Cuccinelli, the goal is to hold down the margins.”

According to Census data, Northern Virginia expanded its population about 24 percent in the last decade — growing from 2.6 million from 2.1 million. Northern Virginia is the most populous region of the commonwealth and the Washington Metropolitan Area. And the rate of growth here far outpaces other urban areas in Virginia, including Richmond and Hampton Roads. That means rural and outlying areas are experiencing an erosion of influence, particularly in western parts of the state and Southside.

“The big problem for Republicans statewide is how they do in the more rapidly suburbanizing areas,” said Farnsworth. “This is true in Northern Virginia and in the Richmond area.”

DURING THE GUBERNATORIAL debate last week, Republican Ken Cuccinelli was trying to establish himself as the choice for Northern Virginia. He mentioned the region five times, and he tried to use his experi-

ence representing Fairfax County in the General Assembly to his advantage. When the issue of the government shutdown was raised, Cuccinelli responded with a direct appeal to residents of the region who have strong economic ties to the federal government.

“I’m a Northern Virginian. I’ve lived up here my whole life,” said Cuccinelli. “We’re already seeing in the Virginia economy the problems associated with the uncertainty of federal budgeting as it is, both in Northern Virginia and in Southeastern Virginia in the Hampton Roads area.”

Despite the fact that the debate took place in Tysons Corner, the McAuliffe did not point out that he has lived in Fairfax County for more than 20 years. Instead, the Democrat attempted to portray himself as the best candidate for the interests of Northern Virginia voters. At one point, he pointed out Fairfax Chamber of Commerce president and CEO Jim Corcoran in the front row and mentioned he agreed with the chamber’s position on Medicaid expansion. Later in the debate, he argued that Cuccinelli’s tax proposal would hurt Northern Virginia.

“What it would mean to Fairfax County

What role will the region play in the election?

to be losing this revenue,” said McAuliffe. “What it would mean to Sharon Bulova and Fairfax County and the loss of teachers at a time we should be investing in our teachers, investing in those STEM courses, science, technology, engineering and math,” said McAuliffe. “His plan literally would force us to lay off thousands of teachers.”

THE TENSION within the region was evident in recent weeks as business leaders across Northern Virginia began issuing their endorsements. The first was from the political arm of the Northern Virginia Technology Council, which endorsed Cuccinelli last month. But that announcement was delayed after some internal dissension within the organization, which led to a series of accusations and counter-accusations. The drama surrounding the delay of the endorsement became a talking point for Republicans eager to portray McAuliffe as a Washington insider.

“I am appalled that Terry McAuliffe and other prominent Democrats would threaten to hold the legislative agenda of Northern Virginia business leaders hostage to their political agenda,” said Republican House of Delegates Speaker Bill Howell in a written statement. “That might work in Washington, but it is unacceptable here in Virginia.”

Hours after Cuccinelli and McAuliffe debated each other at the Fairfax Chamber of Commerce’s forum, the organization issued its own endorsement for the Democrat. In a statement explaining the endorsement, the business group praised McAuliffe for opposing mandatory project labor agreements and supporting Virginia’s longstanding right-to-work law. The chamber also mentioned his support for accepting federal funds for Medicaid expansion and his support of the transportation funding package that passed the General Assembly earlier this year — both of which were opposed by the Republican candidate.

“In terms of the priorities of the Northern Virginia business community,” said Corcoran in a written statement, “Mr. McAuliffe’s policy positions and proposals closely align with the Fairfax Chamber’s legislative agenda.”

Our goal is simple: To make it all better.

That's why Inova and Children's National Health System teamed up to create Pediatric Specialists of Virginia, with top specialists working to provide kids with world-class care throughout Virginia.

**Pediatric Specialists
of Virginia**



Visit us at one of several locations across Northern Virginia.
703 876-2788 PediatricSpecialistsVA.org

News



PHOTO BY STEVE HIBBARD/THE CONNECTION

Book sale chairman Joy Whittington and Brian Engler of the Friends of the Burke Centre Library on Freds Oak Road.

Burke Library Book Sale a Success

Patrons donated about 8,000 books, including vintage books and bestsellers, to the Burke Centre Library's book sale last Wednesday through Saturday, Sept. 25-28. "It's been very successful," said Joy Whittington, book sale chairman, of the sale which brought in more than 300 customers. "People came from as far away as North Carolina and Georgia and bought \$500

worth of books each." She said the next sale will be a Holiday Book Sale on Nov. 18-19, featuring gift books for Christmas, Thanksgiving and Kwanzaa. On the last day of the sale, books are sold at the bargain price of \$5 per bag.

"They say people aren't buying books anymore, but it's not true," said Whittington. "The Kindle has not replaced having real books."

Medicare, Caregiving Seminars

Fairfax County is offering Medicare 101—a two-three hour program on Medicare basics. Find more information and register at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call the numbers below.

MEDICARE 101

Thursday, Oct. 10—10 a.m.- noon
Shepherd's Center of Oakton-Vienna
Unitarian Universalist Congregation of Fairfax
2709 Hunter Mill Road
Oakton, 703-281-0538, TTY 711.

❖ Fairfax County's free Family Caregiver Telephone Support Group meets by phone on Tuesday, Oct. 8, 7-8 p.m. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm. Call 703-324-5484, TTY 711.

❖ Fairfax County is offering free Family Caregiver Seminars throughout October and November at the following locations. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

FINANCIAL ISSUES FOR CAREGIVERS

Tuesday, Oct. 8—7 to 8:30 p.m.
Pohick Regional Library, 6450 Sydenstricker Road, Burke ❖ When Home Is No Longer an Option (Webinar)
Thursday, Oct. 31—Noon to 1 p.m.
Meet over your computer or telephone.

STRATEGIES FOR DIFFICULT CONVERSATIONS

Wednesday, Nov. 13—7 to 8:30 p.m.
Alzheimer's Association, National Capital Area Chapter, 3701 Pender Drive, Suite 400, Fairfax

LEGAL TOOLS FOR CAREGIVERS

Thursday, Nov. 14—7 to 8:30 p.m.
Dolley Madison Library, 1244 Oak Ridge Ave., McLean

LEGAL TOOLS FOR CAREGIVERS (WEBINAR)

Wednesday, Nov. 20—Noon to 1 p.m.
Meet over your computer or telephone.

CAREGIVING 101

Monday, Nov. 18—7 to 8:30 p.m.
Herndon Fortnightly Library, 768 Center Street, Herndon

Fairfax County is offering free Chronic Illness Management workshops. Topics include managing pain and emotions, using medication properly, communicating with health care providers, adopting exercise and nutrition goals and making informed medical decisions. Register and learn more at www.fairfaxcounty.gov/dfs/olderadultservices/chronic-disease.htm or call 703-324-5489, TTY 711.

❖ **Wednesdays, Oct. 2-Nov. 6
10 a.m.-12:30 p.m.**

City of Fairfax Regional Library
10360 North Street
Fairfax

❖ **Mondays, Oct. 21-Dec. 2
1-3:30 p.m.**

Reston Community Center Hunters Woods
2310 Colts Neck Road
Reston

❖ **Tuesday, Oct. 22-Nov. 26
10 a.m.-12:30 p.m.**

Bruen Chapel United Methodist Church
3035 Cedar Lane
Fairfax

❖ **Thursdays, Oct. 24-Dec. 5
10 a.m.-12:30 p.m.**

Great Falls Library
9830 Georgetown Pike
Great Falls

❖ **Wednesdays, Oct. 30-Dec. 11
1-3:30 p.m.**

Sherwood Regional Library
2501 Sherwood Hall Lane
Alexandria

OBITUARY

R. Dennis McArver, Chairman of the Arts Council of Fairfax County, Dies

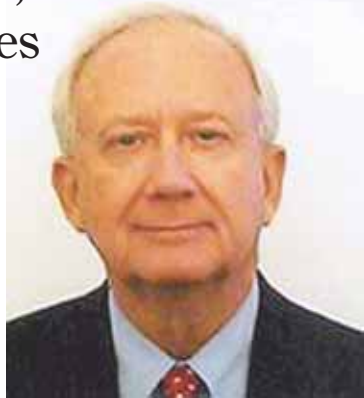
The Arts Council of Fairfax County is mourning the passing of its chairman, R. Dennis McArver.

McArver, a Vienna resident, legal professional and civic arts activist, died Sept. 14. He was born in 1936.

"We have lost a dear friend and a strong leader," said Linda S. Sullivan, president and CEO of the Arts Council. "Dennis embraced his role as chairman of the board with such enthusiasm and vigor and was a tireless advocate for the council and all the arts in Fairfax County," Sullivan continued.

McArver joined the board of directors of the Arts Council in 2009. On July 1, 2013 McArver succeeded Gerald L. Gordon, Ph.D, president and CEO of the Fairfax County Economic Development Authority, as the new chairman for the Arts Council.

"Dennis McArver was a tireless and dedicated supporter of the arts for many years and in many capacities. I had the honor of serving with Dennis on both the board of the Arts Council of Fairfax County and the Fairfax Symphony Orchestra. He was never one to sit



R. Dennis McArver

back. The arts and the community have lost a strong advocate and a committed leader," said Gerald L. Gordon, Ph.D, president and CEO of the Fairfax County Economic Development Authority.

"The Fairfax community has lost a very dedicated and thoughtful leader in Dennis McArver," Joe Richey, vice chairman of the Arts Council Board of Directors said. "He was a tremendous professional and friend to many in the community. Dennis was a champion of the arts in Fairfax county and will be missed by all who knew him."

McArver was a long-time partner with McGuire Woods LLP in

Tysons. McArver, a specialist in real estate law, forged a reputation for handling multi party, complex transactions. He served in a number of management positions, ranging from department chairman to managing partner of the firm. McArver had been a continuing legal education lecturer in Virginia and across the country on a variety of law firm management issues. His prior arts organization experience included chairing the board of directors at Wolf Trap, the Fairfax Symphony, as well as serving on boards of the Baltimore Symphony and the Arts at Mason Partnership.

McArver is survived by his wife Emmy McArver, three children Rob McArver, Laura Timberlake and Susan Dunton, and five grandchildren.

The McArver family has asked, that in lieu of flowers, memorial donations should be made to the Arts Council of Fairfax County. Donations can also be mailed to:

Arts Council of Fairfax County,
"In Memoriam Dennis McArver"
10604 Judicial Drive
Fairfax, VA 22030

BULLETIN BOARD

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

THURSDAY-SATURDAY/OCT. 3-12

Burke History Day Volunteer Sign-up. Shifts between 10 a.m.-4 p.m. on Oct. 12, at 9501 Old Burke Lake Road, Burke. This free public event includes a wide variety of exhibits, presentations, and children's activities to tell the history of Burke. Potential tasks include helping with the children's activities, receiving visitors and special guests, assisting with sales of books and BHS t-shirts, and answering general questions about the society. www.burkehistoricalsociety.org.

SUNDAY/OCT. 6

Run for Wounded Warriors. 7 a.m. check-in, 8 a.m. race, at Burke Lake Park, 7315 Ox Road, Fairfax Station. The seventh annual run/jog/walk around Burke Lake while helping the Wounded Warrior Project. Race Sponsors J. M. Waller Associates, Inc. and Halfaker & Associates, LLC will cover the costs associated with the run allowing for 100 percent of registration fee and donations to go directly to Wounded Warriors. The formally timed run is friendly for professional and casual runners. 703-912-2903, http://www.jmwaller.com/wounded_warriors.asp or runforwoundedwarriors@jmwaller.com.

WEDNESDAYS/OCT. 16-NOV. 20

Chronic Disease Self-Management Program. 10 a.m.-noon, at Bruen Chapel United Methodist Church, 3035 Cedar Lane, Fairfax. A workshop to help caregivers and older adults with chronic conditions to learn strategies to cope with health care, emotional and medical problems. Registration deadline: Oct. 11. 703-281-0538.



Grasshopper Green School

Started in 1939 • Over 75 years of continual operation • Children are able to excel at their own pace

Voted by Patch Reviewers Best Preschool in Annandale 2012

- Comforting home-like setting
- 2 years to 5 years
- Private School K-6th at same location
- Small classroom size and individual attention
- Park-like Setting – Spacious Playground
- NAEYC Approved Curriculum
- Extracurricular Classes in Computer, Spanish and Music
- Indoor Gym area and Specialized Physical Education Teacher
- Experienced and friendly staff
- Hot Catered Lunches and Snacks
- Manners and strong social skills are developed in everyday interactions
- Independence encouraged and fostered with a focus on building self-esteem

State Assistance Programs Accepted
Centrally located – Minutes from downtown and major highways

703-256-4711

4955 Sunset Lane, Annandale, VA
www.grasshoppergreen.com









Great American Food



Celebrate With Us

Oktoberfest

Throughout
October





Sunday Brunch Menu

10 A.M. – 3 P.M.

50% OFF Lunch

Buy one and get 50% Off
2nd item of equal or lesser value.
Offer expires 10/31/13.
Not valid with any other offers.

10% OFF
Entire Check

Offer expires 10/31/13.
Not valid with any other offers.

5765-C Burke Centre Pkwy • Burke • 703-239-9324



Featuring
DURA SUPREME
CABINETRY

www.nvsrd.com

Falls Church Showroom

800 West Broad Street, #101
Falls Church, Virginia 22046
571.765.4450

Manassas Showroom

8982 Hornbaker Road
Manassas, Virginia 20109
703.378.2600



KITCHENS | BATHS | ADDITIONS

Contact us at info@nvsrd.com

THE COUNTY LINE

Now What?

By VICTORIA ROSS
THE CONNECTION

While it's still unclear how long the government will remain shuttered as the standoff between the Republican-controlled House and Democratic-controlled Senate continued Tuesday, Sept. 24, there are a few things Fairfax County residents can count on:

- ❖ Fairfax County Government remains open for business.

- ❖ Absentee voting, which started Tuesday, continues as scheduled.

- ❖ Residents still have to pay car taxes by Oct. 7. As congressional leaders traded barbs over which party is to blame for the first government shutdown in 17 years, Fairfax County Executive Edward Long issued a statement regarding the impact of the shutdown on county employees and residents.

"We live in a 'company town' and the company is the federal government, so most of us have family and friends who are federal employees or contractors impacted by this shutdown," Long

said in a memo emailed to county employees Tuesday.

Long said his biggest concern was the "domino effect" the shutdown will have on the local economy, and "the short-term uncertainty that will impact business decisions."

"There are many questions still unanswered," Long said in the memo. "In the meantime, many of the people we serve are under increased stress and in need of enhanced county services."

The government shutdown has forced about 800,000 federal workers off the job and suspended most non-essential federal programs and services.

The government stoppage also closed national parks, all Smithsonian museums, the U.S. Capitol visitor's center and the National Zoo.

IN FAIRFAX COUNTY, Long noted that some county agencies have been directly impacted, and Langley ForkPark, which is on land owned by the National Park Service and managed by the Fairfax County Park Authority, is now closed and park activities are suspended.

At a committee meeting Tuesday morning, the Board of Supervisors discussed the shutdown and its potential impact on county resources and staffing.

After the meeting, Supervisor Jeff McKay (D-Lee), whose district includes many federal employees and contractors, said that Fairfax County could come away "relatively unscathed if the shutdown ends in a few days."

He said the board was "prudent enough to set aside an \$8 million sequestration reserve that we can tap into if necessary."

McKay echoed Long's concerns about a domino effect in Fairfax County.

"It's the ripple effects of anything longer than a few days that are a concern. A lot of our federal workers and contractors are being hit with a double whammy—first sequestration furloughs and now the shutdown. Besides the impact on people's lives, this is exactly the worst thing that can happen to a still fragile economy," McKay said.

"It's really frustrating—all our county board can do is watch this drama play out. We're in close con-

tact with our federal delegation—but it's not our federal delegation that's the problem," McKay said.

LONG SAID the county can't do any detailed impact analysis, because "there are still too many unknowns at this time," including:

- ❖ Whether furloughed federal workers will retroactively get paid.

- ❖ Will there be a delay in processing federal grants?

- ❖ Will the loss of daily federal commuters impact Metro revenues?

- ❖ Will the shutdown and loss of income lead to foreclosures?

- ❖ Will there be more need for local social services for federal workers on the margin?

- ❖ Will this federal government shutdown cause people to stop buying things and thus reduce our sales tax revenue?

"Fairfax County has a strong history of taking decisive actions to meet our financial obligations and increased service and resource needs, and we will continue to stay informed about this and other issues that could possibly impact the county budget," Long said.

Fairfax County Government Services Open This Weekend

With one trip to the Fairfax County Government Center the weekend of Oct. 5 and 6, residents can pay their car tax, register to vote and then, if they feel like it, paint a pumpkin and ride a carousel.

Fall for Fairfax KidsFest takes place Saturday and Sunday, and several government services will be available this weekend. Here's a list:

- ❖ Saturday, Oct. 5, 8 a.m. to noon—The Department of Tax Administration will be open in Suite 223 for residents to pay their car (personal property) tax, which is due Monday, Oct. 7.

- ❖ Saturday, Oct. 5, 9 a.m. to 5 p.m.—The Office of Elections will be open in Suite 323 for residents to register to vote or check your voter registration status (deadline is Oct. 15), and for qualified registered voters to absentee vote for the Nov. 5 General Election. Reserved parking for voters is available in lot A near the main entrance to the Government Center.

- ❖ Sunday, Oct. 6, 10 a.m. to 5 p.m.—The DMV 2 Go customer service van will be parked outside the Government Center building on Sunday during Fall for Fairfax Kidsfest. DMV 2 Go offers all Virginia Department of Motor Vehicle services.

The Fairfax County Government Center is located at 12000 Government Center Parkway, Fairfax.

- ❖ For more information on Fairfax County Government services, go to www.fairfaxcounty.gov.



Treatment Options for Rotator Cuff Tears and Shoulder Arthritis

FREE Community Lecture

Tuesday, October 8, 2013
at 6:30 p.m.

Harbour View
13200 Marina Way
Woodbridge, VA 22191



Shoulder pain is a common problem. Living with shoulder pain can be exhausting. Learn about the causes of shoulder pain and shoulder pain treatments from a shoulder specialist. A FREE community lecture to discuss treatment options for Rotator Cuff Tears and Shoulder Arthritis will be held in your area by one of Inova Mount Vernon Hospital's experienced shoulder surgeons, Dr. Sameer Nagda. This is an opportunity for you to "Ask the Expert" any questions you may have.

Dr. Nagda was recently selected to join the American Shoulder and Elbow Surgeons (ASES), an elite society whose membership consists of approximately 300 leading orthopedic surgeons worldwide specializing in the shoulder and elbow.

Thanks to new techniques and medical advances, thousands of people are returning to the active lifestyle they deserve. Free of shoulder pain. This is your chance to join them.



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

SCHOOL NOTES

Send notes to the Connection at south@connectionnewspapers.com. Deadline is Friday.

Connor B. Mitchell, a student at Centreville High School, and **Andrew Pan, Jayanth Devanathan** and **Daven Kim**, of Thomas Jefferson High School for Science and Technology, are Clifton area National Merit Scholarship semifinalists.

Springfield students **Thomas W. Garcia, Kelly N. Giddens** and **John F. Lakwijk** of West Springfield High School and **Rachel Iwicki, Carolyn Ours, Erika Rashka** and **Ivy Ren** of Thomas Jefferson High School for Science and Technology are National Merit Scholarship semifinalists.

MILITARY NOTES

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

Navy Seaman Nicholas C. Bureau, son of Lisa C. and Timothy L. Bureau of Fairfax Station, recently completed basic training at Recruit Training Command, Great Lakes, Ill., and received the Military Order of the World Wars Award. Bureau is a 2007 graduate of Gonzaga College High School of Washington, D.C.

