

Westfield High's girls' cross-country team wrote "#ForCara" on their arms in remembrance of Cara Golias, a Fairfax High junior.

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## WEEK IN FAIRFAX

### Lamb Center Fundraiser

The Lamb Center is hosting its annual Celebration Banquet on Tuesday, Oct. 7, at The Waterford at Fair Oaks. Registration begins at 6 p.m. and dinner is at 7 p.m. Anyone interested in attending may register at [www.thelambcenter.org](http://www.thelambcenter.org). For more information, email [tlcelebration@gmail.com](mailto:tlcelebration@gmail.com) or call 703-314-7805.

The Lamb Center is a daytime drop-in center for the poor and homeless in central Fairfax County. And each fall, community

members are invited to attend this dinner to celebrate and learn about how the Lamb Center is serving poor and homeless individuals in Fairfax County.

"This is our biggest fundraiser of the year," said Lamb Center Executive Director John MacPherson. "It's also the opportunity for us to share the stories of transformation that are taking place at The Lamb Center on a daily basis. Several of our Lamb Center guests will tell their stories and we'll talk about our vision for the new Lamb Center building. It promises to be an inspirational evening and we're hoping for a big turnout."

### K-9 Krawl 5K is Oct. 18

The Fairfax County Police Department's annual K-9 Krawl 5K is set for Saturday, Oct. 18, at the county Government Center's parking lot C. Check-in begins at 8:30 a.m., followed by a K-9 demonstration at 8:45 a.m. and the 5K walk at 9 a.m.

This event was created to bring awareness to the connection between animal cruelty and the link to domestic violence, and people are welcome to walk with their dogs. Register

at <https://www.surveymonkey.com/s/FCPD2014K9KRAWL>

### Needed: Used Laptops

Our Daily Bread is in need of a few gently used laptops no more than three years old. They'll enable ODB to have more office volunteers during the busy fall and holiday season. Anyone who'd like to donate a laptop in good condition should contact Mila Cobos at 703-273-8829.

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## Community Mourns Local Girl, 16

**Missing since Sunday, Cara Golias was found dead in a park.**

BY BONNIE HOBBS  
THE CONNECTION

**J**ust a month before her 17th birthday, friends, family members and classmates from Chantilly, Centreville and Fairfax are mourning the loss of a local girl. The body of Cara Lynn Golias, 16, of the City of Fairfax, was found Monday afternoon in Hemlock Overlook Regional Park in Clifton.

A junior at Fairfax High, she'd been missing since Sunday and both Fairfax County and City of Fairfax police had searched for her. They say foul play is not suspected in her death.

The tragedy has left all who knew her grieving and spurred Fairfax High Principal Dave Goldfarb to send an open message to the school community Tuesday morning.

"I am deeply saddened to report to you that one of our students, Cara Golias, died unexpectedly," he wrote. "Cara was a junior and a member of our cross country and soccer teams. She also represented our school at the International Science Fair last spring. Cara will be truly missed and lovingly remembered by the Fairfax High School community [which] sends its thoughts and prayers to [her] family."

**ON MONDAY**, City of Fairfax police alerted area residents that Cara had been missing since Sunday and asked for help finding her. A former AP student at Rocky Run Middle School in Chantilly, she was last seen Sept. 28 near Manassas Park Middle School and hadn't been in contact with her family since then.

Golias was wearing a white shirt with sequins, jeans shorts and silver-and-turquoise dream catcher earrings, and police believed she walked through nearby woods initially searched by Manassas Park and Prince William County police.

Together, Fairfax City and County police conducted an extensive search and found the teen Sept. 29, around 1 p.m., near the railroad bridge trestle in the 13200 block of Yates Ford Road in Hemlock Park. County police spokeswoman Shelley Broderick said the medical examiner will determine the "cause and manner" of her death.

In his message Tuesday, Goldfarb told Fairfax High parents he'd contacted Golias's family Monday to offer the school's condolences and support. "The family allowed me to share news of her death with you so that you may be prepared to support your students," he wrote. "Teachers told students about Cara's death during second period [Tuesday] morning. It was important to have students hear this sad news from a trusted adult."



PHOTOS CONTRIBUTED

**Cara Golias, junior at Fairfax High, won the grand prize at Science Fair regional competition. Missing since Sunday, she was found dead Monday afternoon in Hemlock Overlook Regional Park in Clifton.**

He said the school's "taking every step" it can to be responsive to the students' feelings. "Our counseling staff stands ready to meet their needs, wherever they are in the grieving process," he wrote. "We also have a crisis team of psychologists and social workers from other FCPS schools at our school to provide comfort and support to our students."

"Understanding death, especially the death of a classmate, can be a very difficult experience for a young person," continued Goldfarb. "For that reason, we hope you'll listen to your son or daughter, as well as discuss with them their feelings and reac-

tions to this tragedy. We're focused on supporting any students who may be grieving a loss."

He advised parents of children particularly struggling with the tragedy, or experiencing strong feelings of previous losses, to contact their counselor. He also provided links to documents explaining how parents may help their children work through their grief and gave them several, emergency hotline numbers.

City of Fairfax Police Chief Carl Pardiny, himself a father, was also sorry to hear of Golias's death. "We are all deeply saddened over the loss of Cara," he said. "Our hearts



**Cara Golias**

and prayers go out to her family and friends."

There was a moment of silence for her at the start of Fairfax High's school day Tuesday, and many students wore the school's blue color to honor her. Several Centreville High students also wore blue in support.

That evening, Fairfax High's cross-country team competed in Washington, D.C. At the same time, the girls on Centreville and Westfield High's cross-country teams participating in a meet at Centreville ran with Golias's name written on their bodies in remembrance. Inscribed on their hands, arms and legs was "#ForCara."

"About 15-20 people on our team wrote it on our hands," said Centreville High senior and runner Jackie O'Shea. "And before the race, we chanted, 'For Cara,' in our circle. We wanted to do something because we're one, big, running community."

Fairfax High teammate Sierra Brooks, a senior, said Golias had a "genuine smile that lit up a room when she walked in; she was really special. She also worked hard on the team. Even if she was injured, she'd push through until her body gave out."

**SENIOR BEN RYAN** manages the Rebels' cross-country team and met Golias his sophomore year when she was a freshman and they were in Fairfax's chorus together. "She was one of my best friends," he said. "Cara was one of the easiest people to talk to. She was going through a lot of her own stuff. But you could tell her anything, and she'd listen to what you were saying, no matter what."

"If you were sad about something, she'd be sad with you and ask you to tell her everything," said Ryan. "And it was the same when you were happy; she was so amazing."



PHOTO COURTESY OF JENNIE BUSH

**Westfield High's girls' cross-country team displays their #ForCara.**

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# Tilting at Voting Booths

Suzanne Scholte fighting for human rights, recognition in 11th District.

BY TIM PETERSON  
THE CONNECTION

First in a series of  
District 11 candidates' profiles.

Suzanne Scholte knows she has her work cut out for her. "This isn't a race anybody's thinking is worth looking at," she said at a meet and greet event in Montclair last weekend. "I think it was described as 'Quixotic.'"

The Republican candidate opposing incumbent Gerry Connolly for Virginia's 11th district representative seat was dressed in a grey suit with a colorful silk scarf draped around her neck. A hint of sweat glistened on her brow, perhaps due in equal parts to the warm afternoon in late September and the "crazy" schedule of campaign events she's undertaking; this was the second of three for the day.

"I have the disadvantage," said Scholte. "I'm not a politician, I've never held a political office. I'm trying to do everything I can to be everywhere I can, talk to everybody I can."

The meet and greet took place at the home of Janet Gorn, a state department employee and president of the Kings Highway Republican Women's E-Club. Since she's known Scholte, Gorn has been impressed by "her sincerity, her energy and that she really wants to make a contribution to not only a local community, but to our country."

