

Free Caregivers Seminars

Fairfax County is offering the following Free Caregiver Seminars in October:

- ♦ Understanding and Caring for a Person with Dementia. Saturday, Oct. 18, 10:00-11:30 a.m. Insight Memory Care Center, 2812 Old Lee Highway, Fairfax. For directions: 703-204-4664.
- ❖ Six Questions to Consider About Paying for Long-Term Care − WEBINAR. Wednesday, Oct. 29, Noon-1:00 p.m.

Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm.

Carfit experts will be at the Vienna Vol-

unteer Fire Department parking lot to assist older adults in determining if your car fits you properly for maximum safety. Free program. Wed., October 8, from 9:00 a.m.-2:00 p.m. Call 703-255-6360 to register and for more information.

- ❖ Fairfax County's free Chronic Disease Self-Management Program workshops are held Oct. 15-Nov. 19, 10:00 a.m.-12:30 p.m. Register at www.fairfaxcounty.gov/dfs/olderadultservices or call 703-324-5489, TTY 711.
- * Fairfax County is providing free Support Groups for Kinship Caregivers. Oct.

21, Oakton Library, 7-8:30 p.m. and Oct. 23, 6:30-8:00 p.m. Bryant Alternative High School. Visit www.fairfaxcounty.gov/dfs/kinship/support-groups.htm, or to register call 703-324-5447, TTY 711.

Medicare 101 presentations are offered by Fairfax County at the following locations:

❖ Wednesday, Oct. 15, 7-8:30 p.m. — Braddock District Community Room (Next to Kings Park Library), 9002 Burke Lake Road, Burke, VA 22015

Directions: 703-425-9300, TTY 711 (No

registration necessary.)

♦ Thursday, Oct. 16, 10-11 a.m. — Unitarian Universalist Church, 2709 Hunter Mill Road, Oakton, VA 22124

Directions: 703-281-0538, TTY 711 (No registration necessary.)

❖ Tuesday, October 28, 9:45-11 a.m. — Vienna Presbyterian Church, 124 Park Street, NE, Vienna, VA 22180

To register contact Charles Geschiere at 703-938-9050, x. 151; TTY 711

For more information visit www.fairfaxcounty.gov/dfs/olderadultservices.

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NEWS

Community Mourns Local Girl, 16

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

By Bonnie Hobbs The Connection

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.

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.

uzanne 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 Kellev McLean, who has worked with Scholte on the North Korea Freedom Coalition, a nonpartisan 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

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

Born: June 13, 1959, Norwalk, Connecticut

Residence: Falls Church Spouse: Chadwick R. Gore

Children: Chester (26), Christian (24) and

Education: B.A. English, minor in Fine Arts, College of William and Mary; Honorary Doctorate of Education, Koshin University, Pusan, Republic

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

SEE SCHOLTE, PAGE 5

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 pro-

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 Moroc-

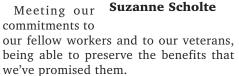
Q: If you're elected, what be would your top three priorities as a congressman?

A: Fixes to health care, trying to correct

the problems that have been created by the Affordable Care

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

commitments to



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.



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

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 cul-

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-todoor, making any phone calls. The one time I feel guilt-free is during a Redskins game.

— TIM PETERSON

News

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

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-

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







OPINION

Does the Change in Voter ID Laws Matter?

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

EDITORIAL

or 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

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 dis-

enfranchising 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/ 12000 Government Center Parkway, Fairfax, Suite 232, Fairfax, 22035; FAX 703-324-2205; email voting@fairfaxcounty.gov

STATE BOARD OF ELECTIONS

804 864-8901 Toll Free: 800 552-9745 FAX: 804 371email: 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.

Mary Kimm,

MKIMM@CONNECTIONNEWSPAPERS.COM

Stopping Domestic Violence: You Can Make a Difference

By John C. Cook and Joe MEYER

y 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

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 to help victims, and there is an show that the 3 million children increasing chorus of voices standwho witness domestic violence in ing up to say this is unacceptable. their homes each year can suffer As two involved members of our significant emotional and cogni- community, a Fairfax County sutive harm, even if they are not on pervisor and the executive direc-

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 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

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

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News

Mourning Cara

From Page 3

He said their favorite hangout spot was the approximately 40foot 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.