Air Force Airman Gervys G. Olimpo graduated from basic military training at Lackland Air Force base, Texas, after completing an intensive eight-week program focused on military discipline

Fairfax students **Thomas W. Burke** and **Bryce W. Gentry** of Fairfax High School, **John R. Walnut**, homeschooled, **Megan V. Pearson** of James W. Robinson Secondary School, **Nathan J. Walko, Brian W. Walsh** and **Ian A. White** of Trinity Christian School, **Isabella R. Brahm, Dylan Burke, Bryan Chen, Elli Cryan, Chia Lee, Nikhil Mathur, Jared H. McFarlane, Ryan J. McKeown, Elizabeth J. Planert, Peter Wilson** and **Chloe E. Yun** of W.T. Woodson High School and **Andreas Butler, Anthony Carrington, Adam Friedman, Lily Gu, Bryan Higgins, Krishnaprasa Jayaraj, Ryan Jian, Anwar Omeish, Emily Schneider** and **Tyler Sheperd** of TJHSST are National Merit Scholarship semifinalists.

and studies, Air Force values, physical fitness, and the basic principles and skills of warfare. Olimpo, a graduate of Robinson Secondary School, is the son of Jocelyn Olimpo.

Army Pfc. Tanner R. Shelton of Fairfax, a graduate of Woodson High School, is currently deployed to Iraq, serving in support of Operation New Dawn, previously Operation Iraqi Freedom. This mission signifies a formal end to U.S. military operations in Iraq through advising, assisting and training the Iraqi Security Forces, conducting partnered counterterrorism operations, and providing support to reconstruction teams.

Shelton is a food service specialist assigned to the 2nd Brigade Combat Team. He is the grandson of John and Linda Naas.

BURKE NURSERY

Presents Our 19th Annual

FALL FESTIVAL & Pumpkin Playground

October 1
thru October 31

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

For More Information Call:

(703) 323-1188

www.pumpkinplayground.com

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

Featuring **MARY APONTE**
Cherokee
Story Teller
Weekdays

ADMISSION \$9.00 M-F; \$12.00 SAT/SUN & Oct. 14 • WEEKDAY GROUP TOURS • SEASON PASSES AVAILABLE

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

SUN-THU 9-8, FRI-SAT 9-9
(Weather Permitting)

UP TO 36 MONTHS NO INTEREST!

Enjoy the comfort now...Pay for it on your terms.



THERE HAS NEVER BEEN A BETTER TIME!

Is your current heating and cooling system over 10 years old? Now is the time to consider upgrading your equipment to a high-efficiency Carrier Infinity system. With the price of R-22 refrigerant used by older air conditioners skyrocketing, 36 months no interest, manufacturer's rebates and federal tax credits, you can enjoy the comfort now and pay for it on your terms. In addition you could be saving up to 50% on your monthly utility cost. Just purchase your qualifying system between now and November 15th, 2013 to get your share of the savings.

Carrier
Rebates up
to \$1,450!

Federal Tax
Credit up to
\$500.00!



turn to the experts

Hurry! Federal
Tax Credit ends
Dec. 31 and
won't be back.

CALL NOW FOR YOUR FREE IN-HOME CONSULTATION



Brennan's Heating & A/C Service

703-491-2771

www.brennansHVAC.com

We Are Here When You Need Us.

Don't Forget Your Safety & Maintenance Inspection

Have your heating system inspected prior to the cold winter weather. Don't risk a breakdown on the coldest day of the year!

Only \$79!

703-491-2771

With this coupon only.
Offer expires 11/15/13.

OPINION

Virginia's Easy Access to Guns

A parent asks why background checks aren't better.

BY RUTH HOFFMAN

How do you respond to a 7-year-old when she comes home from school and says "we did our bad man drill today Mommy, but don't worry it was just for practice, no one really came into our school to shoot us"?

After the Sandy Hook Elementary school shooting on Dec. 14, 2012, I learned that this was a routine drill she had been doing since she started kindergarten in 2011. It was only after Sandy Hook that I had discovered that fact. So what else did I not know? As it turned out — plenty.

Like so many, I was horrified by what had happened in Newtown and as a mother of a 6-year- and 3-year-old, at the time, I wanted to do what any mother would do and find out what precautions my schools were taking. Certainly our schools in Fairfax were safer from gun violence than, say, the schools where I grew up in rural Brookville, Kansas where guns were prevalent. I embarked on this journey and made some startling discoveries.

First, I attended our PTO meeting in February and listened to our principal explain what they could and could not do — there were limitations and budget constraints, and that our school was at a greater risk of a shooting from

a custody dispute or domestic violence than a mass shooting. While I acknowledged his comments, it was unsettling to learn he prepares for risks of gun violence stemming from custody disputes.

Soon after, I discovered that Virginia is among the states that allow open carry. When I was in my grocery store and saw a customer wearing a "I shoot to kill" t-shirt, I asked the manager if weapons were banned from the store. He replied that Virginia was an open carry state but he reassured me that patrons would have to openly display weapons if they carried them.

That led me to my third discovery and that was the facts around concealed weapon permits in Virginia. When I think of someone with a concealed weapon permit I think of someone with extensive training. But the threshold in Virginia was lowered in 2009. Virginia enacted a law allowing an applicant to demonstrate competence with a gun by participating in electronic, video, or online training. Essentially all that is needed is an internet connection, a printer, and small fee. Handling a gun is not a prerequisite.

I discovered these revelations about the time Congress failed to pass a background check, which brought me to my fourth discovery — Virginia does not require universal background checks.

The only thing more startling than learning of the low thresholds and deficiencies in background checks was the revelation that the trajectory over the past 10 years has been to weaken gun laws in Virginia.

I want complete and thorough background

checks before someone purchases a gun in Virginia. Why would anyone not want that, especially in light of Virginia's existing laws allowing open carry and granting a low bar for concealed permits? I want to know that if I'm in my local grocery store shopping for milk and eggs that the customer next to me with a concealed weapon purchased the gun through a background check. I want to know that any risk stemming from a custody dispute or domestic violence, which could spill over into my school, has been mitigated by a law that requires a background check. And most importantly, I want to prevent dangerous weapons from falling into the hands of criminals, violent abusers, and the dangerously mentally ill.

I listened to the governor's debate on Sept. 25. In a post-Newtown and Navy Yard context, I welcomed Mr. McAuliffe's strong position for universal background checks. As a mother, my first priority is protecting my children. A candidate seeking the highest elected office in Virginia should have the wellbeing of all of our children among his highest priorities. Gun violence is a growing threat in this society with Virginia Tech, Tuscan, Aura, Newtown and the Navy Yard. For such a serious issue we need serious solutions from serious candidates not what the NRA is serving up which is a campaign of distraction to excuse the violence committed with guns.

As far as seeking the right words to respond to my daughter's declaration about their "bad man drills" — I haven't found the right words, I just hug her and thank God it was just a drill and she made it through the day safely.

Ruth Hoffman is a resident of McLean.

GUEST EDITORIAL

COMMENTARY

Time to Sign Up for Affordable Care

BY JIM MORAN
U.S. REPRESENTATIVE (D-8)

Since the Affordable Care Act (ACA) was signed into law in 2010, millions have benefited from its reforms. Over three million young adults have exercised the option to stay on their parents' insurance plans. Women are no longer charged more simply because of their gender. And no American will ever be barred from buying insurance due to a pre-existing condition again.

Now the time has finally come for the 30 million Americans without insurance, over 100,000 of whom live in Virginia's 8th District, to sign up for affordable, accessible health care under the ACA. This was one of the main thrusts of the law, to provide healthcare security to the millions in our society who completely lack it.

In addition to the uninsured, the self-employed, small business employees, and those currently pur-



chasing plans on the individual market will now find purchasing affordable coverage as simple as creating a Facebook account. Eligible participants can create an account through HealthCare.gov, confirm coverage eligibility, and then pick the plan that is best for them and their families, with coverage becoming available on Jan. 1.

Of course, changes in a law of this magnitude are not without their challenges. Technical glitches are sure to pop up in the coming days and weeks. Similar issues arose during the rollout of Medicare in the 1960s and the Part D prescription drug benefit in the mid-2000s. Both of these programs were successfully implemented, and today they stand as cornerstones in the U.S. health care safety net, consistently receiving high marks from participants.

Under the ACA, open enrollment nationwide will run from Oct. 1, 2013 through March 31, 2014. A Department of Health and Human Service's report recently found that individuals in Northern Virginia will have a total of 63 qualified health plans in our marketplace. Plans will be categorized as "gold," "silver," or "bronze," designating the level of coverage provided by each plan, gold being the highest level of coverage. In Virginia, the average premium for the lowest-cost silver plan will be \$323 and the lowest cost bronze plan will be \$237 before tax credits. Young adults will also have the option of purchasing a "catastrophic" plan that will be low cost, designed for generally healthy people in the event of an emergency.

Affordability and accessibility aren't the only priorities of the ACA, slowing the growth in healthcare costs is also a key design of the plan. Already, new federal rate review rules under the ACA require insurance companies to submit any pro-

posed increase in health insurance premiums greater than 10 percent for federal approval. This provision was put in place in 2011 and helps to drive down costs, requiring insurance companies to maintain low overhead.

The ACA also requires insurance companies to devote 80 percent of consumers' premium dollars to actual health care services, not administrative costs. Last year, to comply with the 80 percent threshold, companies lowered premium costs by \$3.4 billion. Companies in violation returned an additional \$500 million to consumers.

To learn more about the new ACA law, please visit www.healthcare.gov. Special "Navigators," have also been established to help people navigate the ACA, if they have specific questions about how the different plan options would affect themselves and their family. Legal Services of Northern Virginia is working as a navigator, their number is 703-778-6800. You can also visit www.moran.house.gov for more information.

Burke CONNECTION

www.ConnectionNewspapers.com

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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

NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
burke@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Chelsea Bryan
Editorial Assistant
703-778-9410 ext.427
cbryan@connectionnewspapers.com

Victoria Ross
Community Reporter
301-502-6027
rosspinning@yahoo.com

Jon Roetman
Sports Editor
703-778-9410
[@jonroetman](mailto:jroetman@connectionnewspapers.com)

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Steve Hogan
Display Advertising, 703-778-9418
shogan@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Debbie Funk
National Sales
703-778-9444
debfunc@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
[@MaryKimm](mailto:mkimm@connectionnewspapers.com)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

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

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
[@TheismannMedia](mailto:jtheismann@connectionnewspapers.com)

CIRCULATION: 703-778-9427
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com





PHOTO CONTRIBUTED

Maddy Naide (far left) with her roommate, Ayaka, on her back, as well as other roommate pairs enjoying free time on the Princeton Campus.

Becoming a High School Diplomat

BY MADELINE NAIDE

“Good morning!” my roommate Ayaka says as she hops out of bed at 6:30 a.m., like she has had 12 hours of sleep. “Ohiyoo goozaimas!” I grumble back, as I struggle to wake up. This is normal for her, since her summer break is only three weeks long, so most days she wakes up at about this time. Ayaka is from the Miyagi prefecture and has chosen to spend her only weeks of summer break in America participating in the High School Diplomats Program. After one and a half weeks of touring Washington, D.C. and New York City, I join her for 10 amazing days at Princeton University for the cultural exchange that only a few select Americans get to experience.

In a time when technology makes the world smaller, it is becoming more and more important to create productive diplomatic relations with other countries.

Many people say that the young generation has the best chance of achieving those diplomatic relations, yet how can we make those connections with people halfway across the world? There is really no better way than to live with people your own age and learn through participation in activities together. High School Diplomats is an opportunity for 40 American rising high school juniors and seniors to participate in an all-expenses paid cultural exchange program with 40 of the brightest high school students in Japan. The first student from Hiroshima, who says that everyone he knows has an older relative who has been disfigured because of the atomic bombs dropped so many decades ago, the 32th smartest 18-year-old in all of Japan, the girl who is fluent in Japanese, English and Italian because of her heritage, and so many more interesting people. Each Japanese student is paired with an American roommate who is by their side at all times during the program.

After dragging me out of bed, Ayaka and I go to rajio taiso, Japanese stretching and light aerobics that elementary school students traditionally do. After breakfast, it is time for


How to Apply

The HSD application is now available at highschooldiplomats.com, and all parts must be postmarked and sent by January 8th, 2014. The program runs from July 29 to August 9, 2014. Questions can be directed to Celine Zapolski, the American HSD director, at celinezapolski@highschooldiplomats.com.

classes, where I get to learn more simple Japanese conversational words and roll sushi while Ayaka learns about American culture. After we join up, I butcher the new Japanese words that I have just learned and she asks me questions about American culture. All through lunch, Ayaka asks me to explain more American slang words to her like “JK,” which I learn is the slang word in Japanese for “female high school student,” and afterwards we listen to presentations from American and Japanese students about an aspect of one of our cultures, presentations that have been worked on for months before the program between groups of students from all across our respective countries.

Then it is time to change into our clothes for evening activity. Tonight’s activity is an American country fair, so we all braid our hair, throw on some boots, and button up our plaid for a night of tie-dyeing, pie-eating contests, and other activity booths. Other activity days include HSD Olympics, Bunka No Hi (Japanese Culture Festival), and an American homecoming dance. In Japanese culture, there are not many opportunities for social events like in America, so everything that we see as commonplace blows them away. While it is sometimes embarrassing to learn what is “quintessentially American” to people from other countries, it is okay to bite your tongue and watch their eyes light up with wonder at the little things that we may take for granted. As we head back to our dorm on the Princeton campus, Ayaka says “goodnight” to me from the bunk bed below and as I reply with “oyasumi,” I only get more excited for the days to come.

The author is a senior at Thomas Jefferson High School for Science and Technology.

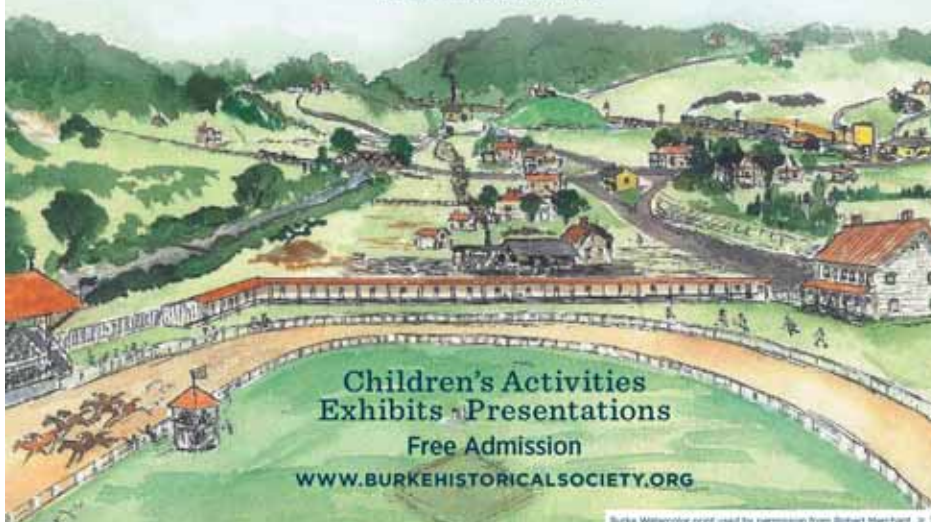


The Burke Historical Society
A 501 (C)(3) ORGANIZATION
Presents

BURKE History DAY 2013

**SATURDAY
OCTOBER 12, 2013**
10AM TO 4PM

Burke Volunteer Fire and Rescue
9501 Old Burke Lake Road
Burke, VA 22015
LOCATED IN DOWNTOWN BURKE



**Children's Activities
Exhibits Presentations**
Free Admission
WWW.BURKEHISTORICALSOCIETY.ORG

Burke Watercolor print used by permission from Robert Merchant, Jr.

Dr. Woodward ~ Congratulations and best wishes from Pet Medical Center of Springfield on your retirement from Kings Park Veterinary Hospital!

It will be a great loss to our veterinary community to see your hospital close. Your many years of veterinary service and expertise will be missed. We wish you all the best in your future endeavors.

Our warmest regards go out to you – Enjoy your retirement!

From the Doctors and Staff of Pet Medical Center of Springfield ~

We have warm hearts for cold noses and are always accepting new patients!

**Pet Medical
Center**
of Springfield

Established 1982



Barry Rosenbluth, DVM
James MacLean, DVM
Diane Nichols, DVM
Kathleen Phillips, DVM

8054 Rolling Road, Springfield, VA 22153
703-455-1188 • pmcsvg.com

NEWS

A slate of candidates, both incumbents and challengers, vying for seats in Virginia's state legislature, attended a candidates' forum at the Vienna American Legion Post 180 on Saturday, Sept. 28 to talk social justice issues.

PHOTOS BY
VICTORIA ROSS/
THE CONNECTION



Social Justice Matters

SALT forum gives candidates a chance to tell voters where they stand on social justice issues.

BY VICTORIA ROSS
THE CONNECTION

As the countdown to election day begins, most candidates are laser-focused on promoting themselves as the one who really does put jobs and the economy first.

But one group also thinks voters should know where candidates stand on social justice issues when they go to the polls Nov. 5.

"Our elected officials have a great deal of influence on the common good, so it's reasonable that we find out where candidates stand on these issues," said John Horejsi, founder of SALT (Social Action Linking Together), a non-partisan, faith-based advocacy group started in 1983.

"We're here to see where candidates stand today," said Horejsi at SALT's annual candidates' forum held at the Vienna American Legion Post 180 on Saturday, Sept. 28. A slate of candidates, both incumbents and challengers vying for seats in Virginia's General Assembly, attended the forum. They included incumbent delegates Ken Plum (D-36); Mark Keam (D-35); Vivian Watts (D-39); Jim LeMunyon (R-67); and Mark Sickles (D-43). Challengers included Patrice Winter, the Republican who is challenging David Bulova (D-37); Democrat Jerrold Foltz, who is challenging Republican Tim Hugo (D-40); Democrat Ed Deitsch, who is challenging Republican incumbent Dave Albo (R-42); Democrat Hung Nguyen, who is challenging LeMunyon; and Democrat Jennifer Boysko, who is challenging Tom Rust (R-86). Democrat Marcus Simon (D) also attended the forum. He is facing Brad Tidwell (R) in the 53rd district, an open seat to replace the previous incumbent, Jim Scott, who is retiring.

STEPHEN CLERMONT, research director of Every Child Matters Education Fund, started the event as the keynote speaker, reciting some sobering statistics about Virginia's children:

- ❖ More than 280,000 children in Virginia live in poverty;
- ❖ More than 18,000 children are homeless;
- ❖ One in every six children doesn't have enough



From left—Del. Mark Keam (D-35), Del. Ken Plum (D-36) and Del. Vivian Watts (D-39) attended a candidates' forum at the Vienna American Legion Post 180 on Saturday, Sept. 28 to talk social justice issues. Plum is one of only two state delegates unopposed this election.



Stephen Clermont, research director of Every Child Matters Education Fund, was the keynote speaker at SALT's candidates' forum at the Vienna American Legion Post 180 on Saturday, Sept. 28.

to eat, and 148,000 have no health insurance.

"Children need you to make their voices heard," Clermont said. "What are you going to tell children about the schools you closed, or a child not able to see a doctor?"

Clermont said ECM believes that a top priority for government "must be helping children survive and thrive."

"Failing our children today is not just morally wrong; it's counterproductive, ultimately leaving us less competitive in the global society," Horejsi said.

After Clermont's keynote address, Horejsi invited each candidate to give a one-minute "elevator speech" about their issues, and then opened the floor to the audience, who submitted written questions for candidates. The questions touched on a wide variety of topics, ranging from prison reform, transportation, immigration reform, Medicaid expansion, uranium mining and corporate tax breaks.