**SCHOLTE**, a wife and mother of three young men (two are graduates of J.E.B Stuart High School and active duty military, and one attends Immanuel Christian School), has been going door to door, visit-



From left: Ann Juliano of Bristow, Suzanne Scholte of Falls Church and Janet Gorn of Montclair enjoy the late afternoon sun at a campaign event in Gorn's back yard.

ing a different church, synagogue and mosque every Sunday, and holding town hall meetings. And at every turn, she's trying to solicit communication and feedback, whether for or against her.

"We don't screen who comes," said Kelley McLean, who has worked with Scholte on the North Korea Freedom Coalition, a non-partisan human rights advocacy group Scholte founded, and currently chairs, in 2003. "First we have commenting, then open the floor up for questions. We've had people yelling at her and she says, 'That's great, tell me.'"

When Scholte decided to run for Congress, she asked McLean to come along as her coalitions director and assistant.

"At first I thought my job was going to be scary," McLean said. "I thought I was going to be that 'body person' that if someone doesn't agree with them I'm supposed to pull her away from it. She's not like that. She says 'No, I want to talk to that person. Let's talk, sit down, see what we can work out.'"

Despite not holding office herself, Scholte has spent plenty of time around Capitol Hill. She was the youngest chief of staff on the

## Bio

**Candidate:** Suzanne K. Scholte  
**Political Party:** Republican  
**Current Position:** President, Defense Forum Foundation  
**Born:** June 13, 1959, Norwalk, Connecticut  
**Residence:** Falls Church  
**Spouse:** Chadwick R. Gore  
**Children:** Chester (26), Christian (24) and James (14)  
**Education:** B.A. English, minor in Fine Arts, College of William and Mary; Honorary Doctorate of Education, Koshin University, Pusan, Republic of Korea  
**Additional Organizations:** Honorary Chairman, Free North Korea Radio; Vice Chairman and Founding Board Member, Committee for Human Rights in North Korea; Chairman and Founding Member, U.S.-Western Sahara Foundation; Board of Directors, Christian Solidarity Worldwide-USA; Executive Committee, Susan B. Anthony List.

Hill while Ronald Reagan was in office and as president of the non-profit Defense Forum Foundation for almost three decades, coordinates that group's nonpartisan Congressional Defense and Foreign Policy Forums in Washington.

"What motivated me to run is that my work has always been about working across party lines to get things done," Scholte said.

Though she was born in Connecticut, Scholte's family moved to Virginia when she was very young. She's been a resident of northern Virginia since the '70s and graduated from Loudoun County High School.

Her previous work, and that of the Defense Forum Foundation, focuses on promoting strong national defense, freedom, democracy and human rights abroad. In particular, Scholte has spent considerable

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## Q&A with Suzanne Scholte

**Q: What do you think are your top three accomplishments in your humanitarian work?**

**A:** The continuous Defense Forum Foundation, started in the 1980s, raising awareness of Islamofascism, China cyber attacks, the vulnerability of our electric grid, all kinds of issues. I can say I've had Ted Cruz's staff and Nancy Pelosi's staff at my programs.

Getting passage of the North Korean Human Rights Act. That was unanimous, working with Democrats and Republicans.

Having people understand there is a pro-West Muslim democracy that has been established in Western Sahara. I've been very much involved with getting the recognition of their cause in Congress. I've had to battle against a huge lobby effort by the Moroccans.

**Q: If you're elected, what be would your top three priorities as a congressman?**

**A:** Fixes to health care, trying to correct

the problems that have been created by the Affordable Care Act.

Pushing to reverse the Sequester cuts. It's just going to get worse; we're going to get more and more vulnerable.

Meeting our commitments to our fellow workers and to our veterans, being able to preserve the benefits that we've promised them.

**Q: Give our readers three reasons they should vote for you on Election Day.**

**A:** I will be a servant to the people of this district. I'm not running to be a politician, I would term limit myself right away.



PHOTO CONTRIBUTED  
Suzanne Scholte

I will work across party lines. Some of my Democrat friends are already talking about things that we can do that could really help.

I would be very reflective and understanding of people who live in this district. The family I rescued out of North Korea, who are now citizens, northern Virginians: No one understands the importance of having a government that serves you, that you don't serve, like they do.

**Q: How would you show off northern Virginia to an out-of-town friend?**

**A:** Restaurants! We have so many great ones. What kind of food do you want? Japanese, Bolivian, we have such a diverse culture.

**Q: Tell us something you think people would find surprising about you.**

**A:** I've taught kindergarten Sunday school since 1994. Everything I need to

know I can learn from kindergartners, what's really true about life, just caring about other people. It's just a natural thing with children.

**Q: Who are some of your heroes?**

**A:** Ronald Reagan believed that you had to speak the truth, speak out, call things for what they are. He brought people together and gave them a vision. Another is Rabbi Abraham Cooper, associate dean of the Simon Wiesenthal Center in Los Angeles. He's a happy warrior, somebody who's positive in articulating what's happening in the face of horrific anti-Semitism.

**Q: How you do relax, off the campaign trail?**

**A:** Watching my youngest son play football with the Annandale Bulldogs. And watching the Redskins, because I don't want to bother anybody, I'm not going door-to-door, making any phone calls. The one time I feel guilt-free is during a Redskins game.

— TIM PETERSON



# OPINION

## Does the Change in Voter ID Laws Matter?

More than 22,000 active voters in Northern Virginia are without the required ID.

For the current election, new, more stringent voter identification laws are in effect.

Taken together, more than 22,000 of Northern Virginia's close-in voters right now do not have the photo identification now required to vote in the coming election. While there are simple ways to get an identification card for Election Day, so far, only a handful of voters have done so.

In Fairfax County, 13,247 of the county's 672,756 active voters do not have the photo identification they will need to vote on Election Day.

In Alexandria, 2,729 of the City's 85,671 active voters do not have the photo identification they will need to vote on Election Day.

In Arlington, 6,348 of the 140,255 active voters do not have the photo identification they will need to vote on Election Day.

These numbers are analyzed by the State Board of Elections, and include voters who do not have a match in the DMV data, and also are not designated as military, overseas or federal only voters, who do not have an active Federal Postcard Application or Annual Absentee application, and who have voted or registered since and including the last presidential election.

### EDITORIAL

Across the Commonwealth, 93,117 active voters also lack photo ID from DMV or the other likely sources.

When you consider that in the last election, Virginia's Attorney General was elected by a margin of 165 votes out of more than 2 million votes cast, these numbers are staggering. There is no evidence of voter identification fraud on any scale that requires potentially disenfranchising tens of thousands of voters. Because Northern Virginia is the most populous part of the state, the impact is also greatest in our area.

Here are the "acceptable" forms of identification. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months: Valid Virginia Driver's License or Identification Card; Valid Virginia DMV issued Veteran's ID card; Valid United States Passport; Other government-issued photo identification cards; Valid college or university student photo identification card, must be from an institution of higher education located in Virginia; Employee identification card containing a photograph of the voter and issued by an employer of the voter in the ordinary course of the employer's business; or a Virginia Voter Photo ID Card obtained through any local general registrar's office.

### Register

For More Election Information:

#### FAIRFAX COUNTY BOARD OF ELECTIONS

703-222-0776, [www.fairfaxcounty.gov/eb/](http://www.fairfaxcounty.gov/eb/)  
12000 Government Center Parkway, Fairfax, Suite 232,  
Fairfax, 22035; FAX 703-324-2205; email  
[voting@fairfaxcounty.gov](mailto:voting@fairfaxcounty.gov)

#### STATE BOARD OF ELECTIONS

804 864-8901 Toll Free: 800 552-9745 FAX: 804 371-0194  
email: [info@sbe.virginia.gov](mailto:info@sbe.virginia.gov)  
<http://www.sbe.virginia.gov>

Voters arriving to the polls without photo ID will be allowed to vote a provisional ballot and will have until noon on the Friday after the election to deliver a copy of identification to their locality's electoral board in order for their provisional ballot to be counted.