Bonnie Hobbs/The Connection Centreville High crosscountry runners Tuesday wrote "#ForCara" on themselves in Cara Golias's memory.

"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.

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."

#1 Weichert Agent in Burke & Fairfax Station Call Kathleen People are Talking!

market." The Litwinetz





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Weichert

Realtors



"As we say in the Army. Kathleen went the extra

"You volunteered to oversee every aspect of our

mile and is someone we want in our "foxhole" at

renovations. You chose our workmen from your

chose room colors in the latest decorating trends

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This FREE lecture is designed to provide our community members with important information about the latest medical advances in specific orthopedic specialties and help you find solutions to health issues that may increase your quality of life.



Nitin Goyal, MD Thursday, October 23 · 6:30 p.m. Harbour View 13200 Marina Way



Register today for this FREE lecture! To better serve you, we ask that you register online at Inova.org/AskTheExpert or by calling 1.855.My.Inova (1.855.694.6682)

Woodbridge, VA 22191

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 anima portraiture that can be achieved

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

through different mediums and styles.

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-

Taj Weekes & Adowa. 10:30 p.m. Empire, 6355 Rolling Road, Springfield. Bringing 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 nniversary 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 gogo@burkecommunity.com for

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



HOTO COURTESY OF jcid Frame DUCTIONS FOR

Glass. 9:30 a.m.-3:30 p.m. Green Gardens, 4603 Green Spring Road, Alexandria, Garden smarter, not Spring Gardens, 4603 Green Spring harder with Brenda Skarphol, who Rd, Alexandria. Learn to paint the leads you to sunny plant combinations and eco-friendly transparency using watercolor on paper with instructor Marni Maree. A gardening techniques. Admissio morning demonstration is followed by \$18/person. Register at afternoon painting/critique. Bring in www.fairfaxcountygov/parks/ glass, silver objects or photos of glass greenspring using code 290 488 5401 paint and a bag lunch. Admi or call 703-642-5173. **Beyond Bows.** 1:30-3:30 p.m. Green greenspring using code 290 431 4501

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

MEDICI

home. Admissions: \$35/person plus \$15 supply fee. Register at 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,

Chuck Mason and create a few to take

Greenbriar Towncenter, 13053 Lee Jackson Memorial Highway, Fairfax Call 703-817-9444 or visit www.hart90.org/

Swing Dance. 7:30 p.m. Sherwood nunity 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.fairfaxstation.org or call 703-425-9225

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Aquila Theatre: Wuthering Heights. 7 p.m. George Mason University's Center for the Arts, 4400 University Drive. Aquila Theater

performs Wuthering Heights. \$26-

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Fairfax Pets On Wheels 19th Annual "Paws for a Cause" 3K Walk. 12-3 p.m. Weber's Pet ipermarket, 11021 Lee Highway,

Fairfax. Proceeds from the walk will go toward recruitment and training, volunteer activities, and insurance. All pre-registered participants will receive a "Paws for a Cause" t-shirt. \$20-\$25. 703-324-5424.

Cold Press Soap Making. 12:30-4:30 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Learn how to make cold process soap using all natural botanical ingredients. This demonstration shows you hot to safely handle and store lye, how to add fragrance/exfoliants/colorants and gives you covering/molding/ curing/packaging ideas. Take home two bars of soap with recipes. Admissions: \$65/person. Register at www.fairfaxcountygov/parks/ greenspring using code 290 488 4401 or call 703-642-5173.

Food and Jane Austen. 1-3 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Explore the Regency Era's culinary and dining conventions through Jane Austen's novels and letters. Hear about dress code, etiquette and more followed by a traditional English tea, Admissions \$29/person, Call 703-941-7987 to make reservations. Ages 13+.