Del. Vivian Watts (D-39) was emphatic when she answered a question about the cost of the federal food stamp cuts being passed down to states:

"Let's be clear: this is no small thing for the state," Watts said. "This is people's food. This is people's lives. This is the difference between families being able to feed their children or paying the rent."

SEE SOCIAL JUSTICE, PAGE 11



PHOTOS CONTRIBUTED

Straight from New York City, The Three Waiters surprised gala guests with an operatic performance after posing as servers throughout the evening.

Greenspring Hosts Charity Gala

On Friday, Sept. 27, 225 guests and residents attended the 14th annual Benevolent Care Fund Gala at Greenspring retirement community—a sold out event for the fourth consecutive year.

The gala is a Greenspring charity event organized each year to raise money for the community's Benevolent Care Fund. This year, \$980,000 was raised for the fund, which provides support to residents who, despite careful planning, outlive their financial resources. The money raised allows residents to continue living at Greenspring, receiving the care that they need. "We are so pleased to be able to make Greenspring a home for life for all of our residents," said Robin Gliboff, Greenspring's executive director. "The Benevolent Care Fund has been in existence for almost 15 years and has provided assistance to residents at Greenspring in all of our levels of care."

This year, the gala featured

cuisine and entertainment inspired by Italian culture with an overall theme of "La Dolce Vita." Guests and residents were treated to a special, surprise performance from The Three Waiters, who visited Greenspring from New York City and dazzled the audience with an operatic performance after posing as waiters.

Very special thanks to the dozens of Benevolent Care Fund sponsors including Jim Davis (chairman, Erickson Living), The Estate of Kathryn R. and Victor N. Coleman, Jr., anonymous, Cypress Contracting, LLC, Greenspring Treasure Chest, Positive General Contractors, Inc., Arris, a Design Studio, Inc., Sue Mathis, NOVAGold, LLC, The Village Church, Al and Claire Grande, Greenspring Pottery Club, Fairfax Memorial, Nora Yen Leng, NeighborCare Professional Pharmacies, PNC Bank, and many more.

Additional information about Greenspring can be found at www.ericksonliving.com.



Resident sponsors of the fund toast to the 14th Annual Gala.

Social Justice Discussed

FROM PAGE 10

A question about corporate influence and tax breaks kicked off a lively exchange about ALEC, the conservative national consortium of state politicians and corporations vilified as a PAC aimed at increasing corporate profits at the public's expense. In recent years, Virginia legislators have been criticized for proposing boilerplate ALEC legislation that would, among other things, dilute voting rights legislation, limit corporate liability for harm caused to consumers and give business tax credits to fund private school tuition for needy students. "As someone who's actually attended an ALEC meeting, I agree with some of the stuff, but not everything," said Del. Jim LeMunyon (R-67), the only Republican incumbent who attended the session. "There are one or two bills that interested me, and some that are just off the wall."

Horejsi sparred politely with LeMunyon over how much corporate tax breaks cost Virginia's taxpayers. "Seems like corporations get a lot of unfair breaks," Horejsi said. Hung Nguyen, a small-business owner and political refugee

from Vietnam who is trying to unseat LeMunyon, vowed to "close corporate tax holes," and said he would push legislation that stops corporations "who continue to make money on the backs of the poor." Jennifer Boysko, who is challenging Del. Tom Rust, the Republican incumbent in the 86th district, said she "strongly opposes" much of the ALEC agenda, including the "takeover bill" of schools. A former aide to Fairfax County Supervisor John Foust (D-Dranesville), Boysko said she has "a strong background and commitment to social justice issues."

Del. Mark Keam (D-35) struck a bipartisan note by giving kudos to Governor Bob McDonnell for helping pass the historic transportation bill last session and the governor's efforts on prison reform.

"Today's interchange with candidates was invigorating," Horejsi said of the forum.

THE EVENT was co-sponsored by Virginia Organizing (VO); Virginia Citizens United for Rehabilitation of Errants (CURE); and the Virginia Coalition of Latino American Organizations (VACOLAO).

#1 Weichert Agent in Burke & Fairfax Station



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



Burke \$474,950

Open Sunday 10/6 1-4

Immac home w/ 5BR & 2.5 totally remodeled baths, private fenced yard w/ Trex deck + screened porch, carport, lovely hrdwd flrs on 2 lvls, remodeled kitchen, sunny lower lvl w/ frplc, fresh paint, replaced windows, roof, siding, furnace, a/c & more. Walk to school & 2 shopping centers.



Alexandria/Landmark \$349,950

Open Sunday 10/6 2-4

Dramatic 3 lvl loft condo w/ open floor plan & skylts, 2BR, 2BA, open kitchen w/ large breakfast bar, new SS stove & refrigerator, new granite & new flooring, spacious MBR w/ vaulted clngs & walk-in closet, MBA w/ double sinks & sep tub & shower, balcony, plenty of storage, walk to shopping & 1 mile to metro.



Burke/BurkeCove \$234,950

No Stairs

Immaculate 2BR, 2BA street level condo w/ NO stairs to get inside, fresh paint & new upgraded carpet 2013, sunny patio, elegant crown molding in Lvrn & Dnrm, newer washer & dryer, new closet drs, plenty of extra parking, extra storage unit lower level, walk to community pool, lake and more.



Fairfax Sta/South Run \$839,950

Remodeled Kitchen

Stunning remodeled Kit w/ granite, SS appl, island, gas stove & tile backsplash, library/Sunrm w/ custom built-ins, premium 1/2+ flat acres w/ multi-lvl deck + patio, lovely hrdwd flrs, master suite w/ sittingrm w/ skylts, MBA w/ jetted tub, double sinks & skylts, replaced HVAC, windows, garage drs & more.



Fairfax Station \$608,950

Private 1/2 Acre Lot

Charming stucco Cape Cod w/ 3 story addition, oversized side load 2 car GAR, private 1/2 acre, 4 huge BR, 5 full baths, hrdwd flrs, finished bsmt, 3000+ sq ft, renovated kit & baths, master suite w/ cathedral clngs + sitting rm, newer roof, garage drs & windows. Walk to Burke Centre shopping cntr & school.

Kathleen Quintarelli
703-862-8808

See Interior Photos at:

www.kathleenhomes.com • kathquintarelli@erols.com



#1 Weichert Realtor
Burke/Fairfax Station
Licensed Realtor 23 Years
NVAR Lifetime Top Producer



South Run RECenter and
The Northern Virginia
Handcrafter's Guild present

The 6th annual
Autumn
Arts and Crafts Show

Saturday, October 12, 9 a.m.-4 p.m.
Sunday, October 13, 11 a.m.-4 p.m.
Top quality, handmade work by 50 artisans
• Apparel • Art • Floral Design • Glasswork
• Jewelry • Photography • Pottery • Ornaments
• Weaving • Woodwork

Admission \$3; Children 12 yrs. and under free.
Door prizes will be awarded!

South Run RECenter
7550 Reservation Drive
Springfield, Va. 22153
For more information, call
703-866-0566

For accommodations,
call 703-324-8563
(TTY 703-803-3354)

City of Fairfax
Fall 37th Annual Festival

Saturday, October 12, 2013 (raindate October 13)
10am - 5pm, Historic Downtown Fairfax
Free Admission!

Over 400 juried crafters and food vendors,
Musical Entertainment (4 stages), Beer Garden
Amusement Rides - 10am-8pm
Lumberjack Competition
Business Expo and more!

Headliners:
11am-1:30pm The Reflex the Ultimate 80's Tribute Band!
11:30am-1:30pm The Morrison Brothers
Fused Southern Rock, Pop & Country
2:30-5pm Scythian
Rousing and raucous, Kicked-up Celtic and World Music
3:15-4pm Rocknockerus

www.FairfaxFallFestival.com 703-385-7858

Rocknockerus
Award Winning Family Music

Sponsored by
Fair City Mall

On the Job and Hot on the Trail

Finding people is fun for new, police bloodhound pups.

BY BONNIE HOBBS
THE CONNECTION

The newest members of the Fairfax County Police Department don't wear badges or carry guns. But they're officers, just the same — and they're awfully cute.

They're Bolt and Silas (Sy, for short) and they're 14-week-old bloodhound puppies being trained to track and find people by scent. They were introduced to the public recently by their partners, MPO Pete Masood and PFC Kevin Clarke, respectively.

"They've got thousands of years of instinct using their noses in trailing and tracking," said Clarke. "They have the capability to run a very old trail, which is a forte of bloodhounds. They won't do narcotics or criminal apprehension; they'll only learn one discipline — tracking."

The pups will be used to follow clues in homicide investigations and find missing adults, such as Alzheimer's patients, and lost children. And when they locate the object of their search, they won't bite.

Instead, said Clarke, "They're friendly and non-aggressive. All they want to do is be around people. So they'll love [whoever they've found]. They'll jump on them, lick their faces and give them hugs and kisses. Then they'll be ready for their reward from us — which is the love we give them."

First, though, the warm-brown puppies with tender, expressive eyes have to be trained. Last Wednesday, Sept. 18, outside the police K-9 Training Facility in Chantilly, the pair of puppies — who are brothers — stayed close to each other and to their partners.

Since the facility is next to the police firing range, multiple shots often rang out while the pups stood on the grass. And each time, the puppies startled. But it's just one of the many sounds and surfaces they'll have to get used to.

"We'll get them out here and acclimate them to the noises — gunfire, [vehicle] brakes and birds," said Masood. They'll also be exposed to airplanes, wind, rain, heat, car horns honking, plus obstacles such as fences. And they'll learn how it feels on their paws to walk in the woods, through brush, on cement, carpet, tile floors, etc.

That way, said Clarke, "When they get out on the street, when they're almost a year old, they'll be ready."

The police got the purebred puppies from Huntsville, Ala., for \$600 each, when they were just 7 weeks. But, added Clarke, "A fully trained bloodhound goes for \$15,000-\$20,000 because of the training they've re-



Officer Pete Masood (left) and Kevin Clarke show off the newest members of the Fairfax County Police K9 unit, Bolt (left) and Sy, 14-week-old bloodhounds that the two handlers will train to be tracking dogs for the unit.



Litter-mates Bolt and Sy, 14-week-old bloodhounds, are the newest members of the Fairfax County Police K9 unit. They will be trained to find trails and locate missing people.

ceived."

Masood said police have had success with this bloodline, as these pups are the second pair from the Alabama site. They'll eventually be 90-100 pounds but, said Masood, "If they're leaner, they'll have less hip problems and more endurance. We want to be able to work them long hours. It's also easier on us, lifting them up over obstacles, if they're not so heavy."

Bolt and Sy are eating specially designed, high-protein, dry dog food. "But they eat a lot of it — and anything else they can get a hold of — children's toys, hardware," said Clarke. "Officer Masood's dog is named Bolt because, after a week home, he removed a bolt from his crate and ingested it."

"He worked the bolt loose overnight," said Masood. "I found the nut, the next day, and took him to the vet, who X-rayed him, saw the bolt still in his stomach and got it out."

As for Clarke's puppy, he said, "My kids named him Silas after Uncle Sy on [the TV show] 'Duck Dynasty,' and I think it's a fitting bloodhound name."

The department has 15 patrol K-9 offic-

ers, including current bloodhounds Shnoz and Cody. Masood and Clarke also each work with a patrol dog, trained to apprehend criminal suspects. And usually two or three dogs a night are on the job.

"I've been in this section 12 years, working with German Shepherds, and have worked with Shnoz since 2008," said Masood. "Officer Clarke has worked with Shepherds five years, but this is his first bloodhound. Officer Marshal Thielen works with Cody."

Ideally, police would like the dogs to work for 10 years; but sometimes, health problems force them to be retired early. So they want to get Sy and Bolt up and running as soon as possible because they'll eventually replace Shnoz and Cody.

The bond between the K-9s and their partners is critically important. "They want to please us — that's their reward — so the dogs come home with us and our families," said Clarke. "They're with us 24/7; we have safe and secure backyard kennels at our houses."

"My wife used to be a vet," said Masood.

"And she and our 4-year-old daughter both love Bolt."

Colt, Clarke's German Shepherd, and Sy are part of a team now, as are Shnoz and Bolt, where the more-experienced bloodhound teaches the newcomer. "If Sy sees Colt do something, he does it, too," said Clarke. "The same is true of Shnoz and Bolt."

The bloodhound pups will train 30 hours/month and, once they're done, Clarke expects they'll be requested for help throughout the region and even across state lines. "Most regions have patrol dogs," he said. "Bloodhounds are rare because of the time, energy and expense to train them. They're smart and obedient, but stubborn, because they think with their nose first and their brain second."

"They can be given a piece of clothing and they'll stay with that scent, despite other, different odors in an area," continued Clarke. "And they can follow a scent even a week later. For example, they could find a person missing in a park, although hundreds of other people were hiking there."

He said one of the "biggest perks" of having bloodhounds is their scent-specific training. Said Clarke: "A dog can also be trained to identify someone — almost like in a lineup — by putting his paws on the chest of the person whose scent he tracked."

"Each track always yields positive, successful leads for the detectives," he added. "Even if the dog can't find the subject, he could, for example, find the bus stop where the subject last was. Or he could tell us where the scent stopped by just circling around that spot."

Police dogs are also considered law-enforcement officers. "They're working dogs," said Masood. "And if someone assaults them, that person can be charged."

Currently, Bolt and Sy are focusing on bonding with Masood and Clarke. But within a month or two, they'll begin short tracks. "We'll then stretch out the time and distance to teach them to eventually run three- and four-day tracks," said Clarke. "Tracking is in their blood; they're one of the oldest tracking dogs in the world — we're just harnessing it."

Actually, he said, "It's a game to these dogs. So when it becomes real, it's still fun for them."

"Their natural instinct is to hunt animals," added Masood. "We just train them to hunt humans."

The puppies are first trained by someone showing them food and then running away with it, and they have to find it. "They'll learn the game through repetition," said Clarke. "And at the end, there's a party — verbal and physical praise, plus a food reward."

Eventually, said Masood, they'll receive scent articles to track. That's because, said Clarke, "It's what they're bred to do — and they love it."

PHOTOS BY DEB COBB/THE CONNECTION

Gros to Lead Glasgow Middle

Doctoral candidate to mentor most ethnically diverse school in Alexandria.

BY STEVE HIBBARD
THE CONNECTION

On July 1, Penny Gros, 43, of Burke was named the new principal of Glasgow Middle School, an ethnically diverse school in Alexandria.

It's the best fit for the Spanish-speaking doctoral candidate in her 19th year in education.

"This school is a perfect fit for my background, experience and passions," she said.

As a true melting pot, Glasgow Middle has 1,551 students enrolled who were born in 65 different countries and speak 57 languages—Urdu, Spanish, Arabic, Vietnamese, among others.

The school demographics are: 46 percent Hispanic, 24 percent white, 15 percent Asian, 11 percent black, 31 percent ESOL. There are 16 percent of students in the Level 4/Advanced Academics program and 10 percent in the AVID program. And 75 percent of the students are on the

free/reduced lunch program. In terms of student counts, Glasgow has 579 in sixth grade, 480 in seventh grade and 492 in eighth grade.

FOR GOALS, Gros hopes to build strong relationships and help shape Glasgow into a great school for learning. "I want to create an environment where teachers are supported to do the work in the classroom," she said. "And where students are pushed to excel every single day."

The challenge is the diversity of the students in terms of ethnicity and academics. To that end, Glasgow has 275 students in the Advanced Academic Center with Level 4 services, which means some children travel from other schools. Additionally, 40 percent of the enrollment is ESOL, students learning English for the first time. Glasgow also offers an IB advanced program, with French, Arabic and Spanish languages, which flows into Stuart High

five years when she was principal of Key Middle School, calls her a hands-on leader who rolls up her sleeves, gets in the trenches and fosters staff collaboration.

"She's the best there is," said Fenske of Gros's data-driven decision making. "She turned that school (Key Middle) around. I personally attribute that to Penny's leadership."

"Beyond all of her professional attributes, she is a wonderful person and a joy to be around," said Danny Meier, retired principal at Robinson Secondary. "It was a blessing to have her with us at Robinson for a few years, and then she went onto Key (Middle School) and did a tremendous job there."

Glasgow partners with Rotary International, Baileys Crossroad Club, whose Interact Clubs supplied a huge donation of school supplies for the students this fall.

"I think we have a strong and supportive PTA," said Gros. "But I think the challenge we have in middle school is to get more parents involved—finding ways to involve our language-minority parents."

She loves the middle-school age because of the children's brutal honesty, calling them truth-tellers. "You can't work in a middle school if you don't have a sense of humor," she said. "If you don't find ways to joke around with your colleagues while you're doing serious work, it's hard to last a 30-year career."

As principal, she sees the importance of setting the right tone for the entire building. "I also think

"Beyond all of her professional attributes, she is a wonderful person and a joy to be around."

— Danny Meier,
retired principal at Robinson Secondary

School.

As an AVID school named as a National Demonstration Site, Glasgow offers a college-readiness program designed to increase school-wide learning.

"One of my goals is to make sure the community is aware of all of the wonderful things going on at Glasgow," said Gros. "And improving the reputation."

Betsy Fenske, retired assistant superintendent for Cluster V Schools who worked with Gros for



Penny Gros of Burke is the new principal of Glasgow Middle School in Alexandria.

it's important to be in hallways, cafeteria and to observe what's going on," she said. "And to really get to know them."

Gros graduated from Marshall High School in Vienna and earned degrees in Spanish and English from UVA with a master's in education, leadership and policy studies from Virginia Tech. She is working on her doctorate at Virginia Tech.

SHE STARTED her career in 1994 as a second-grade bilingual teacher in Los Angeles's "Teach for America" program.

She moved to Houston for two years then moved to D.C. where she taught junior high Spanish. She transferred to Ravensworth

Elementary and taught first-grade Spanish immersion.

It was on to Hayfield Secondary where she taught Spanish to eighth-graders.

She took the LEAD Fairfax administrative intern program at Herndon High and then became assistant principal there. She moved onto Robinson Secondary where she was assistant principal, then moved to Key Middle School where she was principal. She then moved to Chicago for a couple of years and worked on her doctorate online through Virginia Tech, and just moved back here for the Glasgow position.

Gros is married to husband Chris and the couple has three children ages 14, 12 and 9.

AREA ROUNDUPS

Run Around Lake For Wounded Warriors

The 7th Annual Run Around the Lake—Run for Wounded Warriors will be held on Sunday, Oct. 6. Check-in begins at 7 a.m., run starts at 8 a.m. at the Burke Lake Park, 7315 Ox Road, Fairfax Station.

Event is sponsored by J. M. Waller Associates, Inc., a Service Disabled Veteran Owned Business specializing in environmental, facilities and logistics consulting and management services to federal, state, municipal and commercial clients and Halfaker & Associates, an 8(a), Small Disadvantaged Business, Service Disabled Veteran Owned, Woman

Owned Small Business providing a comprehensive suite of services across the areas of homeland security and defense, physical security, program management and information technology.

The sponsors invite everyone to participate in the 7th edition of this annual event to support the Wounded Warrior Project as they run, jog, walk around Burke Lake while helping the Wounded Warrior Project. Race sponsors will cover the costs associated with the run allowing for 100 percent of registration fee and donations to go directly to Wounded Warriors.

The 7th Annual Run Around the Lake will once again be a formally timed event, so it is great for competitive runners but is also an excellent event for those just looking to have a good time.

Last year's Run Around the Lake raised \$25,157 for Wounded Warriors. Projected

turnout for the 2013 event is 500-plus people.

For additional information, visit http://www.jmwaller.com/wounded_warriors.asp or contact us at 703-912-2903 or runforwoundedwarriors@jmwaller.com.