If you or anyone you know might need identification to vote, the process is simple. Contact your local board of elections and go apply for your ID card. There is help in place to transport voters who need help getting there.

In order to vote on Election Day, you must be registered at your current address no later than Oct. 13, 2014. You can check your registration status online by going to [www.sbe.virginia.gov](http://www.sbe.virginia.gov).

— MARY KIMM,

[MKIMM@CONNECTIONNEWSPAPERS.COM](mailto:MKIMM@CONNECTIONNEWSPAPERS.COM)

## Stopping Domestic Violence: You Can Make a Difference

BY JOHN C. COOK AND JOE MEYER

By now we have all seen the video. We know he hit her because we saw it. But how did they get there? Did she reach out for help? Would she have known how? Perhaps most importantly, how common is this domestic violence? The answer, unfortunately, is that domestic violence is much more common than you may think.

According to Safe Horizon, a victim assistance organization, "one in four women will experience domestic violence in her lifetime." The Violence Policy Center found that "72 percent of all murder-suicides involve an intimate partner and 94 percent of the victims of these murder-suicides are female." The children in homes where domestic violence occurs are among its most serious victims. Studies show that the 3 million children who witness domestic violence in their homes each year can suffer significant emotional and cognitive harm, even if they are not on

the receiving end of the physical abuse. Many men are victims of domestic violence as well, and this scourge knows no economic or racial limits.

Violence sneaks in slowly. It may start as financial control or social restrictions, but studies show us that abusive relationships tend to follow a pattern. Once a violent episode takes place, it is very likely it will happen again. The average victim is assaulted seven times before they leave for good. Here's how the story could end: in Fairfax County, domestic violence is the number one cause of homicide. Safe Horizon tells us that, "every year, 1 in 3 women who is a victim of homicide is murdered by her current or former partner."

Our message is that you can get out of this terrible situation, and your neighbors and friends can help. There are resources in Fairfax to help victims, and there is an increasing chorus of voices standing up to say this is unacceptable. As two involved members of our community, a Fairfax County supervisor and the executive direc-

tor of Shelter House, we are among the many outspoken advocates for resources for victims and showing the men, women, and children in these situations a better way. Whether you are in fleeing abuse, or you witness abuse and need information on how to address the issue, you can call the Fairfax County 24 hour hotline at 703-360-7273.

October is Domestic Violence Awareness Month, and there are many ways to raise awareness and help worthy organizations. One opportunity is to join us at an event to stop domestic violence and raise money for Shelter House and Fairfax CASA. The event will be held on Wednesday, Oct. 22 at

Coyote Grill in Fairfax from 4:30 – 6:30 pm.

Shelter House's domestic violence shelter, Artemis House, is Fairfax County's only emergency shelter for families and individuals fleeing domestic/sexual violence and human trafficking. Fairfax CASA, or Court Appointed Special Advocates, helps children navigate the confusing and scary aftermath of domestic violence. Please join us and the increasing number of people speaking out to end domestic violence.

*John C. Cook is Fairfax County supervisor (R-Braddock District) and Joe Meyer is executive director of Shelter House.*

### 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](mailto:south@connectionnewspapers.com)

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Call: 703-778-9410  
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[fairfax@connectionnewspapers.com](mailto:fairfax@connectionnewspapers.com)

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

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

**Bonnie Hobbs**  
Community Reporter ♦ 703-778-9438  
[south@connectionnewspapers.com](mailto:south@connectionnewspapers.com)

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

**Victoria Ross**  
County Reporter ♦ 301-502-6027  
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**Editor & Publisher**  
Mary Kimm  
703-778-9433  
[mkimm@connectionnewspapers.com](mailto:mkimm@connectionnewspapers.com)  
[@MaryKimm](mailto:@MaryKimm)

**Executive Vice President**  
Jerry Vernon  
[jvernon@connectionnewspapers.com](mailto:jvernon@connectionnewspapers.com)

**Editor in Chief**  
Steven Mauren  
**Managing Editor**  
Kemal Kurspahic  
**Photography:**  
Deb Cobb, Craig Sterbutzel  
**Art/Design:**  
Laurence Foong, John Heinly  
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Jeanne Theismann  
703-778-9436  
[jtheismann@connectionnewspapers.com](mailto:jtheismann@connectionnewspapers.com)  
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**CIRCULATION: 703-778-9426**  
**Circulation Manager:**  
Ann Oliver  
[circulation@connectionnewspapers.com](mailto:circulation@connectionnewspapers.com)





## NEWS



PHOTO COURTESY OF JENNIE BUSH

**Westfield High's girls' cross-country team wrote "#ForCara" on themselves in remembrance of Cara Golias, a Fairfax High junior. Missing since Sunday, she was found dead Monday afternoon in Hemlock Overlook Regional Park in Clifton.**



PHOTOS BY BONNIE HOBBS/THE CONNECTION

**Centreville High cross-country runner Jackie O'Shea shows the #ForCara on her hand.**

## Mourning Cara

FROM PAGE 3

He said their favorite hangout spot was the approximately 40-foot rope swing under the train trestle by the Bull Run stream. They and some friends discovered it in June.

"We thought nobody at our school knew about it, so it was our own place," said Ryan. "Someone had written graffiti there saying, 'The naughty nine,' and there were nine of us, so we called ourselves that as a joke." Over the summer, they returned 10-15 times, met the Centreville students there and, sometimes, even had picnics by the swing.

But Golias, who would have turned 17 on Oct. 30, also had a serious side. "She wanted to be a doctor," said Ryan. "She was super smart. She went to the International Science Fair in California in May and won grand prize at Regionals last year."

On Tuesday, the whole Rebel cross-country team spoke with a school psychologist and a counselor, and "that helped," said Ryan. "I cried a lot [that day] — we all did." He and about 60 others also attended a service for Golias that night at Fairfax Methodist Church. "We talked about her and said a prayer as we tied knots on a blanket to make a whole," he said.



**Centreville High cross-country runners Tuesday wrote "#ForCara" on themselves in Cara Golias's memory.**

To cope with what's happened, he's talking with friends, and he said his teachers have been understanding about his schoolwork. As for what he's learned from the tragedy, Ryan said, "No matter what's bothering you, tell a friend. If other people know what's going on, they can help."

Westfield High cross-country parent Jennie Bush only met Golias a few times, but she, too, was touched by her death. "It's heartbreakingly sad and I feel so badly for Cara's family," she said. "What a tragic loss of a beautiful, sweet girl."

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 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

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# Scholte on 'Crazy' Campaign Schedule

FROM PAGE 4

time and effort working to liberate people in North Korea and Western Sahara.

Various human rights organizations rank those populations as some of the most persecuted people in the world.

"She's the lady that, if she sees something's on fire, she's going to go do whatever it takes to go put it out," said McLean. "She runs towards it."

"She's strong and courageous," said Bill Card, the chairman of the Prince William County Republican Committee. "She's faced down dictators, she can certainly face down her peers in Congress when she gets there."

It was working with members of both parties in Congress that helped Scholte get the North Korean Human Rights Act of 2004 passed. "That was a classic example of what you can do when you want to get things done," Scholte said. "I compromised with my Democrat friends."

**THE LAW** lays out specific ways for the United States to help North Korean refugees. Scholte's role in its passage and her continuing advocacy work has

helped her earn a number of humanitarian accolades, including the 2008 Seoul Peace Prize and 2013 Order of Diplomatic Service Sungnye Medal, the government of South Korea's highest award for a non-Korean.

Kang Seo is an external relations associate and translator for Free North Korea Radio, and has worked with Scholte as "a mouth for her to speak Korean" each time the candidate has visited Seoul over the past three years.

