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Fairfax Connection Editor Kemal Kurspahic 703-778-9414 or south@connectionnewspapers.com

a profound, negative effect on

children: 1-year-olds get the

most harm from witnessing or

being in an abusive environment. They learn that domes-

tic violence is the norm," he

said. "One of our goals is to reach out to the people who are

the first line of contact like

coaches, teachers, daycare

workers, so they can recognize

the signs of children at risk and

Another agency with repre-

sentatives on hand is tackling

the problem from a different

angle. Anger and Domestic

Abuse Prevention and Treat-

ment (ADAPT), under the aus-

pices of the Fairfax County Of-

fice for Women and Domestic

and Sexual Violence Services

(OWDSVS), works with the

offenders to help them deal

with their own issues and learn

to regulate their violent behav-

iors. Sam Bachman from ADAPT is ready to speak quite

passionately about this batterer

intervention program. "With

know how to help."

News

The CASA crew. From left-Joan Fisher, CASA volunteer, Mindy Stewart, volunteer supervisor, Lisa Banks, executive director, Elisa Kosarin, associate director, Recruitment and Training. One common denominator among these womenthey all started as volunteer advocates for children in the court system as the result of neglect or abuse.



PHOTOS BY
ANDREA WORKER/

Forum Highlights Domestic Violence

Cook holds gathering to "Stop the Silence—End the Violence."

By Andrea Worker The Connection

ct. 17. The back patio at Kilroy's Restaurant and Sports Bar on Port Royal Road in Springfield was the scene of a gathering described by host Fairfax County Supervisor John C. Cook (R- Braddock), as "part of an effort to shine the light on the oft-hidden and denied blight on our families ... of domestic violence." Cook was appointed by the Board of Supervisors in February to be their liaison to the Domestic Violence Prevention, Policy and Coordinating Council. "The name may be a mouthful," admitted Cook in an interview during the event, "but the people you need to get things done are all right in the room," he said. "This group gets things done."

Several government agencies and non-profits in the county work to alleviate this problem and to provide assistance to the victims, but on this occasion, Cook was partnering with two in particular—Shelter House and CASA. Shelter House is the organization that runs Artemis House, the county's only emergency shelter for people fleeing domestic violence and human trafficking. Fairfax CASA, which stands for Court Appointed Special Advocates, is the volunteer group whose trained caseworkers advocate for neglected and/or abused children as they interact with the court system. Staff from both organizations were on hand and more than willing to talk about the problem of domestic violence and how they are House. involved in the efforts to break what is all-too-often a cycle of abuse.

"And that's just it," stated Cook. "We need to get down to the roots of the problem, not just deal with the aftermath. Even witnessing domestic violence has



Supervisor John C. Cook (R-Braddock) is the board's liaison to the Domestic Violence Prevention, Policy and Coordinating Council. In this capacity, Cook organized a gathering to highlight the problems, bringing involved agencies together in a public forum.

programs like these," said Bachman, the national recidivism rate ranges from 24-50 percent. Our program has a 7 percent rate of repeat offenders. We even have one counselor who was an offender himself 20 years ago." Kathleen Kelmelis, program manager for the OWDSVSA, added that one of the program graduates has come back to the counseling sessions voluntarily when "he felt himself slipping back into the old bad ways."

The evening included live music to entertain the attendees. Supervisor Cook expressed his gratitude for the generosity of the Kilroy's management for hosting the event and donating 10 percent of the evening's food sales to the CASA and to Shelter House.

"Let's all get involved," said Cook. "Stop the silence to end the violence."

A list of domestic violence resources is available at the Fairfax County government website, www.fairfaxcounty.gov/domesticviolence.



Fairfax County Board of Supervisors Chairman Sharon Bulova, Jubilee Co-Chair Pamela McCarthy (behind Sharon Bulova), Fairfax Library Foundation Board of Directors Chair Brian Engler and Jubilee Co-Chair Ilyse Gart.

Fairfax Library Foundation's Jubilee Raises \$110,000

A Library Jubilee is Fairfax Library Foundation's benefit event to help keep Fairfax libraries some of the nation's best. At their fifth annual daylight soiree, held Saturday, Oct. 5 at Burke Centre Library, the group netted \$110,000 with their lineup of authors and speakers.

Among those present were Shari Randall, author of the short story "Keep it Simple" which appeared in "Chesapeake Crimes: This Job is Murder"; Ellen Crosby, author of "The Wine Country Mysteries" series; Donna Andrews, who wrote the "Meg Langslow" series and the

"Turning Hopper" series; Andy Jampoler, author of "The Last Lincoln Conspirator"; and RADM Terry McKnight USN (Ret.), author of "Pirate Alley: Commanding Task Force 151 Off Somalia"; Alethea Kontis, author of the "Wood Cutter" series and the "AlphaOops!" series; and Barb Goffman, author of several short stories and collection of short stories titled, "Don't Get Mad, Get Even."

Chairman Bulova spoke and Sup. John Cook attended. Other honorable guests included councilmember Michael DeMarco and Hon. Mark D. Sickles.



Judy Hubka (community relations advisor at ExxonMobil) checks in two Jubilee attendees at the Saturday, Oct. 5 event to benefit Fairfax County Libraries.

News

Denim Do-gooders Help Put Zip on Homelessness

Deltek hosts "challenge breakfast" to turn \$5 into \$25,000.

> By Victoria Ross The Connection

asual Friday got a twist on Friday, Oct. 18, as thousands of employees throughout Fairfax County became denim do-gooders by throwing on a pair of jeans to help prevent and end homelessness.

Deltek, Inc., the Herndon-based global software and information solutions company, kicked off the third annual Jeans Day in Fairfax County by hosting a fundraising breakfast. The company, founded in 1983 by Don deLaski and his son Kenneth, hosted one of the first Jeans Day events in Fairfax County.

"Jeans Day is a fun, easy way to spread awareness of homelessness in Fairfax County and engage your team while giving back."

> - Kathy Albarado, **CEO of Helios HR in Reston**

"We were excited to see Deltek host this challenge breakfast that welcomed businesses, nonprofits and other community leaders interested in helping to make jeans day a huge success this year," said Dean Klein, director of Fairfax County's Office to Prevent and End Homelessness (OPEH). "Even though we continue to have great support from longtime supporters, we also saw so much energy and enthusiasm from new partners."

Launched in 2011 by OPEH, Jeans Day is a popular fundraiser for homelessness and other causes nationwide. Companies invite employees to wear their jeans to work in exchange for a \$5 contribution to fight homelessness. Since 2011, Jeans Day has involved more than 200 organizations representing more than 10,000 employees.

Jeans Day 2013 was hosted by The Fairfax County Chamber of Commerce, in partnership with the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness, The Connection Newspapers and Apple Federal Credit Union.

This year, Jeans Day participants had a special challenge, and an opportunity to turn \$5 contributions into \$25,000.



Deltek staff with Board of Supervisors Chairman Sharon Bulova and other Jeans Day sponsors supporters.

"We were selected to receive a \$25,000 Challenge grant from the Phillip Graham Fund to support the 3rd Annual Jeans Day event," Klein said. "This exciting grant helped us

challenge businesses, schools, faith groups and individuals to help us to meet a larger goal of \$25,000."