Fairfax Bat Is Rabid

A City of Fairfax police animal control officer responded last Friday, Sept. 27, to the 3800 block of Fair Oak Circle where a citizen had reported that several juveniles had been seen near a sick or injured bat and possibly could have handled it. The citizen didn't know whether the juveniles had picked up the bat.

The officer took the animal to a veterinary hospital where it was euthanized. Subsequent testing by the Fairfax County Health Department determined the bat had the

rabies virus.

It's therefore essential that the juveniles be identified to determine if post-exposure measures are required.

Anyone with additional information about this incident is urged to call Animal Control Officer Holden at 703-385-7919 or dispatch at 703-385-7924.

To prevent the spread of rabies, citizens are reminded to vaccinate all pet dogs and cats and keep them under control at all times.

Both adults and especially children are cautioned against approaching stray dogs or cats or any wildlife, especially foxes and raccoons, and to never handle or touch the animals.

Signs in wildlife that might indicate rabies include snarling, growling, hissing or the animal biting itself or approaching people.

Podiatry, Foot & Ankle Surgery



Rudolph Anderson, Jr., DPM is a Foot and Ankle Specialist with Virginia Medical Alliance. He offers expertise in the treatment of the foot, ankle, and lower leg conditions in both children and in adult patients.

Dr. Anderson specializes in the diagnosis and treatment of the following:

- Diabetic Foot Deformities
- Forefoot Deformities
- Hindfoot Deformities
- Ankle Disorders
- Joint Preservation
- Athlete's Foot
- Post-traumatic, Bone and Ankle Deformities
- Bone Defects, Bone and Joint Infections
- Achilles Tendon Injuries
- Bone Length Discrepancies
- Wound Care

5510 Alma Lane, Springfield, VA 22151

Most
Insurances
Accepted

703-642-5990

www.virginiamedicalalliance.com

Office Hours
Mon-Fri
8 am-5 pm

Virginia Medical Alliance

Where Your Dental Needs Come First!



Family Dentistry

NEW PATIENT
SPECIAL

\$89

(Regularly \$288)

Includes Exam,
Cleaning (in absence
of gum disease)
and X-rays

703-323-9394

yourdentalfirst.com



Raja Gupta, DDS
Dental First Associates, LLC

9570 A Burke Road, Burke, VA
in Burke Village II

WELLBEING



PHOTO COURTESY OF KRISTEN ROBINSON

Arlington-based chef and instructor Kristen Robinson uses pears and beets to create a fall salad that is both savory and sweet.



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Pastry chef Susan Limb peels honey crisp apples to make a dessert using fresh fall produce.

The Taste of Fall

Local chefs and nutritionists offer healthy recipes for tasty fall dishes using seasonal ingredients.

BY MARILYN CAMPBELL
THE CONNECTION

When the temperature starts to drop and leaves begin to turn red and orange, you can often find chef Susan Limb meandering through local farmers markets, sorting through rough-textured, knotty sweet potatoes; tough, waxy butternut squash; and dusty, rose-colored apples.

"Some people think farmers markets are bare after summer, but a lot of markets are still open and have really nice fall and winter squash, turnips and potatoes," said Limb, co-owner of Praline Bakery & Bistro in Bethesda. "And because they are so fresh, you don't even have to do that much to them when you roast them. The make a hearty, flavorful dish that isn't heavy."

Limb and other local chefs and nutritionists say almost all fall vegetables can be roasted to yield delectable results. In fact, they prefer roasting over braising, sautéing, simmering or boiling because not only does it create deeply rich flavors, it also helps maintain the vegetables' nutritional value.

"When it comes to fall, I think about pumpkins, gourds, butternut squash and kale in deep autumnal colors like orange and bright green that are packed with fiber and beta carotene," said Lisa Goodson, a licensed nutritionist and nutrition instructor at Marymount University in Arlington.



PHOTO BY MARILYN CAMPBELL/THE CONNECTION

Local chefs say that contrary to popular belief, farmers markets are teeming with fresh, local, fall produce like squash, sweet potatoes, kale and chard.

"These nutrients are so important when it comes to overall health. They can help with cholesterol, diabetes and heart disease. Steaming and boiling vegetables might cause them to lose nutrients."

Chef Stephen P. Sands, of Culinaria Cooking School in Vienna, transforms a laundry list of fall bounty into a kicky vegetable side dish. He tosses garlic, red and golden beets, russet potatoes, sweet potatoes, parsnips, turnips, shallots and carrots with olive oil, salt and pepper and roasts them for about 45 minutes. The vegetables soften on the inside and caramelize on the outside.

SEE RECIPES, PAGE 15

WWW.CONNECTIONNEWSPAPERS.COM

Recipes for Tasty Fall Dishes

FROM PAGE 14

“Roasting is better because the vegetables retain most of their vitamins,” said Sands. “If you choose vegetables that are in season, you don’t need a lot of spices because the vegetables are flavorful on their own.”

While there are plenty of roasted vegetables on Executive Chef Eddie Ishaq’s menu at Wildfire, in Tysons Corner, he is particularly proud to unveil a kale salad this season. “We started using it because it is so popular now and it is a superfood in terms of nutritional value,” he said. “We chop it up and make it into salad.”

While kale salad might not sound as comforting as roasted root vegetables, Ishaq’s offering is a shadowy green mountain under a blizzard of pumpkin seeds and Parmesan cheese. He douses the salad with a lemon vinaigrette dressing that evens out the bitter, earthy flavor of the kale.

“It is refreshing and you get the best of both worlds,” says Ishaq. “With the lemon juice, pumpkin seeds and Parmesan cheese, it’s creamy and also you get sweet, spicy and acidic flavors.”

Ishaq says that even rustic turnips and parsnips can be transformed into tender comfort food with very little fuss. “Keep it simple and roast them with salt, pepper and butter or olive oil,” he said. “You don’t want to overpower the vegetables. When pro-



Executive Chef Eddie Ishaq of Wildfire, in Tysons Corner, unveiled a “superfood” salad made with kale in time for fall.

PHOTO COURTESY OF WILDFIRE

duce is fresh, local and in season, the taste stands on its own.”

For her part, Arlington-based chef and instructor Kristen Robinson, of the Culinary School at The Art Institutes of Washington, creates a salad that includes both the savory and sweet flavors of fall. Her produce of choice: beets and pears. She enlivens the flavors of the beets by using a salt roasting method. “You can line the bottom of a cake pan with a layer of salt. Add in any spices you like [such as] coriander seeds, fennel seeds, star anise or black peppercorns,” she said. “Nestle the beets into the salt

and cover with foil and roast.”

To finish the salad, Robinson tosses the roasted beets with diced pears, minced shallots, sliced chives, a spritz of lemon juice and a coating of olive oil.

Robinson also roasts a variety of squashes, but often purées the mixture and tosses it with pasta: “It’s a nice alternative to tomato sauces since tomatoes are not in season now.”

Limb, a former White House pastry chef, extends her healthy fall fare to post-meal treats. “Even for dessert there are a lot of pears and baking apples such as honey crisp or Granny Smith, which are in season now, she said. “The magnus pear is the sweetest, juiciest pear and you can poach it or bake it. You don’t need sugar because it is so sweet. Just throw on a little bit of cinnamon.”

More

Find the recipes for these dishes online at www.connectionnewspapers.com/news/2013/oct/02/taste-fall/.

Roasted Root Vegetables

COURTESY OF STEPHEN P. SANDS,
CULINARIA COOKING SCHOOL

- Serves 8-10
1 head garlic, peeled and separated into cloves
1 lb. red & golden beets, washed, peeled and trimmed, and cut into 1 1/2-inch pieces
1 lb. russet potatoes, peeled and cut into 1 1/2-inch pieces
1 lb. sweet potatoes, peeled and cut into chunks
1 lb. parsnips, peeled and cut into chunks
1 lb. turnips, peeled and cut
1 large onion or shallots, peeled and cut into large cubes
1-2 large carrots, washed, peeled and cut into 1-2 inches
3 Tbsp. olive oil
1 Tbsp. smoked paprika
salt and pepper (to taste)

1. Preheat the oven to 400 °F
2. Wash and peel all the vegetables. Cut all the vegetables (except the garlic) into 1-1 1/2-inch cubes and place into a large bowl. Toss the veggies with olive oil, paprika, and salt and pepper.
3. Spread the vegetables in a roasting pan (do not crowd the pieces, use 2 if needed).
4. Roast in the center of the preheated oven until tender and evenly browned, 45 to 50 minutes. Add the garlic during the last 25 minutes of roasting. Taste and adjust the seasonings.

Fall Savory Fruit Dishes

COURTESY OF CHEF KRISTEN ROBINSON

Salt Roasted Beets with diced pears, minced shallots, sliced chives, lemon juice and olive oil
Salt roasting—line the bottom of a cake pan with a layer of salt and add in any spices you like ... coriander seeds, fennel seeds, star anise, black peppercorns. Nestle the beets into the salt and cover with foil and roast in a 350-degree oven until tender. Once the beets are cooked, remove from oven

and leave them covered until they cool to room temperature. Once cool you can use a paper towel to rub the skin of the beet off.

Cut salt-roasted beets into uniform size, toss in a bowl with diced pears, minced shallots, sliced chives and dress with a squeeze of lemon and olive oil.

*Since you salt-roasted the beets, no additional salt should be needed in the salad.

Vegetarian Chili

COURTESY OF CHEF KRISTEN ROBINSON

- 1 small yellow onion, finely diced
1 red bell pepper, finely diced
1 jalapeno, minced
3 cloves garlic, minced
6 c. vegetable broth
4 c. tomato juice
2 Tbsp. chili powder
16 oz. Pink lentils
1 c. cracked bulgur wheat
1 lb. roasted mushrooms, any variety you like
Garnish suggestions: Cilantro leaves, crème fraiche (or sour cream), cheese, additional roasted mushrooms

Preheat oven to 400 degrees Fahrenheit. Clean mushrooms by wiping with a damp paper towel or cloth. Cut into uniform sizes. Toss with salt pepper and a bit of olive oil and lay on a cookie sheet. Place in the oven until caramelized, time will vary with mushroom types so it is important that they are cut in similar sizes. If using more than one variety, roast each variety separately.

In a large saucepot, sauté all vegetables with a small amount of olive oil. Be sure to season with salt each time you add something new into the pot. Once vegetables are tender add in the chili powder and stir to coat all the vegetables. Add in tomato juice and vegetables followed by pink lentils. Once the lentils are tender add in the bulgur and simmer for 10 minutes. Add in roasted mushrooms, taste and adjust seasoning.



Talk to your neighbors, then talk to me.


Rudy Shields, Agent
9415 Old Burke Lake Road
Burke, VA 22015
Toll Free: 877-934-1617
rudy.shields.bvxx@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.

State Farm™

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

1001174.1



THIS IS “MAGGIE”

Cuteness alert! Little fuzzy Maggie will steal your heart! She loves being cuddled, and is super sweet! Apply soon—she won’t be here long :-)

THE CONNECTION
NEWSPAPERS

HUMANE SOCIETY OF FAIRFAX COUNTY
Hours: Monday-Friday 10-4 and Saturday 10-3 • 703-385-PETS
Adoptions: By appointment only. • www.hsfc.org

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.

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

Willkommen! Guten Tag!

Oktobefest arrived early as more than 300 friends, family and high-profile Democrats gathered at the Lorton Workhouse Arts Center Sept. 22 for the 27th annual German-themed political fundraiser hosted by Sharon Bulova, chairman of the Fairfax County Board of Supervisors.

Guests enjoyed German beer, a traditional German oompah band and a smorgasbord of Bavarian food, including bratwurst, sauerkraut and German wines, during the afternoon event.

"This was a fun Sunday afternoon of live Ger-

man music, delicious German food and fine German refreshments," Bulova said.

Guests also received tours of the Workhouse, and bid on a variety of items during a silent auction. The food was being catered by Brion's Grille at University Mall. Bulova was first elected chairman in a special election in 2009, and reelected in 2011. Prior to serving as chairman, she was supervisor of the Braddock District from 1988 until 2009. She has served as chairman of the board's Budget Committee for 20 of her 24 years in office.

—VICTORIA ROSS



PHOTO CONTRIBUTED

U.S. Rep. Gerry Connolly (D-11) poses with Sharon Bulova, chairman of the Fairfax County Board of Supervisors, during Bulova's 27th annual Oktoberfest fundraiser.

40th Anniversary Sale!

We're Celebrating 40 Years as a Family-Owned business in Fairfax!

Japanese Maples
35% OFF
Over 200 Varieties

Free Estimates!
Patios, Walkways, Retaining Walls, Landscaping and So Much More!

25% Off Any Plant*

*With this ad. Not valid w/other offers. Expires 10/15/13.

50-65% Off All Pottery
65% Off plastic pots

Buy 2 pots, get one free*

*of equal or lesser value

With this ad. Not valid w/other offers. Expires 10/15/13.

Pansies 97¢
Reg. \$1.89

Mums & Fall Flowers Are Here in Gorgeous Colors!

Pumpkins are Here!

New Shipments of Trees, Shrubs and Perennials

We've got Firewood Naturally Seasoned

FREE Fill Bulk Mulch, Playground Chips & Compost \$29.99/cu. yd.

RR Ties Starting at \$14.99
Surplus, in-stock pavers 50%

Celebrating our 40th Anniversary
Cravens Nursery & Pottery
9023 Arlington Blvd., Fairfax, Virginia
2 miles west of I-495 on Rt. 50, 1 mile from I-66 (Vienna Metro)
703-573-5025
Open 7 days a week
Visit our new Web site: www.cravensnursery.com



Marcy Heisler



Zina Goldrich

PHOTOS BY LAURA MARIE DUNCAN/COURTESY OF JCCNV

Charming, Smart, Comedic

Cabaret duo "Marcy and Zina" arriving in Fairfax.

BY DAVID SIEGEL
THE CONNECTION

Neurotically optimistic songs about love and life" are coming to Northern Virginia audiences as the award-winning Marcy Heisler and Zina Goldrich pull into the Northern Virginia Jewish Community Center (JCCNV). You may not know their names right off hand, but Kristin Chenoweth, Audry McDonald and Michael Feinstein regularly sing their compositions.

Goldrich and Heisler are self-described "two city girls who write about love, and the sometimes lack of love," said Heisler, the lyricist. They enjoy the close-in, close-up cabaret style of performance since it allows for "intimate story-telling, almost like mini-musicals, sharing intense feelings about life with an audience."

"We write about our life's funny experiences. We write to celebrate life," said Goldrich, the composer. Performing together for 20 years, the partnership builds upon "a similar spirit, a similar voice, one that loves to look at the crooked specifics of life," added Goldrich.

Their songs range from comical tales of unexpected infatuation, to deep pangs of love, to the bittersweet ballads of thwarted love. Their musical style is classic, hummable, vivacious Broadway.

Some song titles reveal their range. There is "Taylor the Latte Boy" a comedy song that tells of a flirta-

tion with a barista at Starbucks, "Alto's Lament" about performing as a harmony singing alto who dreams of singing soprano melody, to the witty, wry, breezy "Baltimore."

There are also the heart-filling "Love Like Breathing" and the new "Ever After" about two hearts joined together. The delightful "15 Pounds from Love" always brings sly grins as the last unexpected stanza is performed. The duo has links to the D.C. area, receiving 2011 Helen Hayes Award nominations for "Snow White, Rose Red and Fred" which premiered at the Kennedy Center and having appeared at Arlington's Signature Theatre.

Heisler and Goldrich received 2009 Drama Desk nominations for Outstanding Music and Lyrics for "Dear Edwina." They penned the score for the "Great American Mousical" a 2012 musical love-letter to Broadway. They are also recipients of the prestigious "Fred Ebb Award," which recognizes excellence in musical theatre songwriting.

For everyone, non-members and members alike of the JCCNV, the effervescent "Marcy and Zina Show" will bring "their special brand of musical theater entertainment ... creativity, energy and fun," said Dan Kirsch, cultural arts director, JCCNV.

The performances promise to be a most lively enchanting musical lens on life with a special knowing twist and delightful patter. Keep in mind, they even rhymed "quesadilla" with "IKEA."

Where and When

"The Marcy and Zina Show" at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Performances: Saturday evening, Oct. 19, 8 p.m. and Sunday matinee, Oct. 20 at 2 p.m. Tickets available for non-members and members and with student and senior discounts. Tickets: \$19-\$29. Call box office 703-537-3000 or visit www.jccnv.org.



Kirra Wolf, 6, experiences a potter's wheel at Clifton Day 2012, courtesy of Tammy Ratliff of TGR Pottery.



TheyCallMePiano will perform at this year's Clifton Day.



PHOTOS BY BONNIE HOBBS/THE CONNECTION

People at last year's Clifton Day peruse the craft vendors along Main Street.

It's Almost Time for Clifton Day

46th annual festival is Sunday, Oct. 13.

BY BONNIE HOBBS
THE CONNECTION

Featuring everything from a strolling bagpiper to a woman on a unicycle—plus handmade crafts, pony rides, Civil War re-enactors, live bands and foods galore—the 46th annual Clifton Day is set for Sunday, Oct. 13, from 9 a.m.-5 p.m. (Rain date, Oct. 20).

"Clifton Day is a fun way for all ages to spend a fall day," said event Chairman Barbara Hutto. "What makes it special is that it's more of a community event than just a craft festival. Clifton Day is organized and run by volunteers who showcase local artisans, local talent and town businesses. Sitting in the beer garden with your friends listening to live music, it feels more like a block party."

Oddly enough, the Clifton Presbyterian Church's annual spaghetti dinner led to her heading up Clifton Day. She and her husband Kevin were there at the same time as previous chairman Fred Ansick and Clifton Betterment Association (CBA) President Michelle Stein.

"Over cannoli, I heard my husband volunteering me to be chairman," said Hutto. "[Then] Fred convinced me [it] would be more fun than work, and he was right."

It's the dedicated group of volunteers who make it happen, and it's a great way to be involved with the community."

The CBA puts on Clifton Day and proceeds go to the town's non-profit groups, including the Clifton Lions Club, Girl and Boy Scouts, Clifton Presbyterian Church, Clifton Gentleman's Club, Clifton Woman's Club, the CBA and Acacia Lodge.

Admission is free; parking is \$5/car (\$10 on the floodplain), with proceeds going to charity—and Clifton Day is the largest fundraiser for all the town's nonprofits.

THE TOWN PARK off Chapel Street will host a wide array of children's activities. JumpWorks

Acacia Lodge. It will also provide a pony for petting in the park. The renowned Unicycle Lady will perform mainly in the park, but will also do some stunts on Main Street. And the Banjo Man, Jim Haner, and bagpiper Michael Ahnell will perform while strolling through town.

The stage on Chapel Road will feature a variety of singers, dancers and musicians. At 11 a.m. will be the Boyle School of Irish Dance; 11:30 a.m., Lily's Lookout, an all-girl band playing a mix of classic rock, current hits and original music; and 12:15 p.m., Super NOVA's, local students from Sophia Music Studio's pop-rock workshops.

At 1:15 p.m., TheyCallMePiano, a female teen singer from Centreville, will perform; 2 p.m., Hot Buttered Nuggets, a vintage Americana group; and 3 p.m., Colin Thompson Band, playing American roots music.

In 2011, Thompson was listed at number 21 on The Alternate Roots list of top, roots-music guitar players.

Artisans on Main Street's Ayre Square will demonstrate crafts such as woodcarving, wool spinning, winemaking, weaving and pottery and basket making. And some 200 arts-and-crafts vendors

will sell their wares throughout the town.

Items include jewelry, candles, plant hangars, glasswork, children's clothing, baskets, ceramics, woodworking products, furniture, mixed media, needlework, quilts, sculpture, metalwork, seasonal decorations and holiday items, sports memorabilia, toys, stained glass, and watercolor and oil paintings.