"The impression I got was she loves people a lot, she cares," said Seo. "Whether you know them or not, it doesn't matter. Any time she meets with people, she wants them to engage with her, talk with her. She wants to listen to their stories. That kind of thing attracts people."

What friends and colleagues of Scholte describe as her "personable," "sincere" and "energetic" nature, Seo said has helped Scholte affect Koreans on their own human rights issues.

"She's the one that brought ourselves back to engage with that problem," said Seo. "Her concern and her heart actually surprised me the most when I first met her."

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## ENTERTAINMENT

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

**THURSDAY/OCT. 2 – SATURDAY/OCT. 4**  
**Wake Up Call.** Epicure Café, 11104 Lee Highway, Fairfax. A new collection of contemporary art curated by The Bunnyman Bridge Collective. www.epicurecafe.org/

**THURSDAY/OCT. 2 – SUNDAY/OCT. 5**  
**“You’re Such An Animal.”** Workhouse Arts Center, 9518 Workhouse Way, Lorton. Gloria Benedetto shares her tribute to the animals she loves. Using several techniques of stippling or painting with inks, pastels, acrylics or watercolor, the suite of work demonstrates the variety of animal portraiture that can be achieved through different mediums and styles.

**THURSDAY/OCT. 2 - WEDNESDAY/DEC. 31**  
**War on the Doorstep: Fairfax Militia in the War of 1812.** Exhibition. The Civil War Interpretive Center at Historic Blenheim, 3610 Old Lee Highway. Open Tue.-Sat. 10 a.m. - 3 p.m. Free tours at 1 p.m. 703-591-0560.

**THURSDAY/OCT. 2 - SUNDAY/FEB. 8, 2015**  
**Dressing for the Occasion: An Exhibition of Costumes and Textiles Representing Fairfax Personalities and Events.** Exhibition. Fairfax Museum & Visitor Center, 10209 Main Stree, Fairfax. Open daily 9 a.m. - 5 p.m. 703-385-8414.

**THURSDAY/OCT. 2-OCT. 23**  
**Drawing and Painting Lab.** 1:30-3:30 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria.

Every Thursday of October, explore drawing and painting techniques. Students should bring a 9”x12” watercolor pad, graphite pencils, fine Sharpie or Pitt pen, a set of colored pencils, a set of watercolors, brushes #4 and #6 and a flat brush for washes and blending. Admissions: \$74/person. Register at www.fairfaxcountygov/parks/greenspring using code 290 430 3501 or call 703-642-5173. For adults.

**FRIDAY/OCT. 3**  
**Alonzo King LINES Ballet.** 8 p.m. George Mason University's Center for the Arts, 4400 University Drive. Performance by Alonzo Kings contemporary ballet company. \$26-\$44. 888-945-2468.  
**Jon Bellion.** 6 - 11 p.m. The Empire, 6355 Rolling Road, Springfield. Singer/Songwriter Jon Bellion performs at the Empire. \$12. 703-569-5940.  
**Taj Weekes & Adowa.** 10:30 p.m. Empire, 6355 Rolling Road, Springfield. Singing Love, Herb and Reggae to U.S. Cities. \$10.

**FRIDAY/OCT. 3- SUNDAY/OCT.19**  
**Earth and Fire Ceramics Exhibition.** Workhouse Arts Center, 9601 Ox Road, 22079 Lorton. An exhibition featuring the works of 35 leading ceramic artists from the nine nations: Indonesia, Malaysia, the Philippines, Singapore, Thailand, Laos, Vietnam, Cambodia and Myanmar. http://workhousearts.org

**FRIDAY/SEPT. 26- SUNDAY/OCT. 12**  
**Edgar Allan Poe’s Nevermore.** Friday



PHOTO COURTESY OF THE ARTISTS

**The Senegal St. Joseph Gospel Choir will perform at George Mason University’s Center for the Arts on Oct. 4.**

and Saturday at 8 p.m., Sunday at 5 p.m. Workhouse Arts Center, 9601 Ox Rd, Lorton. Take a musical journey into the heart and soul of Edgar Allan Poe, America’s first truly visionary poet. Lyrics are adapted from Poe’s writings. Admissions: \$15. www.workhousearts.org. 703-584-2900.

**SATURDAY/OCT. 4- SATURDAY/OCT. 25**  
**40 Years of Potomac Valley Watercolorists Public Opening Reception.** 7-9 p.m. Workhouse Arts Center, 9601 Ox Road, 22079 Lorton. This exhibit of 100 watercolor painting celebrates the 40 year anniversary of the Potomac Valley Watercolorists. http://workhousearts.org

**SATURDAY/OCT. 4**  
**Gogo Grandmothers Kickoff.** 3 p.m.

Burke Community Church, 9900 Old Keene Mill Road, Burke. Worship dance performances by Children of the Light. Keynote speaker: Leslie Lewis, U.S. Coordinator of Gogo Grandmothers. Learn more about Africa and the Gogos. AIDS in Africa has orphaned over a million children who are being raised by their grandparents (called Gogos). The Gogo Grandmothers ministry provides prayer and care. Refreshments will be served. Email gogo@burkecommunity.com for more.

**The Senegal St. Joseph Gospel Choir.** 8 p.m. George Mason University’s Center for the Arts, 4400 University Drive, Fairfax. The Senegal St. Joseph Gospel Choir will perform a variety of songs from different cultures and traditional African songs. \$28-\$46. 888-945-2468.

**Watercolor Workshop: Painting**



PHOTO COURTESY OF LUCID FRAME PRODUCTIONS FOR VIRGINIA OPERA

**Stephen Powell as Sweeney Todd and Phyllis Pancellia as Mrs. Lovett in Virginia Opera’s production of “Sweeney Todd” playing at George Mason University’s Center for the Arts on Oct. 11 – 12.**

Chuck Mason and create a few to take home. Admissions: \$35/person plus \$15 supply fee. Register at www.fairfaxcountygov/parks/greenspring using code 290 487 5101 and 487 5102 for the supply fee or call 703-642-5173. Ages 16+.  
**Dog Adoption.** 12 -3 p.m. Petco, Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax. Call 703-817-9444 or visit www.bart90.org/  
**Swing Dance.** 7:30 p.m. Sherwood Community Center, 3740 Old Lee Highway, Fairfax. An evening of swing dancing and great music. Each event begins with a half hour swing dance lesson by Gottaswing, followed by a dance at 8 p.m. Admission fee of \$15 can be paid at the door. www.gottaswing.com.

**SATURDAY-SUNDAY/OCT. 4 – 5**  
**Special Railroad Technology Exhibit.** 12-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Exhibits will feature innovations introduced over the years by local inventors as well as “futuristic” concepts. Rare, authentic railroad patent models will be displayed as well as Museum artifacts used along the local railroad. Admission: free for Museum members and children under 5; \$2 children 5-15; \$4 adults 16 and over. For more information, visit www.fairfax-station.org or call 703-425-9225.

**SUNDAY/OCT. 5**  
**Aquila Theatre: Wuthering Heights.** 7 p.m. George Mason University’s Center for the Arts, 4400 University Drive. Aquila Theater performs Wuthering Heights. \$26-\$44. 88-945-2468.

Gardens, 4603 Green Spring Road, Alexandria. Garden smarter, not harder with Brenda Skarphol, who leads you to sunny plant combinations and eco-friendly gardening techniques. Admissions: \$18/person. Register at www.fairfaxcountygov/parks/greenspring using code 290 488 5401 or call 703-642-5173.

**Beyond Bows.** 1:30-3:30 p.m. Green Spring Gardens, 4603 Green Spring Road, Alexandria. Learn how to make beautiful package decorations with bows, ribbons, botanical materials and more with the help of florist

**Lovely Low-Maintenance Gardens.** 10:30 a.m.-12 p.m. Green Spring

## Fairfax Fall Festival Means Family Fun

Children’s rides, crafts, food and entertainment.