When the county meets its \$25,000 goal, the Phillip Graham Fund will provide a matching \$25,000, according to Ted Lutz, a member of the governing board of the Fairfax-Falls Church Community Partnership to Prevent and End Homelessness and the Phillip Graham Fund.

Nearly 3,000 children, women and men face homelessness and the threat of severe temperatures and hunger today in the Fairfax County-Falls Church community. The majority of people without homes in the community are children and working families. Homelessness affects

everyone, with social and economic costs to the community, including increased public costs for medical care and education.

"The need is so great in our community," said Kathy Albarado, CEO of Helios HR in

Members and staff of Our Daily Bread, a Fairfax County volunteer-based organization focused on easing the plight of low-income residents, show off their Jeans Days spirit.

Рното CONTRIBUTED

Reston. "Jeans Day is a fun, easy way to spread awareness of homelessness in Fairfax County and engage your team while giving back. Think about the impact we could make if everyone collectively wore their

favorite pair of jeans on Jeans Day."

"We applaud Helios HR for stepping up to support the great work to end homelessness that has already been so successful in our community," said Fairfax Chamber President & CEO Jim Corcoran. "Northern Virginia organizations like Helios step up every day to support our community in many ways, but we're especially excited about this opportunity because it's a chance for their employees to get involved directly.'

"I am so pleased to see how many individuals and businesses have signed on to help us in our fight to end homelessness," said Fairfax County Board of Supervisors Chairman Sharon Bulova. "I continue to urge those who have not already committed to take this simple and fun opportunity to help us assist those in need. As we continue to work together, I feel confident that we will be able to prevent and end homelessness as we know it in the Fairfax-Falls Church community." For more information about homelessness in Fairfax County, go to http:// www.fairfaxcounty.gov/homeless/.

Turn \$5 into \$25,000

Interested organizations can continue to donate to the Jeans Day initiative through Dec. 15. And individuals who wish to take part in this initiative may donate online via Apple Federal Credit Union or drop off a donation at any Apple Federal Credit Union

3 WAYS TO DONATE:

Online

Donate online through Jeans Day 2013 financial partner, Apple Federal Credit Union. Can't access or don't have a Facebook page? Donate directly to the Apple Federal Credit account. through the Apple FCU Foundation.

❖ Cash

Cash donations will be accepted at any of Apple Federal Credit Union's branch locations. Mention "Ending Homelessness in Fairfax County" to the teller at the time of

Checks will be accepted at any of Apple Federal Credit Union's branch locations. Make checks made payable to PEH/CFNCR and mention "Ending Homelessness in Fairfax County" to the teller at the time of deposit.

One may also mail checks or money orders

The Community Foundation for the National Capital Region 1201 15th Street NW, Suite 420 Washington, DC 20005 For all checks, reference "Homelessness" in

* Where are the donations going? All funds raised go directly to the Partner-

ship to Prevent and End Homelessness. This fund not only supports rapid re-housing activities, but also provides resources that tackle multiple prevention issues.

WEEK IN FAIRFAX

Candle Causes House Fire

A house fire early Sunday morning in the Fairfax Center area displaced three people and caused an estimated \$250,000 damage. Fairfax County Fire and Rescue Department units responded to a single-family townhouse at 1181 Laurel Lake Square, on Oct. 20, around 3:20 a.m.

Firefighters encountered heavy smoke and fire coming from the first floor and garage area of the middle unit, three-story townhouse upon arrival. As the flames were spreading to the second floor, they conducted an aggressive attack and brought the blaze under control in approximately 15 minutes.

The three adults that were home when the fire began escaped unharmed and were assisted by the Red Cross. No one was injured. According to fire investigators, the fire was accidental and was caused by an unattended candle in the basement.

Goblin Gallop Is Sunday

The 20th annual Goblin Gallop 5K race, walk and 1K fun run will be held Sunday, Oct. 27, at 8:30 a.m., at the Fairfax Corner Shopping Center. Many participants and onlookers wear Halloween costumes; and afterward, there are prizes, refreshments, a costume contest, live music and a moonbounce.

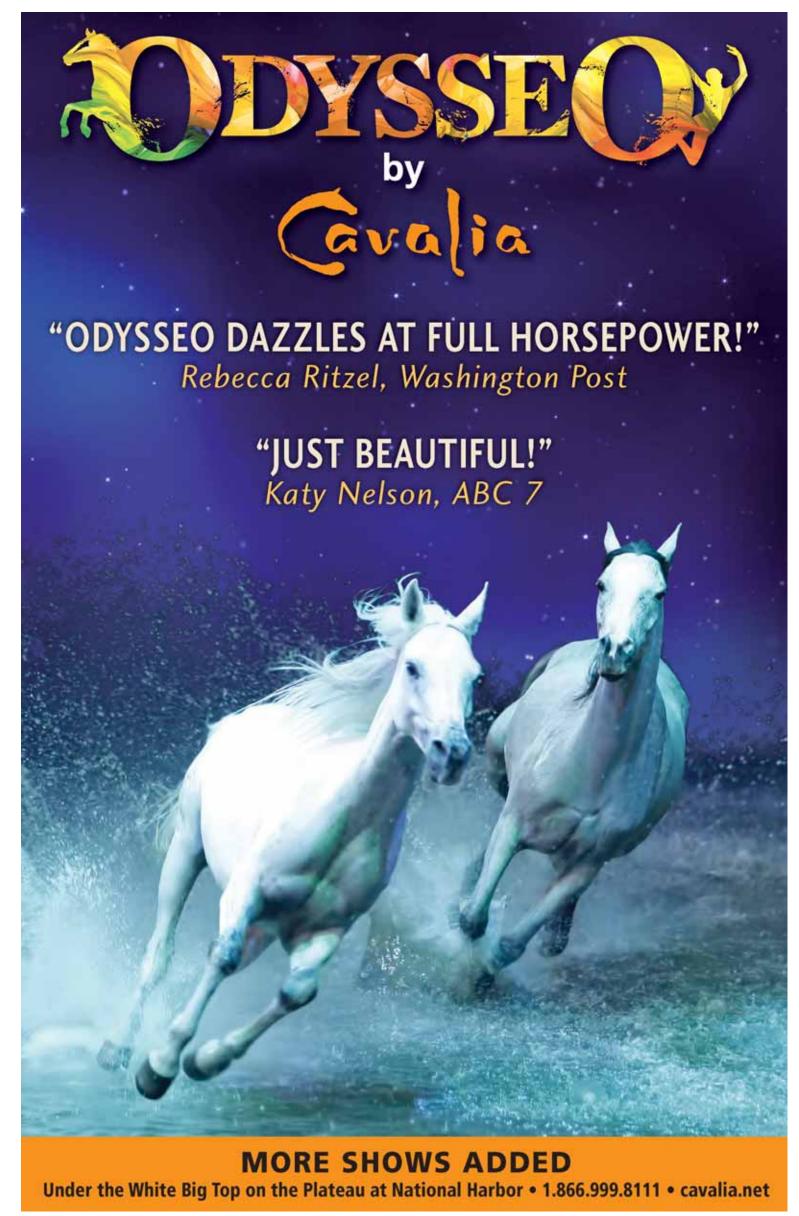
Rain or shine, the race begins and ends in front of Coastal Flats restaurant; participants receive commemorative T-shirts. Online registration at www.goblingallop.org remains open until race time. All proceeds go to the John Quadrino Foundation to Benefit Children with Cancer.