Food will be available in several places. The Clifton Lions Club will offer hamburgers, hot dogs and barbecue; Clifton Presbyterian Church, crab-cake meals, brisket meals and corn dogs; Cub Scout Packs 1861 and 1104, cotton candy, popcorn, lemonade, cookies, candy and apple cider; Acacia Lodge, pulled pork and Italian sausage.

As for commercial food vendors, Baja Fresh will sell burritos, quesadillas and chicken, fish and shrimp tacos. Also on Chapel Road will be The Barbecue Man offering pulled pork, chicken, sausage and peppers; the CBA will sell beer there, too.

Food vendors throughout the town will sell treats including kettle corn, funnel cakes and Sno-Cones. Also open for business will be the Clifton Café (crepes and more), Cupcaked (new cupcake shop), Main Street Pub (inside The Clifton Store), Trummer's on Main, plus Peterson's Ice Cream and Dog Pound.

THE TOWN STORES will also welcome visitors. Antiques vendors will be behind Main Street.

And for history buffs, Civil War re-enactors Tony Meadows and the 49th Virginia Infantry will be encamped in the yard across from the stage on Chapel Road.

Rite Aid's Wellness65+ will do wellness screenings and blood pressure checks on Chapel Road. And the Inova Bloodmobile will be next to the Acacia Lodge; those donating a point of blood will be entered in a raffle for prizes.

The VRE train will run to and from Clifton, or festival attendees may park at Clifton Elementary, the floodplain, Kincheloe Road, Newman Road, and Chapel Road at Frosty Meadows. CBA-sponsored shuttles will ferry people to and from Frosty Meadows. For more information, see www.cliftonday.com.

Basically, said Hutto, "Clifton Day offers something for everyone. Whether you like shopping, listening to talented musicians or just being outdoors with friends and family in a picturesque setting, it's the perfect way to enjoy an autumn afternoon." This year's event sponsors include Ourisman Fairfax Toyota; NVCT; Concise, LLC; Norfolk Southern; VRE; Keolis and Wellness65+, Rite Aid's customer loyalty program. And Stein's thankful for both them and the many local residents who volunteer their help to make the day a success.

"Clifton Day wouldn't be possible without the efforts of many volunteers who care about their community," she said. "The town is fortunate to have them and appreciates their dedication."

"Clifton Day offers something for everyone. Whether you like shopping, listening to talented musicians or just being outdoors with friends and family in a picturesque setting, it's the perfect way to enjoy an autumn afternoon."

—Event Chairman Barbara Hutto

will have inflatables and moonbounces there and a balloon artist will twist colorful balloons into fanciful shapes. Local Girl and Boy Scout troops will have booths in the park with games such as safe darts and beanbag toss.

The Northern Virginia Therapeutic Riding Academy will offer pony rides near the barn behind



Great Day of Golf for a Great Cause

Support Boys & Girls Clubs in Fairfax County, and enjoy a day of golf along with our fabulous sponsors.

Still a few spots left for sponsors, foursomes and individual golfers.

Monday, Oct. 7, Registration 9:30 a.m., shotgun start, 11 a.m.

International Country Club in Fairfax
13200 Lee Jackson Memorial Highway

Highlights include hole-in-one contests, skills competition, post-tournament awards banquet, silent auction, raffles and prizes. Registration includes box lunch, banquet, greens fees, cart, driving range and great company.

\$900 for foursome; \$250 for individual golfer, sponsorships available

Register at www.bgcgw.org/fairfax/golf-tournament-2

Call Wonhee Kang 703-304-8631

Or contact Amir Capriles amir.capriles@microsoft.com

703-362-6970

Special thanks to our title sponsor:



VOLKSWAGEN
GROUP OF AMERICA

Gold Sponsor:



Platinum Sponsors:



Silver Sponsors:



Bronze Sponsors:



PEOPLE

Sharing the Love of Dance

West Springfield graduate wins recognition, scholarships.

Emma Bradley, a recent West Springfield High School graduate, alum of Buffa's Dance Studio in Burke, and a former NRG Prodigy for the NRG Dance Project during her senior year of high school, received four dance scholarships for college.

Past performance experience/work includes Capezio 125th Anniversary Gala at City Center in New York City, Dizzy Feet Foundation Gala at Dorothy Chandler Pavilion in Los Angeles where she worked with Mandy Moore and Nick Lazzarini; Bright Lights Shining Stars Gala at Skirball Center in New York City, choreographed by Andy Pellick; and Cedar Lake Contemporary Ballet 360 Installation 2013, directed by Alexandra Damiani. During her time in the competition circuit, she was highly recognized and awarded scholarships throughout the United States and Europe. In 2012, Dance Spirit Magazine named her one of the top 15 competition dancers to



PHOTO CONTRIBUTED

Emma Bradley

watch. She was also featured in the NRG/MSA YouTube Video Dance Project.

After graduation, Emma decided to pursue her passion for dance and joined the NRG Dance Project as their first ever faculty apprentice in July. Emma spent the summer teaching class with NRG at various dance studios around the

country, from Florida to Iowa to Georgia.

Emma is currently in Australia with NRG for three weeks teaching in Melbourne, Perth and Sydney.

This coming year she will be busy teaching in 13 cities around the country, continuing to dance, travel and share her love of dance.

Paul VI Freshman Is 2nd in National Skating Competition

Cifton ninth-grader LaDan Nemati earned the silver medal at the Solo Ice Dance National Championships at the World Arena in Colorado Springs, Colo. Sept. 20-22. The 14-year-old Nemati bested most of the field of 25 skaters from across the country who qualified to compete at the bronze level with an elegant performance of the "Willow Waltz."

Nemati said her win hasn't sunk in yet. When she found out she'd won the silver medal friends had to scoop her up and carry her to the results postings—and she says she wouldn't even have been able to recount that had there not been photos of it. Nemati's path to Colorado required successful outings all spring and summer at United States Figure Skating Association (USFSA) ice dance competitions up and down the East Coast, earning a berth at the National Cham-



PHOTO CONTRIBUTED

LaDan Nemati's performance of "Willow Waltz" won her a silver medal at the Solo Ice Dance National Championships Sept. 20-22.

pionships by achieving the number five spot at her dance level in the Eastern Section. She's balanced studies at Paul VI High School in Fairfax with intense skating practice all month.

Coming into Nationals, she said, Nemati didn't have high expectations about her final placement, because many skaters from across the country finished higher than in the qualifying season.

Once she made it to the final

round, however, her perspective changed. In retrospect, the skater saw she had the skill and talent necessary to win. Getting to the podium, she said, was just a matter of believing in herself.

Nemati plans to apply her ice dance prowess next to synchronized skating, where she competes in the Intermediate line of Team Ashburn, with an eye to next year's National Championships in both disciplines.



3rd Annual Jeans Day: Putting the ZIP on Homelessness

Friday, October 18, 2013

Help end homelessness in our community.

Get involved!

Register and allow your employees or members to wear jeans to work on Friday, October 18, in exchange for a \$5 employee contribution to the Fairfax-Falls Church Community Partnership to Prevent & End Homelessness!

jeansday2013-eorg.eventbrite.com



Fairfax-Falls Church Community Partnership
www.fairfaxcounty.gov/homeless



Newspapers & Online
The Connection to Your Community
www.ConnectionNewspapers.com



CALENDAR

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. The deadline for submissions is the Friday prior to publication; we recommend submitting your event two weeks ahead of time. To see more entertainment events, go to: <http://www.connectionnewspapers.com/news/2013/sep/26/fairfax-county-calendar/>.

THURSDAY-THURSDAY/OCT. 3-31 Fall Festival & Pumpkin

Playground. 9 a.m.-8 p.m. Sundays-Thursdays; 9 a.m.-9 p.m. Fridays-Saturdays, at Burke Nursery, 9401 Burke Road, Burke. Inflatable slides, obstacles courses and playgrounds, pumpkins galore, artisan market, fall plants and foliage for sale, many children's activities and all the fall-themed fun you can imagine. 703-323-1188 or www.pumpkinplayground.com.

FRIDAY/OCT. 4

Soraida Martinez. 6-7:30 p.m., at Mason Hall Gallery, 4400 University Drive, Fairfax. Meet the artist known for creating the art style of Verdadism in 1992; she has been recognized as one of the 15 most prominent Hispanics helping shape the U.S. cultural scene. www.soraida.com.

Dance-A-Thon. 6-9 p.m., Buffa's Dance Studio, 9570 Burke Road, Burke. A three-hour fundraiser for the studio also serving as a beginning-of-the-season get-together; dancers collect pledges and dance the whole or part of the evening. 703-425-5599 or www.buffas.com/.

"Twelfth Night." 8 p.m. George Mason University Center for the Arts, 4400 University Drive, MS 2F5, Fairfax. Aquila Theatre performs one of Shakespeare's comedies complete with an original musical score. \$22-44; Mason ID permits 1 free ticket. cfa.gmu.edu.

FRIDAY-SUNDAY/OCT. 4-NOV. 5

Temple Hall Corn Maize & Fall Festival. 10 a.m.-5 p.m., at 15855 Limestone School Road, Leesburg. Sponsored by Northern Virginia Regional Park Authority, enter the corn maize for fall fun; fall foods and wares add to the ambiance. 703-779-9372 or www.templehallfallfest.com.

SATURDAY/OCT. 5

Fall Baking Demos. 11 a.m.-1 p.m., 3-5 p.m., at Fairfax Marriott at Fair Oaks, 11787 Lee Jackson Memorial Highway, Fairfax. Attend free baking demos to learn and see how to make great baked goods, both for sweet tooth and savory whole grains. Two programs, offered one after the other: "Perfect Pies and Scones" & "Baking With Yeast." 800-827-6836 or kingarthurfloor.com/baking.

A Library Jubilee. 5-8 p.m., at the Burke Centre Library, 5935 Freds Oak Road, in Burke. Author events from Shari Randall ("Keep it Simple"), Ellen Crosby ("The Wine Country Mysteries"), Donna Andrews, author of the Meg Langslow series and the Turning Hopper series, Andy Jampoler ("The Last Lincoln Conspirator"), Taylor Kiland ("Lessons from the Hanoi Hilton") and Rear Adm. Terry McKnight, ("Pirate Alley: Commanding Task Force 151 Off Somalia"). www.fairfaxcounty.gov/library/branches/bc/.

"Saturday Nite Fever." 8 p.m., George Mason University Center for the Arts, 4400 University Drive, MS 2F5, Fairfax. Anthony Maiello conducts the American Festival Pops Orchestra in a celebration of 70s and 80s hits. The Friends of the Center for the Arts sponsors a pre-



PHOTO COURTESY OF THE ARTISTS

Chamber Orchestra Kremlin, to perform at the Center for the Arts at GMU Sunday, Oct. 6 at 4 p.m. under the baton of founder and music director Misha Rachlevsky.

performance discussion begins at 7:15 on the Center's Grand Tier III and is free to ticket-holders. \$24-48. A Mason ID permits one free student ticket on Sept. 24.

MONDAY/OCT. 7

Golf Tournament for Charity. 11:30 a.m. shotgun start at The Country Club of Fairfax, 5110 Ox Road, Fairfax. American Disposal Services hosts their 6th annual Customer Appreciation Classic Golf Tournament, which features raffles, golf games and prizes and raises money for the American Cancer Society. <http://www.ccfairfax.org/Club/Scripts/Home/home.asp>.

THURSDAY/OCT. 10

Robin Lees. 6:30 p.m., at the Mason Inn and Conference Center, 4352 Mason Pond Drive, Fairfax. The folk gospel artist performs for the Chaplains Leadership Training Event. <http://www.tatemusicgroup.com/epk/?id=15217>.

FRIDAY-SATURDAY/OCT. 11-12

Scientific Myths and Divine Realities. 7:30 p.m. Friday, 9:30 a.m.-5 p.m. Saturday at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. British author Jon Freeman conducts a lecture Friday on his book, "The Science of Possibility." On Saturday he leads an experiential workshop entitled "Evolving Consciousness: A Leap into Possibility." \$25 talk, \$60 for conference. www.unityoffairfax.org/jon-freeman.

SATURDAY/OCT. 12

Northern Virginia Step Out: Walk to Stop Diabetes. 8 a.m. check in, 10 a.m. walk, at Fairfax Corner, 4245 Summit Corner Drive, Fairfax. Team up with friends and family to do your part in the fight to Stop Diabetes at the Northern Virginia Step Out Walk. Register. 202-331-8303 ext. 4514 or www.diabetes.org/novastepout.

Burke History Day 2013. 10 a.m.-4 p.m., at Burke Volunteer Fire and Rescue Station, 9501 Burke Lake Road, Burke. A free day of children's activities, exhibits and presentations on Burke's history, from fighting the government to have the jet airport places in Dulles, not Burke, to turn-of-the-century horse racing and beyond; sponsored by the Burke Historical Society, runs concurrently with Burke Volunteer Fire and Rescue Department's Annual Open House. www.burkehistoricalsociety.org.

Fall Festival. 10 a.m.-5 p.m., in Old Town Fairfax. The 37th annual festival features 400-plus arts and crafts, information, food and gourmet food vendors, children's activities and three stages of music and entertainment. Free. 703-385-7858 or www.fairfax.gov/about-us/special-events/fall-festival.

Cool Crafts

Meet 250 Juried Artists in Person!

- Designer Crafts
- Home Furnishings
- Affordable Art
- Specialty Foods
- Family Fun

Sugarloaf Crafts Festival

OCTOBER 11, 12, 13, 2013
Montgomery County Fairgrounds
Gaithersburg, MD • EXIT 11 OFF I-270
Admission \$8 online, \$10 at the door - good all 3 days
Children under 12 and parking are FREE
Fri. & Sat. 10-6, Sun. 10-5

DISCOUNT TICKETS, show info, exhibitor lists, directions and more at:

SugarloafCrafts.com
SUGARLOAF MOUNTAIN WORKS, INC. • 800-210-9900

LISA CLAYBORNE

703-502-8145
703-675-5461

E-mail:
Claybornelisa@aol.com

Clifton-Balmoral Finest \$929,900



Stunning 4 bedroom 4.5 bath estate. Cul-de-sac location next to parkland. Hardwood flooring, breakfast/sunroom cathedral ceilings, walk-out full finished lower level. Pleasant deck off of kitchen and family room. The décor is stately but it says... home. A must see.
Directions: Union Mill Road cross over Compton Road Right On Detwiller to 7516.

COMMUNITIES OF WORSHIP



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

Sunday Worship:
8:30 & 11:00 am
9:45 am Sunday School

Saturday Worship:
5:30 pm CoffeeHouse
casual, guest musicians

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

Jubilee Christian Center

Celebrating the Sounds of Freedom
Realtime Worship - Sunday 8:45 & 11 AM
Sunday School 10:10 AM
Sunday Evening - Realtime Service & Youth 6 PM
Family Night - Wednesday 7:15 PM
Call for Sunday Evening Worship Home Group Schedule
visit our website: www.jccag.org

4650 Shirley Gate Road, Fairfax
Bill Frasnelli, PASTOR 703-383-1170
"Experience the Difference"

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

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

Baptist
Preservation of Zion Fellowship
703-409-1015
Catholic
Church of the Nativity
703-455-2400
Christian Reformed
Grace Christian Reformed Church
703-323-8033



Episcopal
Church of the Good Shepherd
703-323-5400
St. Andrew's Episcopal Church
703-455-2500
Lutheran
Abiding Presence Lutheran Church
703-455-7500
Methodist
Burke United Methodist Church
703-250-6100
St. Stephen's United Methodist Church
703-978-8724
Non-Denominational
Burke Community Church
703-425-0205
Calvary Christian Church
703-455-7041
Knollwood Community Church
703-425-2068
Presbyterian
Burke Presbyterian Church
703-764-0456
Sansaug Korean Presbyterian
703-425-3377

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

SPORTS

Rattanaphone's Interceptions Lead TC Past Woodson

Titans improved to 3-1, Cavaliers drop to 0-4.

BY JON ROETMAN
THE CONNECTION

With five turnovers, including a lost fumble when victory was all but assured, the T.C. Williams offense allowed winless Woodson multiple opportunities to pull off an upset Saturday afternoon.

Luckily for the Titans, senior defensive back Timmy Rattanaphone was able to close the door on the resilient Cavaliers.

Making his first defensive start, Rattanaphone intercepted three passes, including one that ended Woodson's final drive, as the Titans defeated the Cavaliers 21-14 on Sept. 28 at T.C. Williams High School.

Rattanaphone said he felt ill the night before the game, but showed up ready to play.

"I always knew he could play," TC defensive back Philip Tyler said about Rattanaphone. "He has speed and stuff, [but] I didn't know he was going to do it like that. I'm really proud of him."

With standout defensive backs Rashawn Jackson and Tyrice Henry out due to injury, Rattanaphone, primarily a receiver, made his first start at safety. He ended Woodson's opening possession with an interception, giving TC the ball at the Woodson 38-yard line. Four plays later, quarterback Darius Holland connected with Terry Jordan for an 11-yard touchdown, giving the Titans a 7-0 lead.

Rattanaphone's second interception halted Woodson's opening drive of the second half and set up a nine-play, 67-yard Titans scoring drive. Lamont Whiteside's 9-yard touchdown run gave TC a 21-7 lead with 7:55 remaining in the third quarter.

No. 9's final interception came with less than two minutes remaining in the fourth quarter and Woodson driving in TC territory with a chance to tie.

"He played outstanding," TC defensive coordinator Avery Williams said. "He's a smart football player. He's an outstanding athlete — one of our top athletes. He got the coverages down, he knew exactly what he was supposed to be



Woodson running back Zane Pritchett carries the ball against T.C. Williams on Sept. 28.

doing and he was in the right spots at the right time."

THE VICTORY improved TC's record to 3-1. The Titans are off to their best start since 2005, when TC won its first three but lost its next six and finished 4-6.

The TC defense played a major role in Saturday's win, forcing four turnovers.

"We played our style of ball," Rattanaphone said. "We attacked, attacked, attacked."

Titans' special teams made an impact, as well. Tyler returned a punt 77 yards for a touchdown late in the first quarter, giving the TC a 14-0 advantage.

"It was return right, and I didn't have a return right, so I just cut back," said Tyler, who made his way up the left side of the field. "I saw Kevin Perry (make the) meanest crackback [block] and ... my eyes just opened up and it was a touchdown."

While defense and special teams played well, the TC offense struggled. The Titans turned the ball over five times, including four lost fumbles.

With TC leading 21-14, Holland's 28-yard run gave the Titans a first down at the Woodson 46 with less than three minutes remaining.

With the Cavaliers out of timeouts, the Titans were in prime position to bleed the clock. Instead, TC lost a fumble on its next play, giving Woodson one more chance.

CAVALIERS QUARTERBACK Patrick Riley moved the team into TC territory with a 14-yard pass

to China Moon, but Rattanaphone ended the threat with an interception three plays later.

"I'm really proud of them," Woodson head coach Joe Dishun said. "They're very resilient. It kills us not being able to finish that off, but I really like the way they responded."

Woodson dropped to 0-4.

Riley completed 12 of 29 passes for 142 yards with one touchdown and three interceptions. Jimmy McLaughlin had four catches for 61 yards and a score. His 17-yard touchdown reception early in the second quarter cut the TC lead to 14-7.

Moon scored on a 30-yard run early in the fourth quarter, cutting the Titans' lead to 21-14. Zane Pritchett carried 17 times for 43 yards.

TC quarterback Holland completed 9 of 17 passes for 68 yards with one touchdown and an interception. He also carried 11 times for 50 yards.

Malik Carney finished with nine carries for 52 yards and Whiteside rushed 17 times for 49 yards.