BY BONNIE HOBBS  
THE CONNECTION

When it comes to family fun, it’s hard to beat the Fairfax Fall Festival. It’s set for Saturday, Oct. 11 (rain date, Oct. 12), from 10 a.m. to 5 p.m., and features a cornucopia of entertainment, including Journey and Bruce Springsteen tribute bands, a lumberjack competition, food, crafts and carnival rides.

"The Fall Festival is a Fairfax original and attracts thousands to our historic downtown," said City of Fairfax Mayor Scott Silverthorne. "There’s something for everyone, including the best vendors, food and entertainment from around the region. This year, we’re planning even more live music, rides and children’s activities. And for history lovers, the public can view George Washington’s will at the Historic Fairfax County Courthouse."

More than 400 vendors will line both sides of Main Street, University Drive and Sager Avenue. Each year, the festival draws people from throughout Northern Virginia, so the downtown City of Fairfax streets will be closed to traffic during the event.

The Fairfax Volunteer Fire Department at Fire Station 3 at 4081 University Drive will welcome the public to its open house that day as part of national Fire Prevention Week. Children may meet their local firefighters and EMTs and even climb up inside a fire engine.

In addition, the City of Fairfax Public Works and Parks and Recreation departments will present Touch-a-Truck along University Drive near Armstrong Street. Always a big hit with children, it enables them to see and explore close-up several different types of City work vehicles and equipment.

### CRAFTS AND LUMBERJACKS

A wide array of juried, handmade items will be available for purchase. They’ll range from children’s clothing and hair bows to quilts, woodcrafts, jewelry, toys and dolls, photography, furniture, vases, pottery, needlework, wind chimes and baskets.

New this year is the All American Lumberjack Show and Interactive Lumberjack Camp. Sponsored by JL Tree Service, professional lumberjacks will compete in 11 different events throughout the day while festival-goers cheer them on.

Attendees will be able to see the lumberjacks’ skills wielding everything from axes to modified racing chainsaws to cross-cut

saws. There’ll even be water events and audience participation. Show times are 10:30 a.m., noon and 4:30 p.m., and the lumberjack camp is set for 3:30 p.m.

### FOOD, BUSINESS EXPO, RIDES

And when festival-goers get hungry, they’ll find lots of offerings from which to choose. Besides the traditional food vendors selling everything from hot dogs and hamburgers to chicken, ice cream and funnel cakes, a contingent of specialty food trucks will also be on hand.

The event also includes a business expo so residents may see the many goods and services available to them locally. There’s no entrance cost to attend the Fall Festival, but there’ll be fees for certain rides and children’s activities.

The amusement rides will run until 8 p.m. in the SunTrust Bank parking lot. And additional children’s activities will be held in the parking lot next to the Old Fire Station No. 3 restaurant at 3988 University Drive.

### ENTERTAINMENT STAGES

The Main Stage and craft-beer garden will present bands from 11 a.m.-5 p.m.

❖ The Main Stage, University Drive and South Street, will showcase:



**Children enjoying an amusement ride at last year’s event.**

11 a.m.-1:30 p.m. – Almost Journey/2U (a Journey and U2 tribute band)  
2:30-5 p.m. – Bruce in the USA (a Bruce Springsteen tribute band)

❖ The Country Stage and domestic-beer garden, at University Drive and Armstrong Street, presents:  
11 a.m.-noon – The Kevin Mac Band  
1:30-3:30 p.m. – Southpaw

❖ The Festival Stage, at the Old Town Hall, 3999 University Drive, will feature:  
Noon – Main Street Community Band  
1:15 p.m. – Woodson High Drama  
2:15 p.m. – Fairfax Choral Society  
3:15 p.m. – Shepard’s Pie



**Bruce in the USA, a Bruce Springsteen tribute band, will perform.**

❖ The Children’s Stage, in the parking lot next to the Old Fire station No. 3 Restaurant, at 3988 University Drive, will offer:  
10 a.m. – School of Rock  
11:45 a.m. – Turley the Magician  
12:30 p.m. – Chuck F (a juggler)  
1 p.m. – Rocknoceros (singers and musicians)  
2 p.m. – Chuck F (a juggler)  
2:30 p.m. – Blue Sky Puppets "Jester’s Box"  
3 p.m. – Tiger Eyes Tae Kwon Do  
3:20 p.m. – Reptiles Alive!  
4 p.m. – Sophia Music Studio

### HISTORY, PARKING

For history buffs, the Friends of the Historic Fairfax Courthouse will offer a special, free event from 10 a.m.-3 p.m. at 4000 Chain Bridge Road. Visitors may view together, for the first time in 60 years, George and Martha Washington’s wills, plus other Virginia historical documents.

Mayor Silverthorne will emcee a special program there from 1-3 p.m. Speaking will be Fairfax County Board of Supervisors Chairman Sharon Bulova, Cir-

PHOTOS COURTESY OF LESLIE HERMAN



**Professional lumberjacks will compete in 11 different events.**

cuit Court Chief Judge Dennis Smith, Sen. Chap Petersen (D-34th), City of Fairfax Revenue Commissioner Page Johnson and Clerk of the Circuit Court John Frey.

Also open for tours that day will be the City of Fairfax Museum and Visitors Center, 10209 Main St., from 9-5 p.m., and the Ratcliffe-Allison House, 10386 Main St., from 10 a.m.-4 p.m.

To reach the festival, people may park at Fairfax High and GMU and take shuttle buses, from 9:30 a.m.-5:30 p.m., to and from the event.

Handicapped parking will be at the parking lots at City Hall, Main Street and East Street, as well as at 4041 University Drive.

Festival sponsors include Fair City Mall, radio station 97.1 and WASH FM. For more information, call 703-385-7858 or go to www.FairfaxFallFestival.com.

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# WELLBEING

## Top Chef for Seniors

Retirement community residents choose Sunrise Signature Chef.

BY MARILYN CAMPBELL  
THE CONNECTION

**G**race Delaune nibbled on striped bass and quinoa salad, pondering the flavors and textures of each dish. Myke Hammaker savored the miso cod and spinach. The two women weren't simply having lunch. They were judges at the Senior Eats Nutritional Challenge in Fort Belvoir last week. "The food challenge was a lot of fun and the food was excellent. Every dish was beautifully displayed and cooked perfectly," said Hammaker. "It was hard for the judges to pick the best dish although I picked the Miso Cod with Spinach because it really stood out as a fantastic dish."

**All of our finalists did an incredible job creating meals that could rival our country's top restaurant chefs."**

— **Tim Whelan, vice president, Dining Services for Sunrise**

"The five selections were just outstanding. It was very difficult to pick the best dish, although my favorite was the Striped Bass with Quinoa Salad," added Delaune.

The winning recipe was Miso Cod with Spinach. During the competition, which was sponsored by Sunrise Senior Living headquartered in McLean, Va., and held at The Fairfax, a Sunrise community, five of the company's top chefs prepared their healthiest dishes, making use of only fresh, local ingredients. A panel of Sunrise residents judged the chefs' creations. One of the goals of the competition was to break negative stereotypes about the quality of food served in retirement communities.

"All of our finalists did an incredible job creating meals that could rival our country's top restaurant chefs," said Tim Whelan, vice president, Dining Services for Sunrise. "We constantly look at ways to provide more variety for our residents to enjoy, and the Nutritional Challenge is a great way to add unique, healthful dishes to our menus."

The chefs were judged on their ability to meet Sunrise's Signature Dining criteria, which includes using fresh, seasonal ingredients. After the competition chefs and residents discussed the recipes used, nutritional needs of seniors and the role that eating healthfully can lead to better cognitive functioning, memory and heart health.

"Our goal... is to give our residents delicious and nutritional food with real variety each day," said Lawrence Quaye, Executive Chef at The Fairfax.