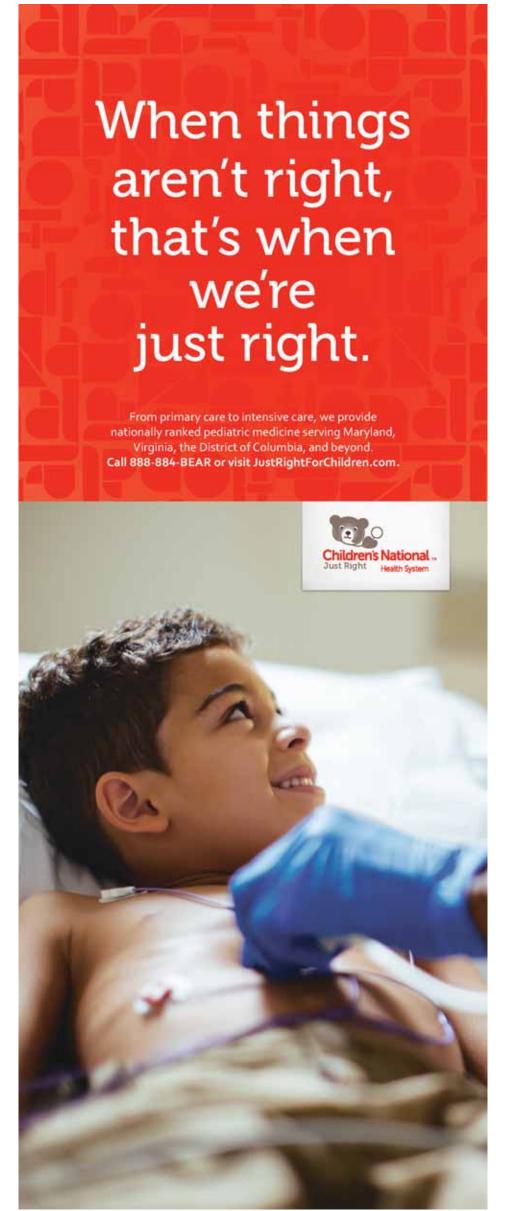
Meow-loween at Animal Shelter

In the spirit of Halloween, the Fairfax County Animal Shelter is celebrating "Meow-loween" with programs, activities and half-off cat-adoption fees throughout October. Adoptees will receive a free bag of treats and goodies for new feline family members. And on "Feline Fridays" this month, all adult cats are just \$5.

This weekend, Oct. 25-27, adoption fees on dogs and cats over age 3 will be waived. There'll be games, prizes and spooky, handson fun for families, plus guinea pig and rabbit-petting stations, a

SEE WEEK, PAGE 7





News



(From left) are BethAnn Telford, David Cook, Madeleine Baet and Jake Turner at the Race for Hope in May.

'As Long As I'm Able to Run ...'

Telford preps for Marine Corps Marathon and "Over the Edge."

By Bonnie Hobbs The Connection

BethAnn Telford has a brain tumor, but it doesn't have her. Through the pain, the medication, the bad days and the setbacks, she not only keeps on going, she rises above it all and shines.

Besides working full time, she participates in marathons and endurance events to raise money for others, especially children, who also have brain cancer. This Sunday, Oct. 27, she'll run in the Marine Corps Marathon in Washington, D.C.; and two weeks later, she'll rappel down a 40-story building in San Diego.

"This will be my 12th Marine Corps Marathon in a row," said the Fair Lakes resident. "It was after I ran it in 2005 that I was diagnosed. So I can't stop running it because I don't want cancer to beat me. As long as I'm able to run, I'll continue running this marathon." Telford's trying to raise as much money as she can for Accelerate Brain Cancer Cure via her nonprofit fund-raising organization, Team BT. ABCC's mission is to invest in research aimed at finding the fastest possible route to a cure.

LAST SUNDAY, Oct. 20, she ran the Army 10-Miler in honor of America's military veterans and as a training run for the upcoming marathon. She also does Bikram hot yoga, which helps her mentally and physically, and runs three days a week, about 40 miles total, besides doing abdominal exercises to keep her stomach strong.

The Marine Corps Marathon raises money

for various charities, and Telford will be one of 10 people participating in it for ABCC. "I'll be running for 26 kids who've either died or are very sick from brain tumors," she said. "It's 26.2 miles, and the last .2 mile is for children with all types of cancer."

It's the first time Telford's run in honor of so many people, and the event organizers gave her 26 coach's bibs so 26 people may run alongside her to assist her during the run "to help me get through this," she said. "And each one of the 26 children I'm running for will have someone running for them."

Except for mile 13 at Haines Point; there—where Telford first got sick in 2005—Jake Turner, one of the children she's running for, will join her to run a mile. And that, she said, is "truly special."

After undergoing major bladder surgery last year, said Telford, "On the whole, I feel good. The bladder's holding up pretty well, and I'm being careful and listening to my body and my doctors. On days when I'm in a lot of pain, I just cut back and rest."

Six days after the marathon, she'll leave for San Diego for an event called Over the Edge. It, too, will raise money for Accelerated Brain Cancer Cure, and participants will include American Idol David Cook, whose brother died of a brain tumor.

While there, Telford will visit some schools to discuss her experiences during the October 2012 Ironman World Championship in Kona, Hawaii, where she swam 2.4 miles, bicycled 112 miles and ran 26.2-miles. She'll also share her journey battling brain cancer with the students.

Then on Nov. 9, she'll rappel off the ocean side of the 40-story, Manchester Grand Hyatt Hotel in the appropriately named Over the Edge event. She's doing it in honor of two girls with brain tumors, Madeleine

SEE TELFORD, PAGE 9

WEEK IN FAIRFAX

From Page 5

haunted cat-condo-decorating contest and trick-or-treating for shelter pets.

Dispose of Old Medications

City of Fairfax police, in cooperation with the U. S. Drug Enforcement Administration, will collect unused and unwanted prescription drugs on Saturday, Oct. 26. It's part of national Drug Take-Back Day. People with unused and unwanted prescription drugs may turn them in at two different locations.

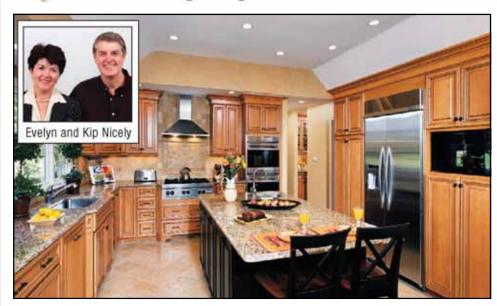
They'll be collected from 10 a.m.-2 p.m. in the lobby of police headquarters at 3730 Old Lee Highway or may be given to a police officer stationed outside the CVS Pharmacy at 10090 Fairfax Blvd. from 10 a.m.-1:45 p.m. Over-the-counter medications also will be accepted.

Drop-off is anonymous, and no identification or prescription information is required. It's requested that no liquids, needles or other sharp object objects be included in the items turned in. Disposal of medications is a national concern, with reports of prescription drug chemicals found in some water sources and leaching out of landfills.