"The bottom line is we won the game," TC head coach Dennis Randolph said. "Offensively, we just didn't click. We fumbled the ball five times, we gave up an interception. The defense kept us in the game. ... Our kids just haven't got to the point where they actually believe that they're as good as they are. We've got to overcome that somehow. The defense is playing with a lot of confidence, the offense is not."

TC will travel to face Annandale (1-3) at 7:30 p.m. on Friday, Oct. 4. Woodson will host Oakton.



West Springfield captain Kara Kachejian, right, contributed to the game-winning goal against West Potomac on Oct. 1.

Spartans Field Hockey Wins in Overtime

West Springfield extends winning streak to five games.

BY JON ROETMAN
THE CONNECTION

Twenty-one corners and quality ball movement provided the West Springfield field hockey team ample offensive opportunities against West Potomac on Oct. 1. But after finding the cage only once in regulation, the Spartans needed someone to make a play.

Kara Kachejian and Sydney Salter answered the call.

Kachejian flicked the ball toward the goal in overtime and Salter tapped it in the cage as the Spartans extended their winning streak to five games with a 2-1 victory over the Wolverines at West Potomac High School.

West Potomac captain Amy Holm scored late in the first half to give the Wolverines a 1-0 advantage. West Springfield captain Jocelyn Siveroni answered with 18:35 remaining in the second half, tying the score at 1. While West Springfield had many opportunities to win it, the Spartans had to sweat it out until Salter put in the game-winner.

"I took the shot and it went between [West Potomac goalkeeper Eve Hauptle's] pads," Kachejian said. "I went around her and I did a reverse flick and it started dribbling into the goal. We had no idea if it was going in and then my teammate [Salter] tapped it right in to make sure it was going in."

West Springfield head coach Rosie Donaldson said the Spartans moved the ball well but need to do a better job finishing.

"I think getting to the goal, we played really well," Donaldson said. "We were able to move the ball down the field, we had a good transition, we just couldn't finish. Twenty-one corners, you've got to put it in more than once."

After a 2-0-1 performance during the Under the Lights Tournament at Lee High School on Aug. 26 and 27, West Springfield lost four straight against strong competition: Fairfax (region semifinalist last season), Westfield (defending region champion), Herndon (started 9-1 this year) and South County (last year's region runner-up). The Spartans have responded with five consecutive victories, beating Hayfield, Robinson, Annandale, Woodson and West Potomac to improve to 7-5-1.

Donaldson said the Spartans, who graduated many key players from last year's team that finished one win shy of the state tournament, can experience similar success if they can find a way to capitalize on opportunities. "I think having [to face] those really good teams right at the beginning showed everyone they've got to pick up their level of play," Donaldson said. "Unfortunately, it didn't help us in the finishing area. ... We can do as well as we did last year as long as we can get that final piece."

West Potomac fell to 4-8, but head coach Dana Hubbard said the team's offense has improved.

West Potomac will travel to face Lee at 5:30 p.m. on Friday, Oct. 4. West Springfield will host T.C. Williams at 7:30 p.m. on Monday, Oct. 7.

EMPLOYMENT

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE 2 AD DEADLINE:
TUESDAY NOON

BUSINESS OPP

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

BUSINESS OPP

TELEPHONE
A great opportunity to
WORK AT HOME!
NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

CNA's

Become a Joy in a Senior's Life
Immediate Positions Available
• Need Own Car • Vacation Pay
• Merit Increases • Over time Pay
— Call for interview —
Old Dominion Home Care
10366-C Democracy Lane, Fairfax, VA 22030
703-273-0424

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 considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

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

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

Questions? E-mail: goinggreen@connectionnewspapers.com

THE CONNECTION
NEWSPAPERS

BATHS

CUSTOM BATHROOM REMODELING & MORE!
BY CAPITOL BATH, INC.
Tile & Marble Installation/Repair
Tub & Tile Resurfacing • Tile Regrouting
General Carpentry • Drywall Repair
Angie's list Licensed & Insured • 703-739-1118

BATHS

IMPROVEMENTS

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

IMPROVEMENTS

HAULING

AL'S HAULING
Junk & Rubbish
Concrete, furn., office, yard, construction debris
Low Rates NOVA
703-360-4364
703-304-4798 cell

7 DAYS A WEEK

LANDSCAPING

A&S LANDSCAPING
Planting • Mulching • Sodding
Patios • Decks • Driveway Sealing,
Asphalt • Retaining Walls
Erosion Control • Drainage Solutions
703-863-7465

Remodeling Interior, Bathrooms, Kitchens, Floors, Ceramic Tile, Painting, Decks, Fences, Additions.
240-603-6182

CLEANING

CLEANING

A CLEANING SERVICE

Since 1985/Ins & Bonded
Quality Service at a Fair Price
Satisfaction Guaranteed-
Angies List 2011-Super Service Award!
Comm/Res. MD VA DC
acleaningserviceinc.com
703-892-8648

ELECTRICAL

ELECTRICAL

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

Recessed Lighting Ceiling Fans Phone/CATV Computer Network Cabeling Service Upgrades Hot Tubs, etc...
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522

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!

HANDYMAN

HANDYMAN

SPRINGFIELD HANDYMAN



► Small Home Repairs
► Good Rates
► Experienced

703-971-2164

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.

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

Remodeling Bathrooms, Kitchens & Basements

• FREE Estimates • FAST & Reliable Service • EASY To Schedule • NO \$\$\$ DOWN!
Exterior & Interior Repair, Painting, Carpentry, Wood Rot, Drywall, All Flooring, Decks
Handyman Services Available
"If it can be done, we can do it"
Licensed — Bonded — Insured

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

The HANDYMAN
A DIVISION OF NURSE CONSTRUCTION

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

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.
We Accept VISA/MC
Licensed Insured
703-441-8811

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

LAWN SERVICE

LAWN SERVICE

PINNACLE SERVICES, INC.
LAWN SERVICE

MOWING, TRIMMING, EDGING, MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

Do what you can, with what you have, where you are.
-Theodore Roosevelt

MASONRY

MASONRY

ALBA CONSTRUCTION INC.

CONCRETE WORK
Licensed • Insured

Driveways • Patios • Exposed Aggregate
Sidewalks • Carports • Pool Decks • Garages
Flagstone • Brick • Stonework
703-204-0733

BRICK AND STONE

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

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

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured
Fall Clean Up...
Tree removal, topping & pruning, shrubbery trimming, mulching, leaf removal, planting, hauling, gutter cleaning, retaining walls, drainage problems, etc.
20 yrs. of experience — Free estimates
703-868-5358

24 Hour Emergency Tree Service

THE CONNECTION
NEWSPAPERS **CLASSIFIED**

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD

CLASSIFIED

703-917-6400

ZONE 2 AD DEADLINE:
TUESDAY NOON

Employers:
Are your recruiting ads not working in other papers?
Try a better way to fill your employment openings



- Target your best job candidates where they live.
- Reach readers in addition to those who are currently looking for a job.
- Proven readership.
- Proven results.

THE CONNECTION
to your community

703-917-6464

classified@connectionnewspapers.com

Great Papers • Great Readers
Great Results!

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

28 Yard Sales
Yard Sale to Benefit Individuals with Intellectual Disabilities Saturday, October 5th from 9am-1pm NVTC-Bldg.12B 9901 Braddock Road Fairfax, VA 22032 Electronics, clothing, brand new arts and crafts for kids and miscellaneous

12 Commercial Lease
Burke - 650 to 3000sf 2nd floor office space available in thriving mixed use shopping center. Perfect for a move from a home office. Kevin Allen / Kimco Realty 410-427-4434

21 Announcements
LEGAL NOTICE
Inova Medical Group Cardiology welcomes Fairfax Heart Associates. To make an appointment or To request medical records please contact:
(703) 204-9301
3301 Woodburn Road Suite 301 Annandale, Virginia 22003
To move your records to a provider Outside our network, customary fees apply.

21 Announcements

21 Announcements

21 Announcements

21 Announcements

21 Announcements

City of Fairfax PUBLIC NOTICE

* The deadline to register to vote in the November 5, 2013 General Election is Tuesday, October 15, 2013. Qualified City of Fairfax residents may register at the General Registrar's Office located the Sisson House, 10455 Armstrong Street during normal business hours of 8:30am - 5pm.

21 Announcements

21 Announcements

LEGAL NOTICE

The Virginia Department of Rail and Public Transportation (DRPT) will host its first public meeting for the Route 1 (Richmond Highway) Multimodal Transportation Alternatives Analysis on Wednesday, October 9, from 6-8 pm, at the South County Government Center, 8350 Richmond Highway, Alexandria, VA. The public is invited to participate and learn more about this study to improve transit, bicycle, pedestrian and vehicular travel along a 14-mile segment of Route 1 from Woodbridge to I-495. Project partners include Fairfax County, Prince William County, Virginia Department of Transportation, and the Office of Intermodal Planning and Investment. For more information, visit route1multimodalaa.com or call 804-786-4440.

The Department of Rail and Public Transportation (DRPT) is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. For additional information on DRPT's nondiscrimination policies and procedures or to file a complaint, please visit the website at www.drpt.virginia.gov or contact the Title VI Compliance Officer, Linda Balderson, 600 E. Main Street, Suite 2102, Richmond, VA 23219, or 804-786-4440.

THIS AD FOR SALE!

Reach across Virginia with this ad!
No other media offers the audience of loyal, local, repeat readers you'll reach through community newspapers!

71% of American adults have used a newspaper, a newspaper website and/or a newspaper mobile source in the past 30 days. (Scarborough Research 2012)

Virginia Press Services will run this business card-size display ad across Virginia for one low discounted price. For more details, call Adriane at 804-521-7585.

Virginia
PRESS
Services

21 Announcements

21 Announcements

21 Announcements

HISTORIC MANOR AUCTION
6BR, 7BA Manor Home on 70± Acres
Deeded Access to James River in Amherst County
1380 Edgehill Plantation Rd Gladstone, VA
7,730± Restored Home Circa 1790 • Overlooking river, mountains, countryside
Barns, shop, and outbuildings, including summer kitchen
Former company retreat with chef-designed kitchen would make an inviting B&B
Saturday, October 19th at 10am On-Site
Open Houses: Sundays, September 29th & October 6th (1-3pm)
Terms: 5% buyers premium. Closing to occur in 30 days. Full terms online. VAAF93
The Counts Realty & Auction Group
www.countsauction.com 800-780-2991

21 Announcements

21 Announcements

21 Announcements

AUCTION
69 ACRE FARM
Friday, Oct.11 at 12:30PM
820 Strader Rd, Chatham, VA
Scenic farm - great location. 36ac pasture, 33ac timber, 7BR home, shop, barn, pool, hot tub, stream.
Sells w/ min. bid of \$395,000!
Offered in 2 tracts & as a whole.
434.847.7741 | TRFAuctions.com

21 Announcements

21 Announcements

21 Announcements

Daylong roundtrips from Romney, WV to Petersburg, WV Nov. 2 & Nov. 3
TRAINS RUN SATURDAYS NOW AND DAILY IN OCTOBER



Potomac Eagle Scenic Railroad
Eagle sightings occur on over 90% of all excursions. Step aboard the Potomac Eagle for a rail experience that you will remember for years to come.
Information & Tickets
(304) 424-0736
www.potomaceagle.info

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 5, 6.....Tues @ 11:00

Zones 1, 3.....Tues @ 4:00

Zone 2.....Wed @ 11:00

Zone 4.....Wed @ 1:00

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



PHOTO CONTRIBUTED

Dr. Gregory Sibley

Dr. Gregory Sibley to Lead Virginia Cancer Specialists Radiation Oncology Center

Gregory S. Sibley, M.D., experienced Washington, D.C. area radiation oncologist, has been selected to head the Virginia Cancer Specialists (VCS) Radiation Oncology Center in Fairfax. VCS is Northern Virginia's premier cancer care center, providing 40 years of service to patients battling cancer and blood diseases and affiliated with The US Oncology Network. The practice began offering radiation services in December of 2012 and has spent the last several months conducting a nationwide search to fill the leadership position. Dr. Sibley, who was chosen from a wide field of highly qualified candidates, brings extensive knowledge of the most advanced radiation therapies to his new position, as well as in-depth experience in building and managing a high performing radiation oncology department. Dr. Sibley comes to VCS from Sibley Memorial Hospital in Washington, D.C. where he served as head radiation oncologist.

"Dr. Sibley is a highly regarded, recognized leader in the field, and we are honored he has chosen to join our practice. He brings extraordinary leadership skills and clinical expertise to our new radiation center, as well as a passion to provide patients the best possible experience and outcomes as they meet the challenge of cancer," said Linda Anderson, executive director of VCS.

In addition to joining the practice, Dr. Sibley has brought along a team of highly skilled professionals. Dr. Sibley has extensive experience with the latest cutting-edge radiation therapies, and he is highly skilled at computerized treatment planning. In addition to treating a wide range of cancers, he also specializes in the use of brachytherapy for the treatment of prostate cancer. Throughout his career, Dr. Sibley has received recognition for his research and articles in professional journals dealing with the treatment of breast, lung, prostate and other cancers.

For more information, visit www.usoncology.com.



Call, Click or Visit and learn why we are **1 of only 4 dealerships** in the nation to win Toyota's President's Award 27 years straight!

\$1,500 OVER BLACK BOOK
UP TO TRADE IN VALUE⁴

0% APR FINANCING
ON SELECT NEW MODELS FOR UP TO 60 MONTHS²

OVER 600 VEHICLES AVAILABLE

\$2,750 CASH BACK³
UP TO

BRAND NEW 2013 TOYOTA COROLLA LE
4 DR, SEDAN, 4-SPD. AUTO
LEASE FOR

\$169 PER MO.¹

36 MOS. \$2,199 DUE AT SIGNING.

OR 0% APR FINANCING
FOR UP TO 60 MO.²

OR \$500 CASH BACK³

27 CITY
34 HWY⁷



BRAND NEW 2013 TOYOTA CAMRY LE
4 DR. SEDAN, 6-SPD. AUTO
LEASE FOR

\$199 PER MO.¹

24 MOS. \$2,699 DUE AT SIGNING

OR 0% APR FINANCING
FOR UP TO 60 MO.²

OR GET \$1,000 CASH BACK³

25 CITY
35 HWY⁷



BRAND NEW 2013 TOYOTA RAV4 LE
2WD 4 CYLINDER AUTO.
LEASE FOR

\$219 PER MO.¹

36 MOS. \$2,999 DUE AT SIGNING.

PLUS \$500 LEASE
LOYALTY CASH⁸

24 CITY
31 HWY⁷



WELCOME TO THE FAMILY
BRINGING THE SPORT BACK TO THE CAR

BRAND NEW 2013
SCION iQ
\$139 PER MO.
FOR 36 MONTHS¹
\$1,999 due at signing



The Best New Cars Make The Best Used Cars

- 7YR/100K MILE ROADSIDE ASSISTANCE PLAN[†]
- 160 POINT QUALITY ASSURANCE INSPECTION^{††}
- CARFAX VEHICLE HISTORY REPORT
- 1.9% APR FINANCING AVAILABLE^{†††}
- 12 MO./12K MI COMPREHENSIVE WARRANTY
- 7 YR./100K MI LIMITED POWERTRAIN WARRANTY

\$750
REBATE FOR RECENT
COLLEGE GRADS⁶

\$1,000
MILITARY REBATE
INCENTIVE FOR ACTIVE
MILITARY PERSONNEL⁶

0% APR FINANCING
AVAILABLE²



PRIUS FAMILY IN-STOCK NOW
prius goes plural



UP TO
95 MPG⁷



ToyotaCare

Complimentary maintenance plan
with roadside assistance.
• Covers 2 years or 25k miles. Oil and Filter – Tire Rotation – Multi-Point Inspection[†]

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION

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



Let's
Go
Places

(1) DUE AT SIGNING INCLUDES DOWN PAYMENT (COROLLA: \$2,199, CAMRY: \$2,699, RAV4: \$2,999), FIRST MONTH'S PAYMENT, \$499 PROCESSING FEE AND NO SECURITY DEPOSIT. NOT ALL CUSTOMERS WILL QUALIFY. TAX, REGISTRATION AND INSURANCES ARE EXTRA. CUSTOMER IS RESPONSIBLE FOR EXCESSIVE WEAR AND EXCESS MILEAGE CHARGES OF \$0.15 PER MILE IN EXCESS OF AGREEMENT'S MILES (COROLLA/RAV4: 36,000 MILES; CAMRY: 24,000 MILES). OFFER AVAILABLE ON APPROVED CREDIT TO QUALIFIED CUSTOMERS FROM TOYOTA FINANCIAL SERVICES. (2) 0% APR FINANCING AVAILABLE FOR UP TO 60 MONTHS ON SELECT MODELS. OFFERS FOR WELL-QUALIFIED BUYERS WITH APPROVED TIER1+ CREDIT THROUGH TFS. 60 MONTHLY PAYMENTS OF \$16.67 PER \$1,000 BORROWED. (3) PURCHASERS CAN RECEIVE UP TO \$2,750 CASH BACK FROM TOYOTA OR CAN APPLY CASH BACK TO DOWN PAYMENT. AMOUNT VARIES PER MODEL. (4) BASED ON BLACK BOOK TRADE VALUE MINUS EXCESS MILEAGE AND RECONDITIONING. (5) COVERS NORMAL FACTORY SCHEDULED SERVICE FOR 2 YEARS OR 25K MILES, WHICHEVER COMES FIRST. THE NEW VEHICLE CANNOT BE PART OF A RENTAL OR COMMERCIAL FLEET. SEE PARTICIPATING DEALER FOR COMPLETE PLAN DETAILS. VALID ONLY IN THE CONTINENTAL UNITED STATES AND ALASKA. ROADSIDE ASSISTANCE DOES NOT INCLUDE PARTS AND FLUIDS. (6) COLLEGE GRAD AND MILITARY REBATE AVAILABLE ON TOYOTAS WITH APPROVED CREDIT THRU TFS. ELIGIBLE CUSTOMERS MUST BE IN ACTIVE DUTY STATUS IN U.S. MILITARY TO RECEIVE REBATE. (7) 2012 OR 2013 EPA-ESTIMATED MILEAGE. ACTUAL MILEAGE MAY VARY. (8) CUSTOMERS CAN RECEIVE A \$500 INCENTIVE FROM TOYOTA UPON LEASING A NEW 2013 RAV4 AND TRADING IN A TOYOTA VEHICLE. (†) WHICHEVER COMES FIRST FROM DATE OF TCUV PURCHASE. (††) FROM DATE OF TCUV PURCHASE. (†††) 1.9% APR FINANCING ON ALL CPO VEHICLES FOR UP TO 60 MONTHS WITH APPROVED CREDIT ON SELECT MODELS THROUGH TFS. 60 MONTHLY PAYMENTS OF \$17.05 PER \$1,000 BORROWED. ONE INCENTIVE PER TRANSACTION. ALL OFFERS EXPIRE 11/4/13.