PHOTO COURTESY OF SUNRISE SENIOR LIVING

**Residents of Sunrise Senior Living served as judges during the Senior Eats Nutritional Challenge in Fort Belvoir.**

### Winning Recipe: Miso Cod and Spinach

*Miso Brushed Cod with Sautéed Spinach*  
by Floyd Stephen, Brighton Gardens of Dunwoody  
Serves 6

1 1/2 lbs cod filets, 4 oz each  
6 tbsp olive oil  
3 shallots, peeled / minced  
3 garlic cloves, peeled / minced  
1 1/2 lbs shiitake mushrooms, stemmed / julienned  
1 lb stemmed fresh spinach  
1 1/2 cups chicken stock  
1/4 cup miso paste

❖ Steam the fish for 7 minutes, until internal temperature reaches 145°F for 15 seconds.

❖ While the fish is steaming, heat the olive oil in a sauté pan over medium heat. Add the shallots and garlic. Sauté until soft. Add the mushrooms and cook until the liquid evaporates. Add the spinach and sauté for 1 minute to wilt. Turn off the heat and set aside.

❖ Bring the stock to a boil in a separate pot. Whisk in the miso paste. Simmer for 5 minutes.

❖ Divide the spinach mixture evenly between serving dishes. Place fish on top of the spinach. Spoon miso sauce over fish. Serve immediately.

None of the five chefs who made it to the finals competition were from the Washington, D.C. region. The winner Chef Floyd Stephen of Dunwoody, Georgia, was named the Sunrise Signature Chef and received \$1,000.

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- Opportunity to provide participant giveaways
- Eight (8) golfers
- Color logo on event banner displayed at banquet
- Twelve (12) raffle tickets

**Gold – \$3,500**

- Signage at registration desk
- Logo on rules sheet
- Sponsor signage on bar, box lunch or beverage carts
- One (1) hole sponsorship
- Opportunity to provide participant giveaways
- Six (6) golfers
- Color logo on event banner displayed at banquet
- Eight (8) raffle tickets

**Silver – \$2,500**

- Signage at golf bag drop
- One (1) hole sponsorship
- Four (4) golfers
- Six (6) raffle tickets
- Color logo on event banner displayed at banquet
- Opportunity to present skills competition awards or raffle prizes

**Bronze – \$1,500**

- One (1) hole sponsorship, Two (2) golfers & Four (4) raffle tickets
- Color logo on event banner displayed at banquet

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<http://www.internationalcc.com>  
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**Event Information**  
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Shotgun Start: 11:00 am  
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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### SEPTEMBER

**Publishing**  
HomeLifeStyle.....9/10/14  
A+ Camps & Schools.....9/17/14  
Fall Fun & Arts Preview.....9/24/14

### OCTOBER

Wellbeing.....10/1/14  
HomeLifeStyle PULLOUT: Deadline is 9/25/14.....10/8/14  
A+ Camps & Schools.....10/15/14  
Election Preview I .....10/22/14  
Election Preview II .....10/29/14

### NOVEMBER

Election Day is Tuesday, November 4.  
Wellbeing.....11/5/14  
HomeLifeStyle.....11/12/14  
Holiday Entertainment & Gift Guide I.....11/19/14  
A+ .....11/25/14  
Thanksgiving is November 27.

### DECEMBER

Wellbeing.....12/3/14  
HomeLifeStyle: Home for the Holidays.....12/10/14  
Hanukkah begins December 16.  
Holiday Entertainment & Gift Guide II.....12/16/14  
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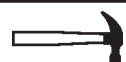
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Send notes to the Connection at [south@connectionnewspapers.com](mailto:south@connectionnewspapers.com) or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

### SATURDAY/OCT. 4

**Savvy Social Security.** 2 p.m. Prince of Peace Lutheran Church, Library Room 26, 8304 Old Keene Mill Road, Springfield. This one hour workshop covers the basics of Social Security and reveals strategies for maximizing benefits, including five factors to consider when deciding when to apply for benefits, how to minimize taxes on Social Security benefits, and how to coordinate Social Security with your other sources of retirement income. RSVP's and further questions will be handled by calling or emailing, Financial Associate, Sheri Swackhamer at 571-970-0454 or [sheri.swackhamer@thrivent.com](mailto:sheri.swackhamer@thrivent.com).

### MONDAY/OCT. 6

**Red Cross Blood Donation.** 3-7:30 p.m. Abiding Presence Lutheran Church, 6304 Lee Chapel Rd., Burke. To make an appointment to donate blood, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

### WEDNESDAY/OCT. 8

**Fairfax County Sheriff Stacy Kincaid.** 1 p.m. American Legion Post 176, 6520 Amherst Avenue, Springfield. Sponsored by NARFE Springfield Chapter 89, Fairfax County Sheriff discusses her job as operator of the County jail, the guardian of the County Courthouse, the server of civil papers, like subpoenas and evictions, and full arrest powers within Fairfax Co, City of Fairfax, and the Towns of Herndon and Vienna. Free. Contact Pat Harahan, 703-569-9684.

### THURSDAY/OCT. 9

**Savvy Social Security.** 7 p.m. St. Mark's Lutheran Church, downstairs Fellowship Hall, 5800 Backlick Rd., Springfield. This one hour workshop covers the basics of Social Security and reveals strategies for maximizing benefits, including five factors to consider when deciding when to apply for benefits, how to minimize taxes on Social Security benefits, and how to coordinate Social Security with your other sources of retirement income. RSVP's and further questions will be handled by calling or

## FAITH NOTES

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

**The Greater Little Zion Baptist Church** in Fairfax is hosting its annual Health Fair on Saturday, Oct. 4, 2014, 10 a.m. to 2 p.m.

The theme for 2014 is "Prevention to Prosperity" (3 John 1:2) and the purpose of this Health Fair is to provide a free innovative and comprehensive program that addresses the major health needs and financial awareness our community at large.

This event is free and offers a number of free health screenings, and health wellness and financial seminars conducted by various industry professionals.

In addition, there will be a Kid's Corner with a moon bounce, arts and crafts, face painting and aerobics demonstrations. Door prizes and healthy snacks will be given throughout the event. The Health Fair is open to the public and it will be an educational, informative, and fun-filled event for all ages.

Greater Little Zion Baptist Church is located at 10185 Zion Drive in Fairfax. [www.glzbc.org](http://www.glzbc.org)

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

**The Guhyasamaja Buddhist Center**, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of

emailing, Financial Associate, Sheri Swackhamer at 571-970-0454 or [sheri.swackhamer@thrivent.com](mailto:sheri.swackhamer@thrivent.com).

### FRIDAY/OCT. 10

**Red Cross Blood Donation.** 9 a.m. - 2 p.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. To make an appointment to donate blood, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

### TUESDAY/OCT. 14

**Red Cross Blood Donation.** 10 a.m. - 3:30 p.m. The Hub (Sub II), 4400 University Dr., Fairfax. To make an appointment to donate blood, visit [redcrossblood.org](http://redcrossblood.org) or call 1-800-RED CROSS (1-800-733-2767).

### WEDNESDAY/OCT. 15

**Impact of Dementia on the Family.** 1:30 p.m. Insight Memory Care Center, 2812 Old Lee Highway Suite 210, Fairfax. Join us for this free educational program. Dementia affects the entire family - expectations and relationships can change family dynamics. Join us for this discussion on how to handle these changes. Call 703-204-4664 to RSVP and for more information.

### SATURDAY/OCT. 18

**Healthy Aging.** 8:30 a.m. - 1:30 p.m. Antioch Baptist Church, 6525B Little Ox Rd., Fairfax Station. Keynote speaker Margaret Pressler, Washington Post reporter and author of Cheat the Clock, a book on the science of aging. Lots of exhibits, demonstrations, and excellent presentations as well. Lunch included. For more information and to register, visit [www.antioch-church.org](http://www.antioch-church.org) or call 703-590-6562.