3

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The American Institute of Architects (AIA)
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The National Association of Remodeling Industry (NARI)
The Better Business Bureau of Washington, D.C. (BBB)



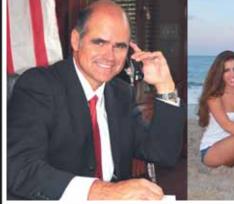
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OPINION

Halloween Party Safety Net

EDITORIAL

Make plans for a safe celebration; SoberRide safety net for those over 21.

alloween is now a major holiday for adults, especially young adults, and also one of the major holidays each year that involve partying with alcohol and the risks of drinking and driving.

The Washington Regional Alcohol Project offers the SoberRide program for the holiday season from Christmas and holiday parties through New Years Day, Saint Patrick's

Day, Independence Day and Halloween, providing a safety net of a free cab ride home (up to \$30) to keep wouldbe drunk drivers off the roads.

Of course if you, or the young adults you know, plan to be out for Halloween celebrations that will almost certainly include alcohol, make a plan now to do that partying within walking distance, near public transportation or to have a reliable designated driver.

But if someone finds themselves without safe and sober way home, the 2013 Halloween SoberRide program will be offered from 10 p.m., Thursday, Oct. 31 until 4 a.m., Friday, Nov. 1.

To receive a free cab ride home (up to a \$30 fare), call 800-200-8294 (TAXI). AT&T customers may dial #WRAP from their wireless phones. To use the SoberRide service, you must be 21 or older.

Parents of teens who will be headed to par-

ties on Halloween and the weekend after should know that it is likely those parties will include alcohol. Parents must be brave and talk to their teens

about how they will get home safely since SoberRide is not available for anyone under-

Remember that there are other hazards to drinking too much besides the risks of drinking and driving.

— Mary Kimm,

MKIMM@CONNECTIONNEWSPAPERS.COM

Weekly Reminder To Vote

Election Day is Tuesday, Nov. 5., less than two weeks away.

Most voters qualify to vote early, called voting "absentee in person," for a variety a reasons, and can do so until Saturday, Nov. 3.

Contact

Fairfax County Board of Elections, 703-222-0776, www.fairfaxcounty.gov/eb/, 12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

City of Fairfax General Registrar, 703-385-7890, http://www.fairfaxva.gov/Registrar/ GeneralRegistrar.asp, 10455 Armstrong Street, Sisson House, Fairfax, 22030; FAX 703-591-8364; email kevin.linehan@fairfaxva.gov

State Board of Elections, 804-864-8901 Toll Free: 800-552-9745 FAX: 804-371-0194, email: info@sbe.virginia.gov,http:// www.sbe.virginia.gov/cms, Voter_Information/Index.html

The Damage Is Already Done

BY GERRY CONNOLLY U.S. Representative (D-11)

hose who cannot learn from history are doomed to repeat it" was sage advice from the philosopher George Santayana.

Nothing more aptly characterizes the recent actions of the Republican majority in the U.S. House of Representatives. The scene that played out on Capitol Hill over the last few weeks was shameful and dangerous, but sadly, not unprecedented. Unfortunately, unwillingness to compromise has become a hallmark of House Republicans.

For too long, the House majority held the American public and economy hostage — and for what? They refused to accept the Affordable Care Act as the law of the land, even after they tried to defeat the ACA in Congress, in the Supreme Court, and at the ballot box. Each time, with each challenge, the law was upheld.

Can the ACA be improved? Yes, and I am eager to join my col- hit home. leagues in working to that end. But is it worth shutting down the government, forcing dedicated public servants and private sector employees to stay home from work without pay, and threatening our economy? Absolutely not.



Though shutdown may be over, the damage has been done.

The pain inflicted is real and was felt across the country. It meant delays in processing veterans' benefits, federal small

business loans, and new social security claims. It threatened national security, public health and NIH research. National parks were shuttered and confidence in the American political system was

No state was hit harder than Virginia, where 25 percent of our commonwealth's entire economy is tied to federal spending.

Across Fairfax and Prince William, I heard from many of those affected by this shutdown. Whether it was the 12-year-old boy worried because his mom was furloughed or the stressed homeowner with two furloughed family members struggling to figure out how they would make it through the month, their stories

The private sector was not spared either. I heard from federal contractors, laid off or forced to use leave time because of suspended contracts, which will likely never be made whole. I heard from the region's chambers of com-

the merce and other business leaders about the effects on their company employees and Northern Virginia's economy.

> It is estimated that the shutdown cost Virginia's economy more than \$200 million a day. That's \$1 billion a week. All of this pain could have been avoided entirely if the House Republican majority had allowed an up-or-down vote on the clean funding bill passed by the Senate. A bipartisan majority of Virginia's congressional delegation supported it — and it would have passed the House with strong support from both sides of the aisle.

> As if the shutdown wasn't bad enough, Republican leadership allowed the debate over funding the government to spill into debt ceiling negotiations. Recent history has shown us there are real consequences to threatening the full faith and credit of the United States, both in terms of our national economy and the world

I hoped my colleagues in Congress might have learned from that experience. But once again, we heard calls from tea party Republicans that "default wouldn't be that bad," or as one conservative congressman shockingly remarked, "I think... it [default] would bring stability to the markets."

I worked with a group of pro-

business Democrats to reach out to moderate Republicans to see if we could forge a path forward. We had a plan, but it was rejected by House Republican leaders.

Even when a bipartisan compromise seemed to be coming together in the Senate, some House Republicans refused to take yes for an answer, resulting in bond rating houses putting the United States debt on "rating watch negative." The House majority's rhetoric, and the very real threat of default, has jeopardized our standing in the world as international financial markets secondguess the long-held reliability and safety of American treasury bonds. The antics of the last few weeks will have long-lasting effects on the American economy and public confidence in govern-

But even on the heels of this latest in a series of manufactured crises, I choose to find a silver lining. At the very least, I hope my colleagues will learn from their past mistakes so we aren't doomed to repeat them.

In the coming months, as we work towards a larger budget framework that replaces the draconian cuts from sequestration, we must stop playing politics with the American people and the economy, and instead, find real bipartisan solutions. America deserves better.

■ Fairfax

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NEWS DEPARTMENT: To discuss ideas and concerns, Call: 703-778-9410 e-mail:

fairfax@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

Bonnie Hobbs

Community Reporter 703-778-9438 south@connectionnewspapers.com

Jon Roetman

Sports Editor 703-778-9410 jroetman@connectionnewspapers.com

ADVERTISING:

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

Debbie Funk

Display Advertising/National Sales 703-778-9444 debfunk@connectionnewspapers.com

Karen WashburnDisplay Advertising, 703-778-9422 kwashburn@connectionnewspapers.com

Andrea Smith

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

Editor & Publisher

Mary Kimm 703-778-9433 mkimm@connectionnewspapers.com@MaryKimm

Executive Vice President

Jerry Vernon jvernon@connectionnewspapers.com

Editor in Chief Steven Mauren

Managing Editor **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 jtheismann@connectionnewspapers.com @TheismannMedia

CIRCULATION: 703-778-9427 **Circulation Manager:** Ann Oliver

circulation@connectionnewspapers.com





News

Telford to Go 'Over the Edge'

Baet, 11, of Manassas, and Anya Zvorsky, 10, of her hometown in Pennsylvania.