LONG & FOSTER® # 1 in Virginia

703-425-8000



Fairfax **\$889,000**
Sought after Hampton Forest Community. A park like setting! Grand master Suite with Gas fireplace. This home boasts 5 full bedrooms and 3 & 1/2 baths. Finished walkout basement. Gleaming hardwoods and walls of windows. Large deck complete with Hot Tub and Gas grill.
Carol Hermandorfer 703-216-4949



Clifton **\$698,500**
Circa 1935 farmhouse on 3.59 private acres! Character and charm, Craftsman details, cypress/pine floors, 4 bedrooms, 2 baths, FR addition, porch. Garage & barn. Close to Historic Clifton. Impressive!
Debbie Besley 703-346-5103



Woodbridge **\$674,900**
Enjoy sunrise view of the Potomac River from this brand new 6 BR, 4.5 BA retreat. Oversized 4 car garage. 9 ft ceilings, finished basement. Quick access to VRE station and to I-95. Community dock & launch. See virtual tour at: www.HeritageHarbor.info
David Billups 703-690-1785



Gainesville **\$579,900**
Heritage Hunt 55+. Sought-after "Lakemont" with finished walkout LL. 3 BR, 3BA, Grmt maple kit, Liv, Din, Den, Fam, 2 bonus rms, storage, 2 car gar, irrig sys, deck, backs to trees.
Amanda Scott 703-772-9190



Centreville **\$535,000**
Bright and Open! 4BR, 3.5BA Colonial on Gorgeous Private Cul-De-Sac Lot. Upgraded Kitchen, New Carpet, Large MBR with WIC and large MBR with Jetted Tub.
Jen & John Boyce 703-425-5646



LakeRidge **\$335,000**
One level living at its best in premier over 55 community. Hardwood floors, spacious kitchen, gas heating & cooking, open airy floor plan. Two bedrooms, two baths plus den/office. Open space abounds in River Ridge, with miles of nature trails.
Beth Jones 703-503-1869



Fairfax **\$499,900**
Beautiful updated 3 lvs in sought-after Kings Park West. 3 BR, 2 BA, MBR w WIC. Liv, Din, Kit with Corian, Brkfst rm, fin w/out LL w Rec room & Den. New neutral paint. Gutter grd. O/size 1 car garage & new driveway. Flat yard w/shed. Clean & bright. Move-in ready!
Amanda Scott 703-772-9190



Clifton **\$899,000**
"Sparkles" is the best way to describe this 5 acre, 4 level colonial, 3 fireplaces and a 6 stall stable and paddocks. Upper level could be teen or in-law suite! Outstanding setting!
Carol Hermandorfer 703-216-4949



Clifton **\$827,500**
Soaring wood ceilings, 2 stone fireplaces, 5 bedrooms, 3.5 baths, main level MBR! Detached 2000sf monster garage with 11' doors, park 8 cars, indoor pool & spa, 2 stall barn w/tack room, extensive trails. Close to village Clifton!
Debbie Besley 703-346-5103



Clifton **\$655,000**
Light bright ramblor on outstanding 5 acre setting! Updates throughout! Newer kitchen, updated bathrooms, main level master suite, screened in porch with gorgeous views! Walk out lower level has complete suite, full bath, office and private entrance.
Carol Hermandorfer 703-216-4949



Fairfax Station **\$769,000**
Beautiful 6-Bedroom, 4.5-Bath, Colonial on a cul-de-sac, backing to trees in sought-after Crosspointe. 5BR, 3BA on upper-level. LL with rec room, lots of storage, and 1BR, 1BA. Formal dining and living rooms, and eat-in kitchen w/center island.
Jennifer Wyllie 703-581-2539



Manassas **\$575,000**
Beautiful stately brick colonial with 5 bedrooms, 3.5 baths spanning 3700 square feet on 3 finished levels. Spacious rooms with a great flow, main level office, updated kitchen adjacent to family room overlooking peaceful backyard with huge deck ideal for entertaining. Enjoy country living in quiet Waterview Plantation just minutes from Bull Run Marina Regional Park, Clifton & Historic Manassas.
Mary Hovland 703-946-1774
Cathy DeLoach 571-276-9421



Fredericksburg **\$184,900**
Home in Deerfield Subdivision. Well maintained 4BR, 2FB with eat in kitchen. Large back yard with nice rear deck, in a well established neighborhood all at end of Cul-De-Sac.
Paul Wesche 540-847-3848



Fairfax/Bonnie Brae **\$639,000**
California styling meets Virginia with soaring ceilings, walls of glass, and beautiful spacious yard! Proud owners have updated this home including stainless kitchen with marble floors, gleaming hardwoods, and amazing bath renovations including marble, frameless walk in shower in master, and more! Fully finished walk out lower level, gorgeous deck and back yard. Walk to school, lake, pool, VRE is close by!
Marsha Wolber 703-618-4397



Gainesville **\$455,000**
Enjoy 55+ lifestyle in Heritage Hunt with activities, golf, pools, trails. SFH - 2200 SF main level living w/ hardwoods thru-out. 3BR/3BA with 2 car garage & patio. One block to clubhouse. See photos & more 55+ homes www.marylroche.com. Call Mary to view.
Mary LaRoche 703-919-0747



Burke **\$599,000**
Great Cul-de-sac location in Burke Centre. Wonderful screened in porch and walk out lower level views. Sparkling hardwoods in kitchen, breakfast room and den, along with new appliances. Master bedroom with bonus room, Great House, Location, & Price!
Carol Hermandorfer 703-216-4949



Reston **\$899,900**
Gorgeous 5BR, 4.5BA home in prime location on over 0.4 acres.
Courtney Jordan 703-786-5330



Near Lake Anna **\$225,000**
Lovely 3 BR, 2 BA one level home on 2+ acres of open and partially wooded land. 1754 sq. ft. Home is bright, open w/neutral colors. His/her walk-in closets. 2 car garage AND detached garage/workshop. Motivated sellers!
Karen Donnelly 540-967-8104



Fairfax **\$699,900**
Beautiful colonial with 4 BR's upper level and one den/BR lower level, with 3.5 baths. This house is move in ready with fresh paint, new carpets, refinished hardwood floors, renovated deck, new microwave, and much more. Must See.
Judy McGuire 703-581-7679



Woodbridge **\$355,000**
Spacious 4 bedroom, 3 bath, with recent repairs, painting, carpeting, flooring, great yard with deck, screened porch, private. Nice cul-de-sac in great neighborhood; close to shops, schools, parks, transportation.
Mary FitzHenry 703-250-8915

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

Senior Living

OCTOBER 2013



Burke
CONNECTION

LOCAL MEDIA CONNECTION LLC

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Senior Living Calendar

THURSDAY/OCT. 3

Evelyn Mo Plays Piano. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Evelyn Mo is a 14-year-old piano prodigy and sophomore at Thomas Jefferson High School who has already won awards. She plays in the third of six Thursday afternoon "Meet the Artists" concerts cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olli@gmu.edu or www.lli.gmu.edu.

TUESDAY/OCT. 8

Caregiver Support Group. 7-8 p.m. Fairfax County's free family caregiver telephone support group, meets by phone. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm or call 703-324-5484, TTY 711.

Family Caregiver Seminars. 7-8:30 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. "Financial Issues for Caregivers." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/OCT. 9

Health Expo. 10 a.m.-2 p.m. at U.S. Patent and Trademark Office, 600 Dulany St. Free. Features healthy cooking demonstration, heart healthy information, health screenings, booths and more. Registration is preferred, but not required. Call 1-855-My-Inova (855-694-6682) or visit inova.org/expo.

Medicare 101. 3-4:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-324-5205.

Oktoberfest Tour and Tasting. 5:30-8:30 p.m. at Port City Brewing Company, 3950 Wheeler Ave., Alexandria. \$50. Register at www.seniorservicesalex.org.

THURSDAY/OCT. 10

Medicare 101. 10 a.m.-noon at Shepherd's Center of Oakton-Vienna, Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-281-0538.

NARFE Meeting. 1:30 p.m. at the Vienna Community Center 120 Cherry St., Vienna. National Association of Federal and Active Retired Employees, Chapter 1116 Vienna-Oakton presents Gayle Nelson from Blue Cross, Blue Shield. Also Del. Mark Keam and challenger Leiann Luse. Free and is open to all members and their guests. Call 703-938-7346.

TUESDAY/OCT. 15

Medicare Open Season Workshop. 10:30 a.m. at Lincolnia Senior Center, 4710 N. Chambliss St., Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-914-0223.

WEDNESDAY/OCT. 16

Navigating the Local Transit System. 10 a.m.-12:30 p.m. at Reston Association, 12001 Sunrise Valley Drive. Learn to read bus schedules and route maps, pay the fare and how to signal the driver to stop, as well as other bus travel skills. The bus will deliver participants to a Metrorail station to learn how to determine the fare and purchase Metrorail fare cards, load SmarTrip cards and read the system map. 55 years and older. Free. Call 703-435-6577 to register.

Medicare Open Season Workshop. 11 a.m. at South County Senior Center, 8350 Richmond Highway, Suite 325, Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

Can I Afford That? 1:30 p.m. at Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Free educational program. A

financial manager will lead the discussion on the cost of long term care, options available, and steps to prepare for future care needs. Call 703-204-4664 to RSVP.

NARFE Meeting. 7 p.m. Dinner meeting for Federal Employment Retirement and Benefits Presentation at Neighbor's Restaurant, 252 Cedar Lane, Vienna. There is a cost. Sponsored by NARFE Chapter 1116 (Vienna-Oakton). If interested in attending, call 703-205-9041 or 703-938-7346 for reservations.

WEDNESDAYS/OCT. 16-NOV. 20

Chronic Disease Management. 10 a.m.-noon at The Shepherd's Center of Oakton-Vienna, 541 Marshall Road, S.W., Vienna. Free six-week chronic disease self-management program, held in partnership with Division of Adult and Aging Services/Fairfax Area Agency on Aging/ElderLink. Learn strategies to cope with concerns and develop personal goals. Caregivers and older adults with chronic conditions also welcome. Registration deadline: Oct. 11. Attendees must register at 703-281-0538. Contact Maureen Riddel, Shepherd's Center volunteer at 703-481-2371 or Casey Tarr, SCOV Health Advocate at 703-821-6838.

THURSDAY/OCT. 17

Annual Seniors Fair. 9 a.m.-noon at Inova Mount Vernon Hospital, 2501 Parkers Lane. Event will feature free health screenings, wellness information and more. Free massages are also offered. Registration required. Call 1-855-694-6682 and press 2.

Medicare Open Season Workshop. 12:45 p.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-550-7195.

Vietnam Vets of America Chapter Meeting. 7:30 p.m., at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. All veterans, friends and the general public are invited to hear Jack Connolly, Army veteran and career State Department Foreign Service officer, who will share his personal experiences of the battle of Vientiane, Laos in 1961, Saigon intrigue in 1968, and the assassination of an American ambassador to Lebanon in 1976. 703-255-0353 or www.vva227.org.

THURSDAYS/OCT. 17-NOV. 21

Independent Living Project. 1-3 p.m. at Martha Washington Library, 6614 Fort Hunt Road, Alexandria. Join Fairfax County's Independent Living Project, a free seminar series along with exercise classes for strength and balance that help older adults remain independent. The program also offers professional home safety reviews. Register at www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm, call 703-324-7210, TTY 711 or email Jennifer.Edge@fairfaxcounty.gov.

SATURDAY/OCT. 19

Craft Sale. 9 a.m.-2 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. More than 30 crafters, silent auction, bake sale, lunch and door prizes will be featured. Free admission. This is the main fundraiser for the center. 703-324-4600 TTY 711.

Senior Law Day 2013. 8:30 a.m.-12:15 p.m. at First Baptist Church, 2932 King St. Learn from law enforcement, legal and financial experts about the diverse frauds, scams, identity theft, financial abuse and other schemes targeting seniors in the Washington Metropolitan area. Free. To register visit www.seniorservicesalex.org or call Senior Services of Alexandria at 703-836-4414, ext. 10.

SUNDAY/OCT. 20

Hope for the Holidays Seminar. 4-7 p.m. at Jefferson Funeral Chapel. Designed to help people who have lost loved ones since last Christmas. Free, but registration by Oct. 11 is requested. E-mail info@jeffersonfuneralchapel.com or 703-971-7400 to register.

FRIDAY/OCT. 25

Candidate Forum. 10-11:30 a.m. at Fairlington
SEE CALENDAR, PAGE 7

IS IT

STICKER SHOCK?

WE KNOW THE DRILL! ...

EVEN AFTER REBATES AND DISCOUNTS ARE APPLIED, THEY STILL WANT THOUSANDS OF DOLLARS FOR A LITTLE PIECE OF EQUIPMENT NO BIGGER THAN A NICKEL.

ADVANCED HEARING Technologies, Inc.

Or Have Your Hearing Aids Seen Better Days?



"QUALITY OF LIFE" HEARING AID SALE

MILD TO MODERATE HEARING LOSS

CUSTOM CANAL
1 WEEK ONLY SALE!
\$425⁰⁰
All the way up to 40db of amplification!
Retail Price \$790
SAVE 60%

COMPLETELY IN CANAL
1 WEEK ONLY SALE!
\$595⁰⁰
All the way up to 40db of amplification!
Retail Price \$1300
SAVE 60%

MODERATE TO SEVERE HEARING LOSS

Traditional Technology the Targa Plus is available in all styles from invisible to open fit power.

COMPLETELY INVISIBLE
CIC
COMPLETELY IN CANAL

OPEN FIT

Your Cost **\$800⁰⁰**
Retail Price \$1700
Our Everyday Low Price \$1400
THIS IS A \$1600 SAVINGS ON A PAIR.

NEWEST TECHNOLOGY AVAILABLE

"TWIN CORE TECHNOLOGY"
Receive a Blu RCU remote **FREE** with any Twin Core Purchase. **A \$750 Value!** You will be able to connect wirelessly to any Bluetooth capable device, such as, your cell phone!

Twin Core Technology provides a signal processing resolution that's twice as fast as most products found on the market today. State-of-the-art features make 251 million calculated, automatic adjustments per second, creating a high-tech hearing solution that boasts unrivaled sound quality and the best in speech understanding, ensuring you don't miss a word.

ATTENTION FEDERAL BC/BS MEMBERS YOUR BENEFITS HAVE BEEN RESET!

As of January 1st 2013 "ALL" Federal BC/BS benefits have been RESET making all Federal BC/BS Members eligible for new hearing aids with no cost to you. The 100% digital, programmable "targa" circuit is our standard Fed. BC/BS benefits hearing aid. ACT NOW and we will upgrade you to the highly advanced "Day 4+" circuit. The new Day 4+, fifth generation, D-5 processing platform offers enhanced clarity and fidelity in an array of listening situations. Including 2 separate noise reduction programs and 4 prescription channels, Anti feedback, Directional microphones, and optional remote control all this with no money out of pocket!

IS IT HEARING LOSS OR JUST EARWAX?



YOU SEE WHAT WE SEE!

ACT NOW For This Promotion ONLY!

- UNPRECEDENTED 60 DAY TRIAL PERIOD
- Spend No Money, If not 100% Satisfied
- 0% Interest for 1 Year (with approved credit)
- Free Hearing Evaluation
- Lifetime Free Service Plan
- Cleanings, Adjustments, Programming, etc

CALL NOW TO SCHEDULE AN APPOINTMENT
703-942-5071 • 1-888-333-5744

SPRINGFIELD
8136 Old Keene Mill Rd A304

VIENNA
380 Maple Avenue West L-1A

FAIRFAX
Call for directions

ARLINGTON
Call for directions

Copyright © 2013

EXPOSED The Tricks and Secrets of the Hearing Aid Industry at
ADVANCEDHEARINGTECHNOLOGIES.COM

Senior Living

Choosing a Home for the Golden Years

Many options for retirement communities in the region.

BY MARILYN CAMPBELL
THE CONNECTION

Jim Harkin, 81, and his wife, Phyllis, 80, have little free time these days. Jim spends his days protecting and photographing wildlife on the 60-acre campus at The Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. He helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.

Phyllis Harkin manages a small gift shop and runs marathon bridge games. The couple moved to The Fairfax more than two-and-a-half years ago from their home in Fairfax because they wanted the freedom to pursue their interests and live among people with similar lifestyles without the responsibility of maintaining a household.

"We were getting older and keeping up a house and yard in Fairfax was getting harder," said Jim Harkin, a retired Navy captain. "We also wanted to make our own decisions about where and when we moved and not have that left up to our busy children."

Phyllis Harkin, a former real estate appraiser, said, "We did it in time, but after living at The Fairfax, we wish we'd done it earlier. You have no idea how much fun it is over here."

Kathy Aust, 67, has lived at Heritage Hunt Golf and Country Club, an independent liv-



Phyllis and Jim Harkin are active residents of the Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. Jim, 81, runs the facility's birding club and Phyllis, 80, manages the campus gift shop. The couple wanted to live among people with similar lifestyles without the responsibility of maintaining a household.

ing retirement community, in Gainesville, Va., since 2001. She moved there from Burke, she said, for social reasons. "I wanted to move into a community where there were people who had lifestyles that were similar to mine," said Aust, a retired federal employee who has no children. "I like living in

a community with people in similar situations. It is very active here. There are indoor and outdoor pools, tennis and golf. There is so much to be done here." Aust volunteers on the Heritage Hunt community task force and with the

Where to Find Help for Seniors

**FAIRFAX COUNTY
SERVICES FOR OLDER ADULTS**
Tel: 703-324-7948 TTY: 711
www.fairfaxcounty.gov/dfs/olderadultservices/

community's women's group.

THESE TRANSITIONS were smooth and logical for them, based on their own choice.

But the decision to move out of one's home and into a retirement community is often complicated and can be fraught with anxiety. Experts in geriatrics say that reasons to relocate to a retirement community usually boil down to three factors: social connections, physical condition and personal safety.

"It's like a trifecta or a three-legged stool. It is hard to be stable if one leg isn't working" said Andrew Carle, an executive-in-residence at George Mason University's program in senior housing administration in Fairfax. "A person might be physically healthy, but if they are isolated in their home and not driving or have lost touch with friends, they could become depressed."

Carle, who has more than 25 years of

"We wish we'd [moved] earlier. You have no idea how much fun it is over here."

— Phyllis Harkin

SEE CHOOSING A HOME, PAGE 4

Diverse Needs, Desires Drive Mobility Solutions

Seniors increasingly seek innovative plans that embrace both the present and the future.

BY JOHN BYRD

Russ Glickman was a traditional full-service remodeler until the late 1990s when he abruptly added a host of accessibility certifications to a long list of building industry credentials. The service extension was less about opportunity than a personal call to apply what he'd learned from personal experience in helping his son, Michael, who was born with cerebral palsy.

"As a professional builder and a parent, I was fascinated with the challenges entailed in helping people with mobility issues make use of their homes, and really eager to absorb the evolving strategies and technologies that were then beginning to evolve," Glickman said. "I spent several years acquiring new certifications while continuing to execute full-scale remodeling projects."

Starting initially as a helpful neighbor with sound advice, Glickman, who has op-

erated Glickman Design Build for more than 30 years, eventually recognized that the demand for accessibility solutions was larger than he had thought.

"I was offering feasibility studies in special needs situations mostly on referral, but the inquiries pretty quickly became about half of my work," he said. "It wasn't that there weren't other practitioners in this field. But I soon discovered that the need for original solutions was as pronounced among people with mobility requirements as it is in remodeling — may be more so."

His conclusion: an accessibility solution that's tailored to an individual is always best, especially when designed to accommodate both current and probable future needs.

"Mastering guidelines and practices specific to a particular condition is a good starting point," Glickman said. "The Americans with Disabilities Act, for instance, publishes recommendations everyone should know.

But the reality is that every disability is also uniquely personal, and every house presents challenges that must be fully understood if a solution is to work well."

On top of this, Glickman said, there are always code and budget issues, emerging technologies and, often, collaborative input from therapists, engineers and other specialists.

In the end, it is field experience that makes a mobility or access solution practical.

"This is an enormous societal issue, with a significant and growing practice literature that must be absorbed," he said. "Having said this, I find that the best solutions arise from effectively collaborating with someone facing challenges who's really passionate about making the most of their situation."

IF THERE'S ONE TREND that's well underway in Northern Virginia, it's that seniors are consistently deciding to age in place — even when a major retrofit is called for.