**Genealogy Workshop.** 10:30 a.m.-3 p.m. Anna Maria Fitzhugh Chapter, National Society Daughters of the American Revolution, will sponsor a genealogy workshop for DAR membership at King's Park Library, 9000 Burke Lake Road, Burke. Everyone is welcome. For more information contact Judy Korfonta, 703-451-3930.

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**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](http://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 or [www.fbcspringfield.org](http://www.fbcspringfield.org).

**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.

**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-andrew.org](http://www.st-andrew.org).

**Prince of Peace Lutheran Church**, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or [www.popl.org](http://www.popl.org).



# SPORTS

## High-Powered Hayfield Football Beats Washington-Lee

After three losses against tough opponents, QB Isaac leads Hawks to win.

BY JON ROETMAN  
THE CONNECTION

Midway through the fourth quarter of Friday's contest against Washington-Lee, Hayfield quarterback Sheldon Isaac slipped a pass between a pair of defenders and into the hands of receiver Tyler Hodge for a 21-yard touchdown, putting the finishing touch on another stellar offensive performance.

This time, however, big-time statistics translated to victory for the Hawks.

After starting 0-3 against a brutal early-season schedule, the Hayfield football team produced a season-high point total and earned Eric Henderson his first win as head coach of the Hawks, beating W-L 49-20 on Sept. 26 in Arlington.

Isaac completed 22 of 30 passes for 351 yards and three touchdowns against the Generals. He also scored a rushing touchdown.

"It feels good," Isaac said. "We've been working for a long time so it feels good to get the first win."

Isaac, a 6-foot-3, 180-pound senior, passed for 947 yards in Hayfield's first three contests, but the Hawks started 0-3, losing to South County (Stallions are 5-0), Westfield (2013 6A North region runner-up) and Centreville (2013 6A state champ). On Friday night, Hayfield scored on its first play from scrimmage, an 8-yard run by Isaac, and led for the remainder of the game.

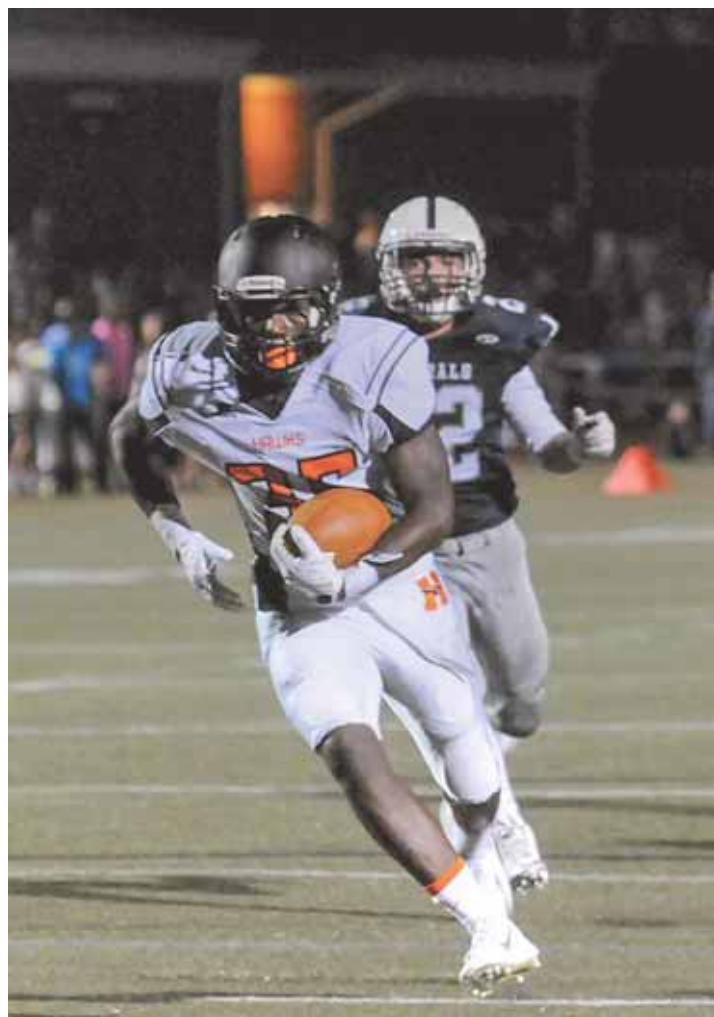
"It feels so good to win a game," a Hayfield player said on the sideline with the Hawks comfortably ahead during the fourth quarter. After the game, players celebrated with the school band.

Did facing tough competition in their first three games help the Hawks prepare for the remainder of their season?

"We knew we were playing very [good] teams, but we knew we could also play better," Isaac said. "It was something to put on our shoulders to say we could play better. Going into the next seven games, we knew we can turn it on, we can turn it up."

**HENDERSON** said Hayfield benefited from early-season tests.

"I've told the kids all week, we've run the crucible," Henderson said. "[The] three games that we played, it just tempers you and hardens you and gets you more focused. To the kids' credit, they kept their heads up and they kept plugging along and they did a great job this week. They could have laid down and died at any point. I thought they kept fighting against Centreville, I thought they kept fighting against Westfield and I



Hayfield receiver Tyler Hodge caught seven passes for 164 yards and two touchdowns against Washington-Lee on Friday night.



Hayfield quarterback Sheldon Isaac throws a pass during Friday's win over Washington-Lee.

PHOTOS BY LOUISE KRAFFT/THE CONNECTION

**"I've told the kids all week, we've run the crucible. [The] three games that we played, it just tempers you and hardens you and gets you more focused."**

— Hayfield football coach Eric Henderson

thought they fought against South County, so it's not like they gave up. We're just not there yet, but we will be."

Isaac's right arm figures to be of great assistance as Hayfield tries to climb out of a 1-3 hole. A first-year varsity starter, Isaac won the job during 7-on-7s in the offseason.

"He worked incredibly hard in the offseason — really watched a lot of film, did all the 7-on-7s, worked out with the wide receivers on his own, he just really took to the offense," Henderson said. "... You could see early in the summer, he just started figuring it out. ... He throws with a lot of confidence right now."

Henderson spent the previous two seasons as an assistant coach at Lake Braddock. He was the team's offensive coordinator in 2013, helping his son, quarterback Caleb Henderson, direct the Bruins' spread attack. Prior to assisting at Lake Braddock, Eric Henderson was the head coach at West Potomac, where he led the Wolverines to a share of the 2011 Patriot District title with Caleb as a standout sophomore signal caller.

During the offseason, Caleb Henderson,

now a freshman on the University of North Carolina football team, helped teach his father's potent spread offense to Isaac. So far, so good for No. 5, who is averaging more than 300 yards per game.

"[Coach Henderson] loves to pass the ball," Isaac said. "I just happen to be in the right situation at the right time."

Isaac's top two targets Friday were Hodge, a 6-foot-2, 210-pound senior, and Frank Pannell, a 6-foot, 190-pound senior. Hodge caught seven passes for 164 yards and two touchdowns, while Pannell finished with seven receptions for 99 yards and a score.

"Wasn't a big mystery [that] 35 (Hodge) and 4 (Pannell) are their best two receivers," W-L head coach Josh Shapiro said. "It's hard to simulate their speed [in practice]."

Isaac's first touchdown pass was a 30-yard toss to Hodge with 8:58 left in the second quarter, giving Hayfield a 14-0 lead. Isaac hit Pannell with a 10-yard scoring strike with 3:34 remaining in the first half, giving the Hawks a 21-0 advantage.

**HIS THIRD TOUCHDOWN PASS** was a

fourth-quarter dart to Hodge into double coverage.

"It was funny, because [Hodge] was supposed to run a different route, but he adjusted," Isaac said of his final touchdown pass. "[We] have a lot of chemistry and we just connected. He made a great catch."

Hayfield also got a big night on the ground from senior running back Myles Ross, who carried 21 times for 115 yards and three touchdowns.