"Going over the edge is the least I can do for a child suffering from **TO CONTRIBUTE** to her brain cancer," explained Telford. "It'll probably take between a half hour and one hour to get from top to bottom of the building. And although I'm afraid of heights—if I

can get it together, set my fear the most extreme and adrenalineaside and do it—it'll be my way of showing these children that anything is possible."

fundraising efforts for either this event or the marathon, go to www.teambt.org, which has a link to the ABCC website.

pumping event, yet," said Telford. "But every day, these children face challenges in their lives. And even though I'm trying to fight brain cancer, myself, I'm willing to go over the edge to help them fight it. Brain tumors are the numberone cancer killer of people 20 and below, so it's important to raise "I think Over the Edge will be money and awareness of this."



Beth Ann Telford with (from left) Madeleine Baet and Anya Zvorsky.



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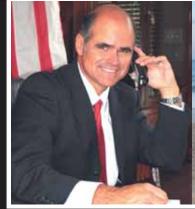
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"Mr. Wolfe displayed to us a wealth of knowledge that he has gained from his years of law enforcement service. Mr. Wolfe demonstrated a clear understanding of the issues that are important to our law enforcement professionals in Fairfax ." —Fairfax County Chapter President Joe Woloszyn

NOVEMBER 5TH

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Congressman

City of Fairfax Band to Present Tell Me a Story'

Oct. 26 concert aims to engage more of the community.

By Tim Peterson

o kick off the holiday season for the City of Fairfax Band, director Robert Pouliot chose an exciting program of pieces that all "tell a story" for the ensemble's Saturday, Oct. 26, concert at Fairfax High School.

"I'm the kind of person that my favorite name suggests. program I'm conducting is the one I'm doing right now," said Pouliot, who was appointed as music director in 1994.

The program will be hosted by longtime band collaborator Rich Kleinfeldt, and begins with the wind band standard "Hobbits" movement from Johan de Meij's "Symphony No. 1, Lord of the Rings." Next on the bill is "A Symphony of Fables" by Julie NOW IN ITS 44TH SEASON, the City of Giroux, "L'Apprenti Sorcier" (The Sorcerer's Fairfax Band is known for such unique twists Apprentice) by Paul Dukas, "Songs of in their concerts, which otherwise feature Abelard" by Norman Dello Joio and "Jeristrong musicianship and creative program-

cho" by Morton Gould

Peter Jackson's latest Hollywood epic tiein for "Hobbits" makes it an obvious choice for the program titled "Tell Me a Story: A Collection of Musical Tales." And "The Sorcerer's Apprentice" typically "has a big go around this time of year," said Pouliot. "That will just be a lot of fun."

The works by Gould and Dello Joio are in tribute to the composers sharing a centennial celebration: "Songs of Abelard" features soloist Kate Campbell Deglans and tells the 12th-century French legend of Héloïse and Abelard, while "Jericho" ventures further back to Biblical times, as the

The Giroux symphony brings to life fables from the Brothers Grimm and Aesop—including "The Lion and the Mouse" and "The Pied Piper of Hamelin"—and should delight concert-goers with visual projections that accompany the music and help tell the sto-

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ming. The band association has grown ex- was a smaller town," said Pouliot, "and the to. "It's a place to keep playing," ponentially from its 1969 origins as a city band made up mostly of Fairfax High School students under the direction of Matt Hynes.

"Some of us have been together 30 years, and all know each other. People really don't leave the band. They either move, change jobs or die. They play until they can't do it anymore."

—Fairfax resident Daria Parrell musicians.

But even with the addition of eight other ensembles—including the more recent Main Street Community Band and Northern Virginia Youth Winds—the organization is still trying to keep pace with the growth of Fairfax itself.

whole area was less epic. We were more like Parrell said. "We need community a lot of typical town bands. We were very bands. They reinforce the idea of popular with the very local people right here.

"As we've had this influx of people," he continued, "we need to get those new SO POULIOT AND COMPANY people back in. It's been a struggle to keep

Longtime Fairfax resident Daria Parrell joined the band while still in high school in 1969. "At first it really was people from close custom-arranged pieces for the by," she said. "But as the band gained notoriety, it started attracting people who would come from Maryland and D.C. to play."

She and husband Rick are still in the band ("It's the one thing we've done together all poser Randol Alan Bass. these decades") today, and attribute the group's longevity to its core of dedicated

"This band still has a heart," said Parrell. "Some of us have been together 30 years, bands do their big Christmas proand all know each other. People really don't leave the band. They either move, change jobs or die. They play until they can't do it

Though she doesn't believe the mission of the band has changed, its message doesn't "There was a time in the past when Fairfax reach the large percentage of Fairfax it used going against the grain with that

look to stand out in any way possible, including playing and commissioning new music. Their annual Christmas concert will feature band to partner with the Fairfax Choral Society, as well as a new setting of "Twas the Night Before Christmas" by Texas-based com-

"There are so many Christmas concerts around here," said Pouliot. "You can go to any school's holiday celebration, all the service grams—we have to do something

For the band's March 22, 2014 concert, Pouliot made an unusual choice to perform an all-George Gershwin program. "I'm kind of

Where and When

"Tell Me a Story: A Collection of Musical Tales" takes place at 8 p.m. on Saturday, Oct. 26 at Fairfax High School. Tickets are \$15 for adults and \$10 for seniors. Students under 18 years old receive free admission

with a lot of people," he said. "But it's great music. I don't care that Gershwin didn't ever write a band piece. I just know that he wrote some great music, and we're going to play a lot of it."

They're also working to broaden the band's geographic appeal by adding performances at other venues, such as George Mason's Center for the Arts. In late March, 2014, the band will travel to Allentown, Pa. to perform at the 36th annual National Band Convention.

"We were just informed last week that we were selected for that," said Pouliot. "The band's very excited." It's an excitement band members are hoping to share with more local residents than ever over



directs the City of Fairfax Band in a rehearsal at Washington Irving Middle School in Springfield.

Robert Pouliot



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The band and color guard perform at the Bands of America competition at JMU.

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he school year has barely started and already Fairfax High's Marching Rebels band is winning top honors for its musicianship and showmanship in competitions against other schools.

On Sept. 16 at the Bands of America event in Monroe, Pa., the Rebels came in first in their class and third overall, out of 13 bands. Then on Sept. 28, at the Virginia Showcase of Bands at Herndon High, Fairfax placed first in its class and first overall, out of 16 bands.

But Fairfax's most-impressive win to date was last Saturday, Oct. 19, at the Bands of America competition at JMU, where Fairfax captured first place against 17 other bands in its class. The Rebels swept all awards—winning for best music, visual, general effect, color guard and percussion-for a total of 94

points and the trophy for best overall band.

"The band's performance at JMU was truly outstanding," said Fairfax Band Director Alan Johnson. "It was a great performance, top to bottom, and really reflected the long hours of hard work they've spent thus far in the season. Maybe most meaningful was that over 20 alumni drove or flew from three different states to cheer them on. It was really cool seeing those graduates, and it tells me what a special group this band has become."

As for what set his band apart from the others, Johnson said, "I don't think we're necessarily doing anything different than everyone else—we've just got a really good collection of students with a singleminded focus on excellence. It's just that simple."