In McLean, for instance, a retired executive and his wife recently hired Glickman to develop a plan for installing a three-story

elevator in their 10,000-plus-square-foot house. "The owners are in their late 60s, and walking without assistance. The stairs have gradually become a chore, however, a situation that was unlikely to improve."

SEE DIVERSE NEEDS, PAGE 6

Burke
CONNECTION

Senior Living

IS PRODUCED BY
CONNECTION NEWSPAPERS
WWW.CONNECTIONNEWSPAPERS.COM

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

Senior Living

Choosing a Home for the Golden Years

FROM PAGE 3

executive-level senior housing and health care experience, adds that if a person has had a stroke or another condition that affects mobility, living alone is challenging. "If you need assistance with dressing and bathing that would make it difficult for you to stay in your home alone," he said.

Safety issues, such as a risk of falling or medication management, are other reasons that one might not be safe living alone, said Carle. "If you fall and hit your head and nobody comes, you could die," he said. "There is also the medication issue. The average 75-year-old is on between seven to 12 medications each day. The number one cause of hospitalization in people over 75 is medication error. The number one cause of death due to injury in seniors is falls."

Not everyone who leaves their home does so willingly. Gail, who has no children or family in the area and asked that her last name be withheld, moved to Potomac Valley Nursing and Wellness Center in Rockville, Md., after her close friends and a social worker determined that she was not healthy enough to live alone. "I want to go back to my house," she said. "That is where I want to be."

Linda Guly, Ph.D., a professor of psychology at Marymount University in Arlington, who teaches aging psychology, says that despite the amenities and services that make retirement communities a good fit for many people, a feeling of losing the ability to make decisions about one's life makes many seniors resistant to leaving their homes.

"I wanted to move into a community where there were people who had lifestyles that were similar to mine."

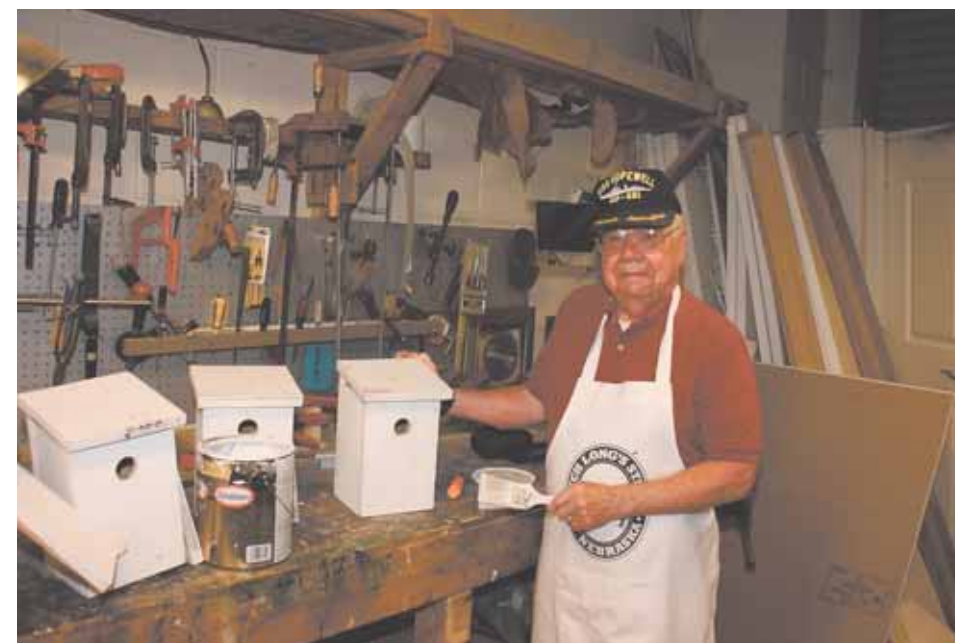
— Kathy Aust

"One of the biggest psychological issues faced by the older person is the feeling they are giving up control of their lives in so many ways and that can be depressing," she said. "Engage the older person in the process as much as possible and respect their choices, whether it is how to decorate their place or what to bring."

Andrew Carle said, "The very best strategy for a resistant parent is respite stay, which is essentially a short-term stay. The family goes on vacation and lets the senior stay at a retirement community for a week or two. It gives the senior a chance to meet the people, eat the food and participate in the activities. Usually after about a week or two the senior realizes that living alone in their home and watching television all day isn't all it is cracked up to be."

WHEN ONE DECIDES that living alone is no longer wise, there are plenty of options. Local retirement communities run the gamut from independent living where a person lives among fellow seniors, but does not need special care, to levels of assisted living. Assisted living facilities provide different levels of care for those who need help with small tasks such as medication administration, to those who need help with daily tasks such as getting dressed or taking a bath. Skilled nursing facilities, where residents have greater medical needs, are another option.

Some facilities such as The Fairfax and the Hermitage in Alexandria, are actually continuing care retirement communities that enable residents to transition from in-



Jim Harkin, a resident of The Fairfax in Fort Belvoir, helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.

dependent living to nursing care in the same facility as conditions change.

"Independent living basically meets a person's social needs," said Carle. "Assisted

living is for people who have physical needs or limitations. I don't think of nursing homes as senior housing. It is long-term health care or for someone who is recover-



Retirement communities like Heritage Hunt Golf and Country Club in Northern Virginia offer seniors options for maintaining an active lifestyle such as indoor and outdoor pools, tennis and golf.

ing from an injury or who needs physical therapy."

Lynette Mitchell, director of marketing and community outreach at The Hermitage, explains that, "We have everything from people who are totally independent to people who need help bathing and dressing. We can deliver all of those services."

Debra Norberg, associate director of marketing at The Hermitage, said that in addition to amenities on campus, which include a game and fitness rooms, there is support throughout the facility.

"There is a community aspect," Norberg said. "If someone doesn't show up for a



John Mutchler



Peg Bixler



Dorothy Lavoie

meal, we notice. We work as a team to make sure we all know the residents, and if they don't show up for something, someone is going to check on them."

Activities as simple as a meal in the dining room can become an opportunity for socializing. "Some of these people were coming from situations where they were isolated," she said. "This is a new chapter in their lives. We try to pair people up and give them a buddy and we have activities every single day of the week."

Many assisted living facilities also offer mental health counseling services. "We have a social work component that deals with the psycho-social issues," said Norberg. "We can provide grief counseling and we have psychiatrists on staff."

"Fox Hill's... amenities, services and fascinating residents all combine to offer a distinctive retirement lifestyle that is both very

attractive and very accessible," said Julie Sabag, director of marketing at Fox Hill, in Bethesda, Md.

Westminster at Lake Ridge in Occoquan, Va., another continuing care retirement community, offers residents an array of activities that run the gamut from performing arts to gardening.

"We have the Westminsters, a choir and the Westphalians, a drama group," said Carolyn Crosby, assistant administrator at Westminster. "We also have a resident garden, which the residents tend themselves. They grow vegetables and leave overflow produce for other residents to take."

SOME RETIREMENT COMMUNITIES, such as Great Falls Assisted Living in Reston, Brightview Senior Living in Great Falls and

SEE CHOOSING A HOME. PAGE 7

Retirement Living Beyond Compare



The Fairfax

Discover a carefree and affordable retirement at The Fairfax. Even if your health needs increase, our costs remain within reach.


Call 703-799-1200 to learn more about our community and to schedule your personal tour.



9140 Belvoir Woods Parkway
Fort Belvoir, VA 22060
TheFairfaxRetirement.com

The Fairfax is an extraordinary community managed by Sunrise Senior Living and developed for the Army Retirement Residence Foundation-Potomac. Ask us how you can live in our community without military affiliation.

lost (adj): 1. unable to find the way. 2. not appreciated or understood. 3. no longer owned or known



Helping Animals Find Their Way Since 2001

Volunteers needed for adoption events, fostering, transportation, adoption center caretaking and more.

Adopt/Donate/Volunteer

www.lostdogandcatrescue.org



Nature.



Nurture.

Where else can you watch deer gather in the morning mist to drink from a tranquil pond, walk a forested trail, the silence only broken by the peaceful sound of birdsong, gather with friends for quiet coffee and conversation on a deck overlooking the lake—and that very evening see The National Ballet or catch a performance by the Fairfax Symphony Orchestra, attend a gallery opening in nearby Georgetown or—catch Redskin fever with family and friends at an exciting NFL game. *That's life at Westminster at Lake Ridge!*

Call 703-496-3440 today to spend a day at Westminster.
Visit us on the web at www.wlrva.org

Westminster at Lake Ridge
Northern Virginia's Best Kept Secret in Retirement Living

12191 Clipper Drive • Lake Ridge, VA 22192
703-496-3440

Diverse Needs, Desires Drive Mobility Solutions

FROM PAGE 3

Since elevator access within the home's existing structure wasn't feasible, Glickman's plan calls for a 60-foot tower designed to house an elevator shaft — a substantial modification that will not be visible from the front facade.

Inside, the tower will connect a finished lower level, a study on the main level and a third floor sitting room. The owners are also considering an option to build-out the fourth floor as a guest room suite, a choice which will entail extending the tower another floor, finishing selected attic rooms and tying off the roof.

The execution is meant to be architecturally seamless, with the tower clad in brick to match the 25-year-old, original masonry. The new roof will then be tied into existing rafters, reframed and reslated.

Not surprisingly, professionals regarded this as a highly specialized assignment.

"There aren't lot of local contractors who could execute a project like this," said Andria Gregory of Area Access, Inc, the firm that will install the elevator inside the new shaft.

"The specifications are always exacting, so it's important to us to work with people who have a track record," Gregory said.

Gregory notes that Glickman's experience in mobility prescription puts him in a selective class. "He's among a handful of our preferred contractors in Northern Virginia," Gregory said. "It's critical to us that the project satisfies the client in every respect."

MEANWHILE, IN ARLINGTON, a mobility plan with incremental components has been implemented in the two-level ranch Jaime and Janice Marquez have occupied for 24 years.

Jaime, 59, who had polio as a child but



A McLean couple in their late-60s had Glickman design a 60-foot 4-level elevator tower on the home's right elevation. The tower will be re-clad in brick that matches the existing masonry and will not be visible from the front facade.

Details

Russ Glickman periodically offers workshops on accessibility solutions for seniors. Visit www.GlickmanDesignBuild.com or call 301-444-4663

walked without assistance for most of his adult life, started intermittently using crutches again about 10 years ago.

"This wasn't a surprise," Janice Marquez said. "The research shows that polio survivors can have increased mobility challenges as they age, so we wanted a wheel-chair friendly plan even though it's not a necessity right now."

The biggest obstacles: a curving, ruggedly-steep front walk that links up with a front stoop; standard-width interior halls and doorways that had proven restrictive; and a back deck inaccessible to Jaime Marquez from the ground.

"It had become difficult for Jaime to negotiate the house on crutches, so we're looking ahead," Janice Marquez said. "Initially, I wasn't sure if we should remain in this house, but I had read about Glickman and decided to get his feedback."

Compounding the "move vs. improve" question was the couple's mutual concern that an accessibility solution might make the house less functional for others, including two daughters away at college who are frequent visitors.

"I've seen accessibility modifications that become obstructive," Janice Marquez said. "I wanted to see if we could make changes that would enhance the property — functionally and aesthetically."

To improve front elevation access, Glickman and team removed the existing front walk, re-graded the front slope so that it rises at the rate of one inch per foot and introduced a "zero step" entry.

Inside, hallways have been widened from 36 inches to 48; doorways from 30 to 36 inches.

To facilitate Jaime Marquez's access between the rear deck and the yard, Glickman designed and constructed a wider, low-rise staircase that accommodates his crutches.

While focused and small-scale, the changes have dramatically improved Jaime Marquez's ability to move freely from driveway to front door and throughout the house. They've also bestowed an unexpected benefit.

"The interior now feels much more spacious," Janice Marquez said, "and the wider doorways allow more natural light."

Also, she notes, the new front walk adds considerable curb appeal. "Honestly," she said, "I wish the walk had been in place when I was still pushing the girls in their stroller. It's just a lot easier for everyone."



When Jaime Marquez began having difficulties getting from the house to the driveway, Glickman Design Build created a graduated front walk for the Arlington family. The new walk rises one inch per foot. The plan included replacing a front stoop with a "zero step" entry and widening interior doors and halls.



The original front walk — which included stairs in several places — was too steep for Jaime, who now requires crutches to get around the house.

OUT IN STERLING, the Saads, both in their mid-60s, asked Glickman for a plan that would make life easier for Mrs. Saad — who recently transitioned to a

wheel-chair — yet would preserve the home's resale value should the couple eventually decide to move to a retirement home.

"It's a three-level single-family home," Glickman said. "So we first looked at options for installing an elevator ... only to find that the space required would obstruct some of the bathroom accessibility benefits Mrs. Saad was seeking."

The couple's desire to stay in place for the near-term, however, soon inspired an alternative vision: convert the 2,000-square-

foot lower level into a four-room suite complete with accessible bath, kitchenette and other amenities.

To facilitate access to the new one-level living area, Glickman designed a lift that connects the first floor to the new suite. Top level bedrooms are now reserved for guests and storage.

To make it easier to see who has come to call, the home's front door has been equipped with a security camera linked to the couple's laptop.

"Our goal was to satisfy immediate needs while implementing a makeover that will add resale value," Glickman said. "In this sense, the house has simply been redefined as a traditional single family home that includes a full-size in-law suite. It's a very marketable improvement, yet meets all the present requirements."

PHOTOS COURTESY OF HOME FRONTS NEWS



Arlington seniors Jaime Marquez and Janice Shack-Marquez on their newly designed accessible front walk.

Choosing a Home for the Golden Years

FROM PAGE 5

Sunrise At Fox Hill in Bethesda, Md., also offer memory care services for those with illnesses such as Alzheimer's disease and dementia.

Peg Bixler, an assisted living resident at The Hermitage, said her doctor advised her that she should not live alone anymore. "And I didn't want to be a burden to my children," Bixler, a retired oncology nurse, added. "I do miss my career and I miss traveling, but I've traveled all over the world."

Bixler says living in an assisted living community allows her to maintain an active lifestyle and avoid isolation and loneliness while still getting the help that she needs. She volunteers in the gift shop of the John F. Kennedy Center for the Performing Arts in Washington, and for the USO at Washington Reagan National Airport, greeting veterans and passing out flags.

"I'm busy 24 hours a day. I get out and walk every single day," said Bixler. "I do a lot of reading. You socialize at meals here. I go out when they go on the shopping trips, which gets you out and about."

Most importantly, said Bixler, she's still able to live in close proximity to her family, which includes a daughter who lives in Alexandria and a son who lives in Maryland.

She also has a son in Pennsylvania and a daughter in Maine.

While Bixler has remained near her family, relocating from a different state to be close to family as one ages is also a common choice. That was the case for 93-year-old Dorothy Lavoie, another resident of The Hermitage. "I don't have any children, but I am close to my niece" said Lavoie, a former nurse who served in World War II and the Korean War. "I was living in California, and my niece who lived here wanted me to live near her."

Another Hermitage resident, John Mutchler, a retired chemist who has a daughter in Arlington, and a twin sister in Alexandria, moved from New Jersey to Alexandria to be closer to his family. "It is no problem for me to visit with my family often, which is nice for me," he said. "I keep busy here. I am the chairman of the executive committee. I am also a member of the poetry group where we read poetry every week. I am a member of the current events group."

"It is a great way to retire and a great way to live," said Jarad Smith, director of marketing and sales at The Fairfax. "Clients want to be active, social and in a safe environment. As I walk around, I see residents play poker or bridge. We're on 60 acres. There are a lot of nature trails."



PHOTO COURTESY OF FOX HILL

Retirement communities such as Bethesda's Fox Hill, a gated luxury retirement community for those aged 60 and above, offers independent living condominium ownership, as well as access to assisted living and memory care.

FROM PAGE 2

Community Center, 3304 S. Stafford St., Arlington (enter from Quaker Lane on 33rd St.). Discuss aging issues with Arlington's and Alexandria's Virginia General Assembly candidates from House Districts 45-49, including 45: Rob Krupicka*, Jeffrey Engle; 46: Charniele Herring*; 47: Patrick Hope*, Laura Delhomme; 48: Bob Brink*; and 49: Alfonso Lopez*, Terrence Modglin (* Incumbents). Contact the Arlington Agency on Aging via e-mail ArIAAA@arlingtonva.us or by phone at 703-228-1700.

THURSDAY/OCT. 31

Family Caregiver Seminars. Noon-1 p.m. "When Home is No Longer an Option" — webinar, meet by computer or telephone. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

THURSDAY/NOV. 7

Family Caregiver Seminars. 3-4:30 p.m. at Kingstowne Library, 6500 Landsdowne Centre, Alexandria. "Behavior as Communication in Alzheimer's Disease." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/NOV. 13

Family Caregiver Seminars. 7-8:30 p.m. at Alzheimer's Association, National Capital Area Chapter, 3701 Pender Drive, Suite 400, Fairfax. "Strategies for Difficult Conversations." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

THURSDAY/NOV. 14

Family Caregiver Seminars. 7-8:30 p.m. at Dolley Madison Library, 1244

Oak Ridge Ave., McLean. "Legal Tools for Caregivers." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/NOV. 20

Family Caregiver Seminars. Noon-1 p.m. "Tools for Caregivers" — webinar, meet by computer or telephone. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

MONDAY/NOV. 18

Family Caregiver Seminars. 7-8:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. "Caregiving 101." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

DOLLAR DAYS At D.R. Horton THIS MONTH!

Across the entire country, D.R. Horton® builds more homes annually than any other homebuilder. As the largest homebuilder, we take pride in also being America's #1 builder for 11 years in a row.* American quality, value, beauty and durability are alive and well in the Nation's Capital. Better prices, better homes, better life.



LEE'S PARKE IN FREDERICKSBURG

55+ Active Adult Community from the \$300's!

- Low Maintenance Living with Luxurious Open Floorplans
- Convenient to I-95 and Historic Downtown Fredericksburg

Phone: 540.710.5590

To Visit: From 95-South, take Exit 126 for US-1/US-17 S. toward Spotsylvania. Turn right onto US-1/US-17 S. (Jefferson Davis Hwy.). Turn right onto Spotsylvania County Pkwy. to second right on Balls Bluff Rd. Take the first right on Big Bethel Road to Model. 9727 Big Bethel Road, Fredericksburg, VA 22407.

Community open Mon. 1pm-6pm, Tues. - Sat. 10am - 6pm and Sun. 12pm - 6pm.



D·R·HORTON®
America's Builder



*Prices, specifications, delivery dates and availability are subject to change without notice or obligation. Furnishings not included. Terms and conditions subject to credit approval, market changes and availability. ** See Community Sales Manager for details and restrictions. Options are available per plan on to-be-built homes in D.R. Horton's Virginia, Maryland and Delaware communities only. Promotion only applicable to valid contracts written prior to October 31, 2013 which are signed by D.R. Horton and close. Use of this incentive with any other customer incentive is solely at the discretion of D.R. Horton. Subject to change without notice or obligation. *As ranked by Builder Magazine. MHBR #535

DRHorton.com/VA





Don't let joint pain slow you down.

You have options.

JOINT REPLACEMENT SURGERY
may be a complete solution to get you back
on the right track.

If aches and pain in your muscles, bones or deep in your joints are holding you back from your daily activities, our orthopedic specialists can help. From innovative technologies, diagnostic assessments, surgical and non-surgical treatments and rehabilitation therapies, our team works to develop a treatment plan specifically designed for you. Sentara provides orthopedic treatment for fractures, sports medicine injuries, bone and joint disease.



SENTARA®
H E A L T H C A R E

Sentara Northern Virginia Medical Center

ORTHOPEDICS

1-800-SENTARA
Sentara.com/NorthernVirginia