Washington-Lee quarterback Ronnie Fecso completed 17 of 33 passes for 198 yards and two touchdowns. He was intercepted once.

Generals running back Daquay Harris carried 22 times for 73 yards and caught a 7-yard touchdown pass. Henry Casey finished with six receptions for 91 yards, and Gene Jones caught four passes for 39 yards and a score.

W-L freshman Owen Carey returned a kickoff 77 yards for a touchdown.

"When you've got a better athlete running in space and our kids weren't as physical as they needed to be to disrupt their timing, it's a recipe for [failure]," Shapiro said. "... When it comes down to it, we didn't have an answer for 35 and 4. The quarterback threw the ball well, we didn't put him on the ground [and] they kept a clean pocket."

Hayfield (1-3) will host Wakefield (4-0) at 7:30 p.m. on Thursday, Oct. 2. W-L (2-2) will travel to face Falls Church (4-0) at 7:30 p.m. on Thursday.



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NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE  
BRAKE SPECIAL  
\$99<sup>95</sup>  
PADS**

**Includes:** Install Genuine Toyota front brake pads, inspect front & rear rotors & drums, check tire condition and inspect all hardware. TCMC pads only.

**MACHINE ROTORS AN ADDITIONAL \$199.95.**

DOES NOT APPLY TO ALL VEHICLES. PLEASE SEE SERVICE ADVISOR FOR DETAILS. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE  
30000 MILES FACTORY  
RECOMMENDED  
SERVICE  
\$159<sup>99</sup>**

Synthetic \$10 More

**Includes:** Change engine oil & filter (up to 5 qts), rotate tires, inspect wear and adjust pressure, measure brake pad thickness & rotor runout, replace cabin air filter (if equipped), replace engine air filter, reset maintenance reminder light (if applicable) and multi-point vehicle inspection.

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**FALL DETAIL SPECIAL**

**\$119<sup>95</sup>**

Prepare your car's paint for the harsh winter road conditions. A full exterior buffing, paint sealant and wax, along with a vacuuming of the interior. Vans & SUVs add \$20.00.

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**4 WHEEL ALIGNMENT**

**\$79<sup>95</sup>**

**PREVENT UNEVEN WEAR**  
Your car's alignment suffers, and can cause uneven tire wear, steering problems and decreased fuel economy.

**INCLUDES:** Inspect suspension, ball joints, struts & shocks, tire condition and set tire pressure.

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**OIL & FILTER SERVICE SPECIAL**

**\$5<sup>00</sup> OFF**

**Includes:** Change oil, install Genuine Toyota oil filter, inspect & adjust all fluid levels and complimentary multi-point inspection with print out.

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**GENUINE TOYOTA  
15% OFF  
WIPER INSERTS  
& WIPER BLADES**

SOME MODELS HIGHER  
NOT VALID WITH ANY OTHER OFFER. TOYOTA VEHICLES ONLY. GOOD THRU 10/31/14. COUPON MUST BE PRESENTED AT TIME OF PURCHASE. VALID ONLY AT ALEXANDRIA TOYOTA PARTS CENTER ONLY.

**TOYOTA GENUINE SERVICE  
DETAIL SPECIALS  
\$39<sup>95</sup>**

**Wash & Vacuum  
\$139<sup>95</sup>**

**Hand wash, wax  
& interior cleaning  
\$295<sup>95</sup>**

**Full premium detail**

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**VARIABLE DISCOUNT**

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

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**TRUE START BATTERY SPECIAL**

**\$139<sup>95</sup>**



**INCLUDES BATTERY INSTALLATION**

**Includes:** 84 month warranty, 24 month FREE replacement, 24 month FREE roadside assistance, 60 month prorated, PLUS we'll check all battery cables & connections.

Does not apply to hybrid batteries.

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

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**TOYOTA GENUINE SERVICE  
COMPLIMENTARY  
MULTI-POINT INSPECTION**

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/14. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE  
EXTEND THE LIFE OF YOUR VEHICLE!  
BG FLUID EXCHANGE SPECIAL**

**TRANSMISSION FLUSH \$179<sup>95</sup>**  
**POWER STEERING FLUSH \$129<sup>95</sup>**  
**BRAKE FLUSH \$129<sup>95</sup>**  
**FUEL INDUCTION FLUSH \$129<sup>95</sup>**

**FOR TRANSMISSION FLUSH, TYPE T OR WS FLUID ADD \$50.00**

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**Fairfax/Kings Park West \$484,500**  
Lovely 4 bedroom home with garage \* Wood floors \* Updated kitchen that opens to private patio \* Living room with fireplace \* Family room opens to deck & hot tub \* Large fenced back yard \* Fresh paint & carpet. Call Judy for more information.



**Falls Church/Pimmit Hills \$1,999 per month**  
Just 2.4 miles to Silverline's McLean Metro Station & 3.1 miles to Tysons Station \* Fresh paint throughout \* Wood floors, carpet in bedrooms \* Updated kitchen & bath \* Dining room opens to large multi-level deck in fenced flat back yard backing to trees \* Driveway parking. Call Judy 703-503-1885 or [judys@lnf.com](mailto:judys@lnf.com)



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**Fairfax \$415,000**  
Lovely 3 br, 2.2 bath well kept townhouse, many upgrades, large rooms, porch & patio, large rec room with fireplace, in culdesac backing to woods, close to VRE, shopping, Robinson schools, great location.



**Alexandria \$375,000**  
Move in ready, just bring your boxes. Gorgeous Large Sunroom, Upgraded Eat in Kitchen, New Hdw Floors, New Carpet, Fresh Paint, Fenced Rear Yard, Easy access to all major commuting routes and 2 Metro Stations.



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**CROSSPOINTE \$769,900**  
Over 5,000 SF Manchester model with wing extension! Plantation shutters, custom built-ins, 2 home offices, huge master BR suite w/ elegant new bathroom! Finished walkout basement! Oversized garage for 2 large vehicles! Visit [8709CrossChaseCircle.com](http://8709CrossChaseCircle.com)



**CROSSPOINTE \$829,900**  
Former William Berry model home features a grand 2 story family room with palladian windows! Huge updated kitchen w/ high-end SS appliances & granite counters. Large BR's w/ ensuite bathrooms. Finished walkout basement to stone patio. Custom-built library!



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**Springfield \$574,900**  
Close-in Location  
1 mile to VRE/Metro Rail/.5 to RT 95/395. Walk to Mall/schools (K-12)/restaurants/tennis/Pool/no HOA/close to Pentagon/Ft Belvoir 5 BR/2.5 BA/3 levels/Hrdwds/updated  
Buzz Jordan 703-503-1866

**Sheila Adams**

**703-503-1895**

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**Fairfax \$824,900**  
Beautiful Brecon Ridge Community  
40,200 Sq Ft Lot, Gourmet Kitchen, 3 Finished levels  
For Appt: Call Sheila 703-503-1895



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**Lorton \$1,299,000**

Spectacular 4BR, 3BA, 4-car garage contemporary home built in 2002 on over 3 acres along the Potomac River. The property has a private beach, 194 feet of navigable waterfront, dock equipped with water, power and two 10,000 lbs. boat lifts, a state-of-the-art energy efficient geothermal heating & cooling system, and a separate boat garage wired with electrical.



**Mickie Shea**  
Associate Broker, CRS, GRI, e-PRO  
[Mickie@FairfaxVaHouses.com](mailto:Mickie@FairfaxVaHouses.com)  
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**Fairfax \$524,000**  
Seller to pay Closing Cost for purchaser of this stunning contemporary sited on a cul-de-sac, just a 5 minute walk to the pool, park, tennis courts & Woodglen Lake! Inside delights include 3 large & sunny bedrooms (room for 4), 3.5 baths, a kitchen with Corian counters and seamless sink; a gorgeous glass walled family room; a finished Rec Room & a private master suite with picture windows and huge master bath.

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