-Bonnie Hobbs

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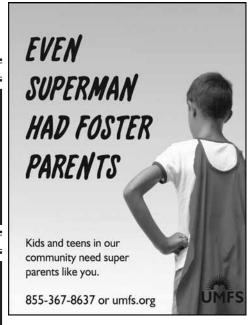
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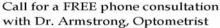
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LETTERS

Supporting School Bond Referendum

On Nov. 5, Fairfax County residents will be asked to vote on a School Bond Referendum, to finance renovations, upgrades and new construction at various schools across the county. The League of Women Voters of the Fairfax Area urges voters to approve this referendum for the following reasons:

- Longer Useful Life for Existing Schools—We expect our public schools to be useable for 20 to 25 years from the date of construction. Renovations extend the useful life of the building for an additional 20 years. Such improvements include mechanical systems, wiring, plumbing, roofing, upgrading laboratory equipment and fire alarms. These renovations ensure not only that the buildings are safe, but also that they support the type of instruction that will prepare our students for the challenges of the 21st Century.
- ❖ Demands of Continuing High Enrollment-Our public schools have added 17,000 students since 2006 and 6,000 students in the last two years alone. This bond expands capacity by prioritizing construction in high-growth areas where the number of kindergarten and primary level students is the highest, and where there has been a continuing need for temporary class-
- County's Prudent Borrowing Prac-

tices—The Board of Supervisors maintains the county's net long-term debt at or below three percent of the total market value of taxable property in the County. This restraint has helped Fairfax County keep its AAA bond rating, even during the recession. The sale of these bonds also spreads the cost of capital improvements over the years that the facilities will be used.

Community Use of School Buildings— Besides serving as polling places, public schools are available after class hours for meetings of 4H Clubs, Scouts, homeowners associations, cultural and religious groups. Local sports leagues also have access to school facilities for their games.

Voters who would like more information about referendum projects, should go to www.fcps.edu and click on School Bond Referendum. They can also pick up the brochure Bond Referendum Facts at their public library.

These capital improvement projects benefit not just our students, but also everyone in the community. That's why the League of Women Voters urges County residents to approve the School Bond Referendum on Nov. 5.

Julia Jones & Helen Kelly,

Co-presidents Fairfax Area League of Women Voters

On County Libraries: We Should Know Better

To the Editor:

I am the assistant branch manager at Patrick Henry Library in Vienna. I also worked at Reston Regional Library for four years. I got my MLS 25 years ago while working part-time in engineering firm libraries in Boston. My first job after getting the degree was in an Army Corps of Engineers Library and I spent several years working for an association information center downtown before it became clear that the commute didn't work with having a child in elementary school, and I joined FCPL.

Not surprisingly, I read a lot and widely. I read book reviews, professional journals and blogs. I keep up on technology, management trends, and instructional techniques. I can help you find another good book based on what you like. I can walk you through the eBook process or help you use our public computers if you have questions. If you are a student, I'll point you to fun books or homework resources at the right grade level, including facts for your science fair poster on saliva. I do programs in the branch and in the community on consumer, small business & investment databases. I develop instructional handouts for use throughout the county. I coach and train my colleagues to do the same. I am a librarian, and my CV is not unusual in Fairfax County—for the time being.

Professional training and expertise matter. When I use a county service, I rely on the person helping me to have the necessary credentials: I want county health services to use degreed nurses. I want county legal services to feature attorneys with appropriate specializations. I want financial services managed by CPAs. I want the teach-

ers in our schools to have more than minimal qualifications to teach my children, and I want the agency directors, trustees, and

supervisors in this county to have my back when it comes to defending those expecta-

Staff dissent on the library's reorganization is widespread, but it is not at root selfserving or change-phobic, however others try to characterize it. (Since the job class downgrades would only affect new hires, they don't impact current staff directly.) Rather, it is principled, informed and passionate advocacy for a profession and community that we love and serve with pride.

The continued library de-funding and proposed staff reorganization are wrong on many levels, but one of the biggest ironies is that it makes an argument against the value of knowledge and literacy in a county where so many residents earn a living based on higher education & professional credentials. We owe it to our patrons and ourselves to do better than this.

Deborah Smith-Cohen

Oak Hill

Write

The Connection welcomes views on any public issue. The deadline for all material is noon Friday. Send to:

Letters to the Editor The Connection 1606 King St. Alexandria VA 22314 Call: 703-917-6444. By e-mail: south@connectionnewspapers.com



Volunteers Len Pomeroy and Dick Neff staffing the laundry.

The Lamb Center— A Welcoming Oasis

The Lamb Center holds a memorial service celebrating three lives.

By Russ Ugone The Connection

ike so many of us who have similar stories, Walter Joback graduated from college, became an engineer, married and raised a family. However, things changed in 2001 when he became unemployed and health issues defined who he became. Friends said he was a kind and gentle man with a passion for what he believed in. He passed away on Oct. 3 from a stroke and was found in the woods in Fairfax City where he had been sleeping nights. Walter had been a guest at the Lamb Center since 2002. Like Walter, Jeanne O'Neill Pearson, a wife and mother, and Johnny "Noodles" Rossettos also had lifealtering events and were guests of the Lamb Center, where they became part of their family. They also passed away recently.

On Friday morning, Oct. 18 at 10:30 a.m., the Lamb Center held

a memorial service celebrating the lives of these three people. Leading the memorial service was Dave Larrabee, director of the Lamb Center, and Patti Brown, assistant director, with about 100 people in attendance. A number of attendees spoke in remembrance of Walter. One friend, Jim Swartz, said, "I never heard Walter say a harsh word about anyone!" Larrabee and Brown talked briefly about each one. Larrabee concluded his remarks by saying, "Know that the people that come here are people like you and me" and that "friends are here, then they are gone ... but they do leave an imprint."

The Lamb Center is located at 3220 Old Lee Highway in Fairfax and operates daily from 8 a.m. to 3 p.m., with Friday evening events. People who have driven around Fairfax Circle probably have passed the center many times and not realized that it was there.

SEE LAMB CENTER, PAGE 16



Volunteers Ava Neff and Betty Myers making breakfast and lunch.





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Lamb Center Guests Remembered

When walking into the Lamb Center, a sign at the entrance says, "Services are freely given to those who are working to improve their lives." An average of 100 to 150 people visit the center each day to obtain basic services such as food and laundry, mail service and haircuts, participate in prayer and Bible study; and seek employment and addiction counseling. The center also houses the Fairfax Health and Human Service staff, and Veterans Administration and ex-offender services counselors. According to Larrabee, many of the guests who visit the center during the day are homeless people who live in cars or in the woods.

The center originally started as part of the Truro Church in Fairfax and because of the demand for services, became a separate entity. The Lamb Cen-

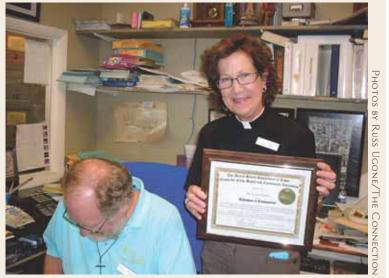
ter has been in its present location since 2000, but is looking for a larger facility as the number of guests who visit the center continues to grow. In addition to Larrabee and Brown, four other staff members and over 100 volunteers support the Lamb Center. Today, this nonprofit 501c3 organization is supported by donations from individuals, businesses and organizations, and about 50 other congregations. Larrabee related a story of a recent donation that illustrates the wide range of donor organizations involved in supporting the center. During the last hot spell, the center had sent out a request for bottled water. In quick response and to everyone's surprise, the following Monday morning eight Customs and Border Protection officers from the Department of Homeland Security arrived with a truckload of bottled

On the day of the memorial ser-



Dave Larrabee, director of the Lamb Center.

vice, Ava Neff and Betty Myers, two volunteers, were making breakfast and lunch in a tiny galley while Dick Neff and Len Pomeroy, two other volunteers, staffed the laundry facilities for the guests. Both Larrabee and Brown expressed their passion for what



Dave Larrabee, director, and Patti Brown, assistant director, displaying the Department of Labor 2007 Champion of Compassion Award.

they do, believing that their calling in life is to help others through the Lamb Center.