MONDAY/OCT. 6-FRIDAY/NOV. 3

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Adventures in Learning. 9:30 a.m.-2:45 p.m. Lord of Life Lutheran Church, 5114 Twinbrook Road, Fairfax. This program is open to all adults age 50 or better. Registrants bring a bag lunch and stay for a full day of classes/ activities and socializing, or pick and choose the classes that interest them the most. \$30. www.scfbva.org or 703-323-4788.

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'You Just Have to Believe'

Local girl competes in national solo ice dancing championship.

By Bonnie Hobbs The Connection

ust 15, Paul VI sophomore LaDan Nemati has a full plate. From Noand during the spring, summer and early in Delaware on the weekends. fall, she does solo ice dancing.

During July and August, the Clifton dancing in competitions in New Jersey, Delaware and Pennsylvania. And this week, she's in Colorado Springs competing in the Solo Ice Dance National Championship.

"I'm really excited to get to go there and preparing for the competitions paid off." again," said Nemati. "I competed there second in the whole country.'

Saturday in the final round.

But Nemati's worked hard to reach this solo free dance." point. She's skated nine years, starting Nemati and her coach choreographed the about qualifying for the final round. I think just have to believe."

with group and then private lessons, and hones her skills constantly at Skatequest in

"During the summer, I practice every day from about 8 a.m.-4 p.m.," she said. "Durvember-February, she skates with ing the school year, I practice from 3:30-5:30 a synchronized skating team in Delaware; p.m. every day and have synchro practices

NEMATI'S COMPETITIONS this summer resident won five gold medals for solo ice were against eight to 10 girls, each time, and she represented the Washington Figure Skating Club. She trained hard for each event and was surprised to have won so many gold medals. But, she said, "I was relieved to the 2013 Solo Ice Dance Nationals. know all the hard work I put into practicing

To make it to Nationals, she was ranked Representing the Eastern Region – petitions," she explained. "I finished first she can hardly wait.



LaDan Nemati after finishing second at

free dance together; she skated to Michael Buble's version of Frank Sinatra's "Come Fly last year in just one event and came in by U.S. Figure Skating. "You gain points with Me." At Nationals, she'll be vying based on your placement in different comagainst 18 other girls in both events, and

states from Maine to Florida - she's overall in the Pre-Silver [level] Pattern "I really love the atmosphere; Colorado you're not getting anywhere," she exranked as one of the region's top six skat- Dance Event – fox trot, European waltz and Springs is so pretty," she said. "And I'm look- plained. "But if you continue to practice ers. She'll compete Thursday-Friday, Sept. 14 Step [a march]. And I was second overing forward to making a bunch of new and believe in yourself, then someday 18-19; and if she does well, she'll vie on all in the Intermediate Combined Event - friends and doing these dances one last time. you can achieve your goals and even doing the fox trot or European waltz, plus a After Nationals, I'll move up to a higher level compete at the national level, if that's of competition. I'm feeling pretty confident your dream. It all starts mentally – you

that, if I skate like I usually do and

look of shine, reflection and

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However, said Nemati, the past few

Still, it's difficult balancing skating with schoolwork. "I have lots of homework, which I do from 6:30-10:30 p.m.," she said. "But I'm trying to work faster and do it more efficiently." She's currently considering a career in law or as a nutritionist or an exercise scientist, studying how the body functions during exercise.

believe in myself, I'll hopefully

weeks leading up to Nationals have been really tough for her, with the pressure of preparing for the competition, starting school and practicing for the upcoming synchronized-skating season, all at the same time. "But I enjoy competing at Nationals," she said. "And I love the feeling when all my hard work pays off."

NEMATI'S ADVICE to budding, young ice skaters is to keep trying and not give up. "It's hard at first and will feel like

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 Color logo on event banner displayed at banquet
- Eight (8) raffle tickets

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 One (1) hole sponsorship
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- Six (6) raffle tickets
 Color logo on event banner displayed at banquet Opportunity to present skills competition awards or raffle prizes

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- Color logo on event banner displayed at banquet

WELLBEING

Top Chef for Seniors

Retirement community residents choose Sunrise Signature Chef.

BY MARILYN CAMPBELL The Connection

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."

"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

SEE RESIDENTS, PAGE 11

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

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- ❖ 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.