Brown said, "You come here to give, but you get so much more in return." The center welcomes donations, and according to Larrabee and Brown, now that the winter

months are coming, items such as coats, sleeping bags, handwarmers, socks and underwear are needed. To help or learn more about the Lamb Center, contact Larrabee or Brown by email lambcenter@thelambcenter.org.

COMMUNITIES OF WORSHIP

Assembly of God Jubilee Christian Center 703-383-1170

Fairfax Assembly of God 703-591-4284 Way of Faith Assembly of God 703-573-7221

Baptist

Braddock Missionary ... 703-830-4125 Calvary Hill...703-323-1347 Fairfax Baptist...703-273-1820 Fairfax Circle...703-573-7372 Greater Little Zion...703-764-9111

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Buddhist

Guhvasamaia Buddhist Center... 703-774-9692 **Bible**

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St. Leo the Great Catholic... 703-273-5369 St. Mary of Sorrows Catholic Church.. 703-978-4141

St. Paul Catholic Church... 703-968-3010

Coptic Orthodox St. Mark...703-591-4444

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703-591-1974 Truro Episcopal...703-273-1300

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Bethlehem Lutheran...703-978-3131 Christ Lutheran...703-273-4094 Kings of Kings...703-378-7272 Lord of Life...703-323-9500

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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

FAITH NOTES

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a Bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children's church also provided, 6401 Missionary Lane, Fairfax 703-323-8100 Station, www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes in Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming innner causes of suffering. http://www.guhyasamaja.org.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

First Baptist Church of Springfield offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 www.fbcspringfield.org.

St. Andrew the Apostle Catholic Church, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or www.st-andre

Clifton Presbyterian Church, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175

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, www.connectionnewspapers.com/news/ 2013/sep/26/fairfax-county-calendar/.

THURSDAY/OCT. 24

"The Goddess Diaries." 7:30 p.m., at TheaterSpace, GMU Center for the Arts, 4400 University Drive, Fairfax. The performance will benefit GMU's Women and Gender Studies Center and combines women's stories, music and movement in a dramatic and funny performance. \$25, \$10 for seniors, \$5 for students. http:// cfa.gmu.edu/calendar/1634/.

THURSDAY-SUNDAY/OCT. 24-27

The Little Mermaid, Jr. 12:30 p.m., 7 p.m., at Lake Braddock Middle School, 9200 Burke Lake Road Burke. The Lake Braddock Middle School Musical Theatre Department presents the play. \$5. http:// LBMermaid2013.brownpapertickets.com or LBMermaid2013@gmail.com.

Let's Celebrate. 7 p.m. Wednesday and Thursday, 10:30 a.m., 7:30 p.m. Friday, 10:30 a.m., 2:30 p.m., 6:30 p.m. Saturday, 12:30 p.m., 4:30 p.m. Sunday, at the Patriot Center, 4400 University Drive, Fairfax. A vignettelike ice show featuring Mickey and Minnie Mouse, Alice and the Mad Hatter, Mardi Gras with Princess Tiana and Prince Naveen, Disney Princesses and more. \$20-\$75. 1-800-745-3000 or www.ticketmaster.com.

THURSDAY-THURSDAY/OCT. 24-31

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 and many children's activities. 703-323-1188 or www.pumpkinplayground.com.

FRIDAY/OCT. 25

SEPA

Dances by Lar Lubovitch. 8 p.m., at GMU Center for the Arts, 4400 University Drive, Fairfax. The choreographer's piece "Crisis Variations,"earned him Best Choreography by the Prix Benois de la Danse at the Bolshoi Theater in Moscow (the first leader of an American dance company to receive the honor). Dancers will also perform "Transparent Things" and "Vez."



Lar Lubovitch Dance Company performs "Transparent Things." See the piece live on Friday, Oct. 25, at the Center for the Arts at GMU.

SATURDAY/OCT. 26

"Chocolate Soldiers from the USA." 4 p.m., at Angelika Film Center, 2911 District Ave., Fairfax. Tells the story of 140,000 Black

American soldiers and thousands of British civilians who crossed a racial divide and introduced the British population to jazz, jitterbugging and Black American culture by night. http://wwfilmfest.com/

Tony Arnold, Soprano. 8 p.m. Fairfax Symphony Orchestra, 3905 Railroad Ave., Fairfax. The awardwinning soprano presents Haydn's "Symphony No. 60, 'Il Distratto," Stravinsky's "Pulcinella Suite," and the world premiere of Theofanidis's "Ordo Virtutem." Price to be determined. 703-563-1990 or www.fairfaxsymphony.org/.

SATURDAY-SUNDAY/OCT. 26-27

Bit of Bling Trunk Show. 7:30-9:30 p.m. preview Saturday; 11 a.m.-4:30 p.m. Sunday, at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Peruse jewelry made by the Ladysmiths, Dominion Jewelers, Laurie's Glories and Elizabeth S. Wassel, Barbara Barran's rug collection, and sculptures by Joyce Zipperer; includes light refreshments and wine. \$36. 703-323-0880 or www.jccnvarts.org.

THURSDAY-MONDAY/OCT. 26-DEC. 16

"Page Turners." Daily, at the Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. The exhibit highlights visual artists who are also illustrators, to run concurrently with the 8th annual Northern Virginia Jewish Book Festival. 703-323-0880 or www.jccnvarts.org.

SUNDAY/OCT. 27

Spookfest. Time TBD, at Buffa's Dance Studio, 9570 Burke Road, Burke. A Halloween party with dancing, games, crafts, a haunted house, costume contest, raffles, food, prizes

and special guest characters, \$20 presale, \$25 at the door, free for children. 703-425-5599 or www.buffas.com/.

Operettas of Jack and the Beanstalk. 2 p.m., at the Stacy C. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. The operatic version of the classical folk tale, by John Davies, takes scenes from the operettas of Sir Arthur Sullivan and exposes children to the classic art of opera.

www.vaopera.org. **Trunk or Treat Fall Fest**. 5-8 p.m., at King of Kings, 4025 Kings Way, Fairfax. A moon bounce, food, hot cider, games and prizes, a maze, a bake sale, face painting, story time, crafts, a costume parade, pumpkin decorating and more, followed by a Trunk or Treat for the children at sundown. 703-378-7272, ext. 225 or jhangen@kofk.org.

THURSDAY/OCT. 31

Passion Pit w/ Joy Formidable. 8 p.m. at the Patriot Center, 4500

Patriot Circle, Fairfax. Massachusetts based indie pop band plays songs from their newest album, "Gossamer." Price TBD. http:// patriotcenter.com/.

FRIDAY/NOV. 1

The Graduate. 10 a.m.-6 p.m., at GMU Center for the Arts, 4400 University Drive, Fairfax. L.A. Theatre Works brings the American classic to the stage. Paid parking is in the Mason Pond Parking Deck adjacent to the Concert Hall and free parking is in university Lot K. \$22-\$44; tickets are half price for students through grade 12. 888-945-2468 or cfa.gmu.edu.

SATURDAY/NOV. 2

Book & Author Luncheon. 11 a.m.-2 p.m. at the Country Club of Fairfax, 5110 Ox Road, Fairfax. Raise funds for scholarships for women in the area. \$40 (includes lunch). Reservations by. Oct. 30. 703/978-3258 or suzanne070946@mac.com.

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SPORTS

Henderson Receives All-American Jersey

By Jon Roetman The Connection

t the start of the 2011 season. Caleb Henderson was a talented sophomore at West Potomac battling for playing time. Two years later, he's the senior quarterback of an undefeated Lake Braddock football team that has aspirations of a deep playoff

Along the way, Henderson has matured physically and from a leadership standpoint as he worked hard to improve at his craft. His effort and ability have already paid off in the form of a football scholarship offer from the University of North Carolina, where Henderson is verbally committed. On Oct. 18, Henderson again experienced the fruits of his labor as he received his U.S. Army All-American jersey in the gym at Lake Braddock during the school's homecoming pep assembly.

Henderson is one of 90 athletes from across the country selected to play in the U.S. Army All-American Bowl on Jan. 4 in San Antonio, Texas. Indianapolis Colts quarterback Andrew Luck and Minnesota Vikings running back Adrian Peterson are among the athletes who have played in the U.S. Army All-American Bowl.

"It feels great," Henderson said after the pep rally. "It's pretty much an accumulation of hard work, support from my family and just grinding every day. ... I'm still on



Lake Braddock quarterback Caleb Henderson received his U.S. Army All-American jersey at the school's homecoming pep rally on Oct. 18. Pictured from left: Staff Sergeant Jacob Moore, Henderson, Staff Sergeant Randy French and Second Platoon Kevin Smith.

Cloud Nine right now. I still can't believe I'm going to the Army All-American bowl. I'm really excited and happy to have the opportu-

Later that day, Henderson led the Lake Braddock football team to a 51-0 victory against West Springfield, improving the Bruins' record to 7-0. Lake Braddock has outscored its four Conference 7 opponents 227-0.

Eric Henderson, Caleb's father, was the West Potomac head coach when Caleb was a sophomore. When Eric Henderson was informed he would not return as head coach of the Wolverines, Caleb Henderson transferred to Lake Braddock before his junior season. Eric Henderson spent the 2012 season as Lake Braddock defensive coordinator and is now the team's offensive coordinator,

been through a lot. It really validates him, I think. He's the type of kid where that's important to him and he's appreciative, but I just think he's really focused on West Springfield tonight. I think it won't hit him until he's a father or maybe when he's 20 years down the line."

day, Oct. 26.

calling plays for Caleb and Lake Braddock's high-powered offense. "As a father, I'm really proud of him," Eric Henderson said. "He's

Lake Braddock will travel to play T.C. Williams at 3 p.m. on Satur-

Robinson Football Edged by Westfield

he Robinson football team took a 13-7 lead against Westfield in the third quarter, but a missed extra point proved costly.

Westfield answered with a 1yard touchdown run by quarterback Mason Scoville late in the third quarter, made its ensuing extra-point kick and held on for a 14-13 win on Oct. 18 at Robinson Secondary School.

Westfield improved to 5-2. Robinson had its five-game winning streak snapped and dropped to 5-2.

With the scored tied at 7-all, Robinson took the lead with a trick play when running back Joe Wilson threw a 9-yard touchdown with 6:05 remaining. The ensuing extra-point kick was no good, however, and the Rams failed to



Robinson running back Joe Wilson carries against Westfield on Oct. 18

score for the remainder of the con-

"There are no moral victories at pass to quarterback Jack Rowlett Robinson," interim head coach Dan Meier said. "I give all the credit to Westfield. They played a fine football game. We're very dis-

appointed. We thought we were kind of catching a stride here (after five consecutive victories)."

Robinson will host Oakton at 7:30 p.m. on Friday, Oct. 25. Westfield will host Herndon.

— Jon Roetman



Paul VI running back Jamon Cofield scored three rushing touchdowns and returned an interception for a score during the Panthers' 44-21 win against Bishop Ireton on Oct. 19.

Paul VI Jumps on Ireton Early During Blowout Win

Panthers score two touchdowns in less than two minutes.

By Jon Roetman The Connection

ith losses in six of its first seven games, the Paul VI football team is used to playing from behind.

On Saturday afternoon, however, it was the Panthers who jumped out to an early lead and never looked back.

A 61-yard touchdown run by quarterback Ryan O'Connor and a 25-yard pick-six from Jamon Cofield gave Paul VI a 14-0 lead less than two minutes into the game and the Panthers cruised to a 44-21 victory against Bishop Ireton on Oct. 19 in Alexandria.

O'Connor's long touchdown run came on the game's second play from scrimmage. Moments later, Ireton's second play from scrimmage was a pass in the right flat that Cofield intercepted and returned for a score.

"I just saw the outside guy go out to the flats and my coach said if you see him go to the flats, just cheat the play," Cofield said.

"The quarterback just threw the ball up and I just went to attack the ball and got the pick. ... [The 14-0 lead] really boosted our confidence up. ... The other team [usually] gets the big 14-0 advantage. Having us get the 14-0 advantage just brought our confidence up, we played harder [and] it had a big effect on this game."

With an early two-score lead, the Panthers' grind-it-out ground game took over from

there as three Paul VI ball carriers eclipsed the 100-yard mark, according to stats from the Washington Post's allmetsports.com. O'Connor finished with 17 carries for 173 yards and a touchdown, Cofield had 17 carries for 158 yards and three touchdowns and Eli Kneuper carried 14 times for 102 yards.

Cofield scored on runs of 6, 8 and 53 yards to go with his pick-six.

"It's his senior year. It's the eighth game [and] now he's here," Paul VI head coach Gordon Leib said. "He's playing like Jamon is capable of playing. He showed you his potential to-

O'Connor completed 6 of 10 passes for 63 yard and a touch-

"The fact that we were two dimensional," Leib said, "was very helpful."

Paul VI extended its lead to 21-0 when O'Connor found Andrew Gorczyca for 22-yard touchdown on fourth and nine with 3:41 remaining in the opening quarter. A 6-yard touchdown run from Cofield in the second quarter and a 30yard field goal by Caleb Hutson gave the Panthers a 30-0 halftime advantage. Bishop Ireton scored on its opening possession of the second half, when quarterback Andrew Latrash scored on a 5-yard run.

The loss dropped Ireton's record to 2-6.

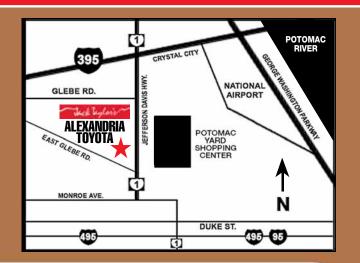
Paul VI (2-6) will host St. Mary's Ryken at 7 p.m. on Friday, Oct. 25.

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