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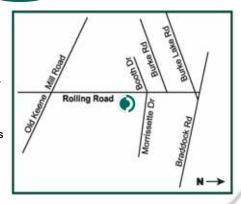
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WELLBEING

Residents Choose Signature Chef

All of our finalists

did an incredible job

creating meals that

restaurant chefs,"

Tim Whelan, vice president,

Dining Services for Sunrise

could rival our

country's top

From Page 10

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 Lawrencia Quaye, Executive Chef at The Fairfax.

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.

PHOTO COURTESY OF SUNRISE SENIOR LIVING

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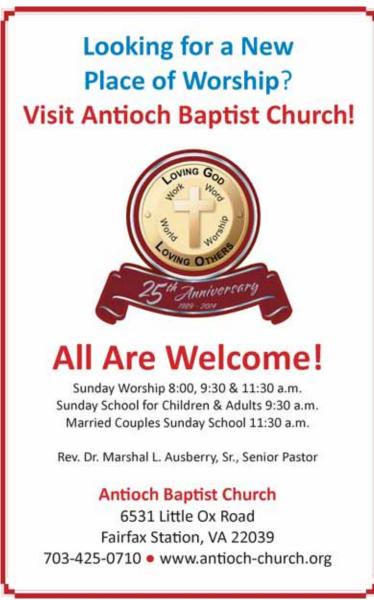
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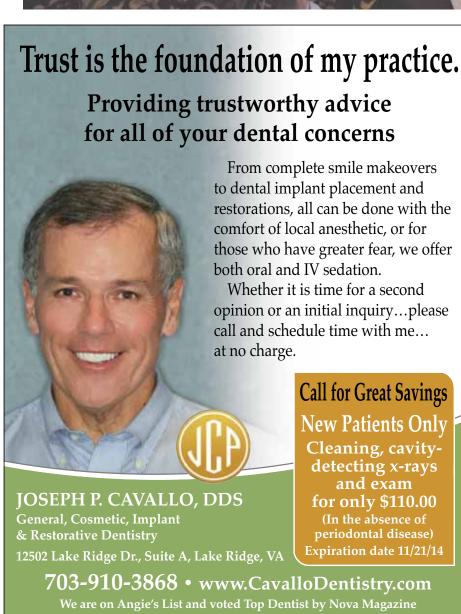
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Residents of Sunrise Senior Living served as judges during the Senior Eat Nutritional Challenge in Fort Belvoir.







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Bulletin Board

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

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.

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 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-

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

emailing, Financial Associate, Sheri Swackhamer at 571-970-0454 or 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 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 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.antiochchurch.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

FAITH NOTES

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

The 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

Greater Little Zion Baptist Church is located at 10185 Zion Drive in Fairfax. 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 Missionane. Fairfax Station, 703-323-8100 or www.fbtministries.org.

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

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 or 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.

nce 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.poplc.org.

SPORTS



Snare finished with nine kills and two aces against West Potomac on Tuesday.

Strong Service Game Propels South County Volleyball

Stallions produce 16 aces in and took control of the match. victory over West Potomac.

By Jon Roetman The Connection

ith South County comfortably ahead in the third set of Tuesday's match against West Potomac, Stallions senior Cathy Scaniffe sent a serve over the net. The ball sailed through the air, drilled a Wol-

verine player in the face and fell to the floor, giving the Stallions an 11-3 lead.

It was that kind of night for both teams, as South County put forth a dominant performance behind the service line and West Potomac never had a chance.

The South County volleyball team defeated West Potomac 3-0 (25-7, 25-12, 25-12) on Sept. 30 at South County High School. The Stallions totaled 16 aces and showed the necessary improvement to satisfy head coach Trista Barnhart.

"We did not serve so well the last match, so we worked on that specifically in practice," Barnhart said. "The girls knew they had to come out here and prove to me what we did in practice would relay [to the match], which they did. I was really proud of what they did."

What was the problem betore?

"I would definitely say that they were worried about looking bad or missing the serve or disappointing the team," Barnhart said, "when they need to go back positive like, 'I'm going to get this."

Tuesday. The Stallions served with power and finesse, at 5 p.m. on Tuesday, Oct. 7.

"We knew that we could beat this team," senior setter Amber Ragunas said, "so we weren't really as worried and in our heads about serving.

Freshman defensive specialist Cassidy Ragunas, junior libero Brooke Birch, junior defensive specialist Kori Thomas and Amber Ragunas each had three aces for South County. Senior outside hitter Scaniffe and senior middle blocker Rachel Snare each had

When the Stallions needed more than just a serve to score, Scaniffe, Snare and junior opposite hitter Gabrielle Hall took care of busi-

Scaniffe finished with 10 kills, Snare totaled nine and Hall had seven.

"[Scaniffe is] great mid-approach at [deciding where to place her attack] and going strong," Barnhart said. "Rachel is just flat-out aggressive. She really goes after it. Especially this year, being a senior, she has the full confidence that I've been wanting out of her for the past two seasons, and this year she's just full-blown going at it."

Jessica Dorn led West Potomac with six kills.

The victory improved South County's record to 16-2. The defending Conference 7 champions returned nine players from last season.

"We know that we have a target on our back and we know that teams are going to play harder against us because we've been told that teams do play

better when they play us," Snare said. "Mostly, it's just given us motivation to go further."

South County will play four straight road matches, starting with a contest against Lee at 7:15 p.m. on Negativity was not an issue for South County on Monday, Oct. 6. West Potomac (5-4) will host Stuart Nejako and the Robinson volleyball team defeated defending VHSL 6A state champion Langley during a Dig Pink match on Sept. 27.

Setter Abby



Robinson Volleyball **Beats Langley**

The Robinson volleyball team split a pair of matches during a Dig Pink event on Sept. 27 at Robinson Secondary School, starting with a 3-2 win over defending VHSL 6A state champion Lan-

The Rams fell to Battlefield, 3-1, in the second match.

Robinson also lost a road match to West Springfield, 3-2, on Monday, dropping the team's record to 4-4.

Robinson faced McLean on Wednesday, after The Connection's deadline. The Rams will host Annandale at 7 p.m. on Thursday,

Robinson, Lake Braddock, SoCo Football Have Bye Weeks

The Robinson, Lake Braddock and South County football teams have byes this week, and will return to action on Oct. 10.

Robinson improved to 5-0 with a 56-21 win over Herndon on Sept. 26. The Rams will host Madison for homecoming at 7:30 p.m. on Friday, Oct. 10.

Lake Braddock improved to 4-1 with 28-17 victory against Annandale on Sept. 26. The Bruins' only loss was a 19-17 defeat against Robinson on Sept. 12.

Lake Braddock will travel to face Woodson at 7:30 p.m. on Friday Oct. 10.

South County remained undefeated with a 56-6 win over Lee on Sept. 26. The Stallions (5-0) have beaten four of five opponents by 20 points or more.

South County will host T.C. Williams at 7:30 p.m. on Friday,

Spartans Lose to **Defending Champs**

The West Springfield football team had its three-game winning streak snapped with a 31-0 loss to defending VHSL 6A state champion Centreville on Sept. 26.

The Spartans (3-2) are on a bye this week and will return to action at home against West Potomac at 7:30 p.m. on Friday, Oct.

Woodson Football Earns Second Win

The Woodson football team won its second consecutive game on Sept. 26, beating T.C. Williams 56-21.

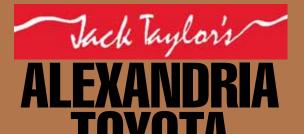
The Cavaliers (2-3) are on a bye this week and will host Lake Braddock at 7:30 p.m. on Friday, Oct. 10.

South County senior Cathy

West Potomac.

Scaniffe had 10 kills and two

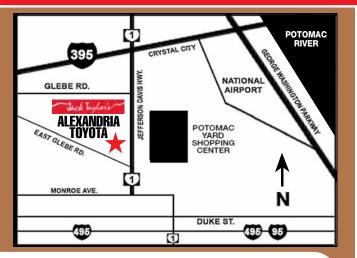
aces during Tuesday's sweep of



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