

Springfield CONNECTION

Franconia ♦ Kingstowne
Newington

Heidi Weston of Messiah United Methodist Church in Springfield drills screws to build a privacy fence at Camp Highroad in Aldie, Va. during 'Change the World Day' in September.

WELLBEING

PAGE 11

'Changing the World' at Springfield Church

NEWS, PAGE 8

Lake Accotink Trail Improvements Announced

NEWS, PAGE 3

Tilting at Voting Booths

NEWS, PAGE 4

AREA ROUNDUPS

Veterans of Foreign Wars Announces Scholarship Competition

Commander Bud Bishop of the Springfield Veterans of Foreign Wars (VFW) Post #7327 announces this year's VFW and its Ladies Auxiliary "Voice of Democracy" Scholarship Competition. Local high school students have the opportunity to compete for thousands of dollars in scholarships and a trip to Washington, D.C.

Students begin by competing at the lo-

cal Post level with a deadline of Nov. 1, 2014. Post winners advance to District and then the first place District winners advance to the state (or Department) competition. All state winners receive a four-day trip to Washington, D.C. A total of \$152,000 is awarded to national finalists. First place is a \$30,000 college scholarship. Annually, around 40,000 students participate in the competition nationwide.

Students must write and record a three-to-five minute essay on this patriotic theme for 2014-2015: "Why Veterans are Impor-

tant to our Nation's History and Future" on an audio cassette, CD or digitally and present their recording, typed essay, and entry form at their local VFW Post 7327 by Nov. 1, 2014.

Interested students and teachers should contact the Voice of Democracy Chairman (D.M. Benedict) at VFW Post #7327 by email at cdprpost7327@va.vfwwebmail.com, by phone at 703-541-3139 or write to the Post at P.O. Box 123 Springfield, VA 22150-0123 for more information.

For details visit www.vfw.org/Community/Voice-of-Democracy.

Farmers Markets

Each Thursday, from 3-7 p.m., the Fairfax County Government Center hosts a farmers market in its parking lot. The Government Center is at 12000 Government Center Parkway, in Fair Oaks, and the next markets are slated for Oct. 2 and Oct. 9.

Two farmers markets are still open in the City of Fairfax. They'll run through Nov. 1 at the corner of West and Main streets. The Downtown Fairfax Coalition Community Market is held Saturdays, from 8 a.m.-1 p.m. The Sunday Farmers Market will run from 10 a.m.-2 p.m. For more information, call 703-642-0128.

October is FREE WINDOWS MONTH at Renewal by Andersen.¹



Why is October one of the best times to replace your windows?

Because if you call us now, you can get your more energy-efficient windows installed **before** the really cold weather is here.

Our exclusive High-Performance Low E-4® SmartSun™ glass is **up to 70% more energy efficient†**. It's engineered to make your home more comfortable in the colder months.

Call before October 31st!



Our Fibrex® material is
2X STRONGER
THAN VINYL



Why have our customers chosen us over another window company?

1. Fibrex® Material

Our exclusive Fibrex material was **researched by Andersen** for 30 years before it was installed in even one home. **Our Fibrex material is twice as strong as vinyl.**

2. Unique Look

Our window has the **elegant look and strength of a wood window**, but our Fibrex material doesn't demand the same maintenance of wood.

3. Accountability

There's no frustrating "middle man" to deal with. **We sell, build, install and warrant both our windows and installation.**

Renewal
by Andersen.
WINDOW REPLACEMENT



an Andersen Company

Call for your FREE Window Diagnosis

703-775-2256

It's like getting
FREE WINDOWS
for 1 year¹

NO MONEY DOWN

NO PAYMENTS

NO INTEREST
FOR 1 YEAR¹

Plus

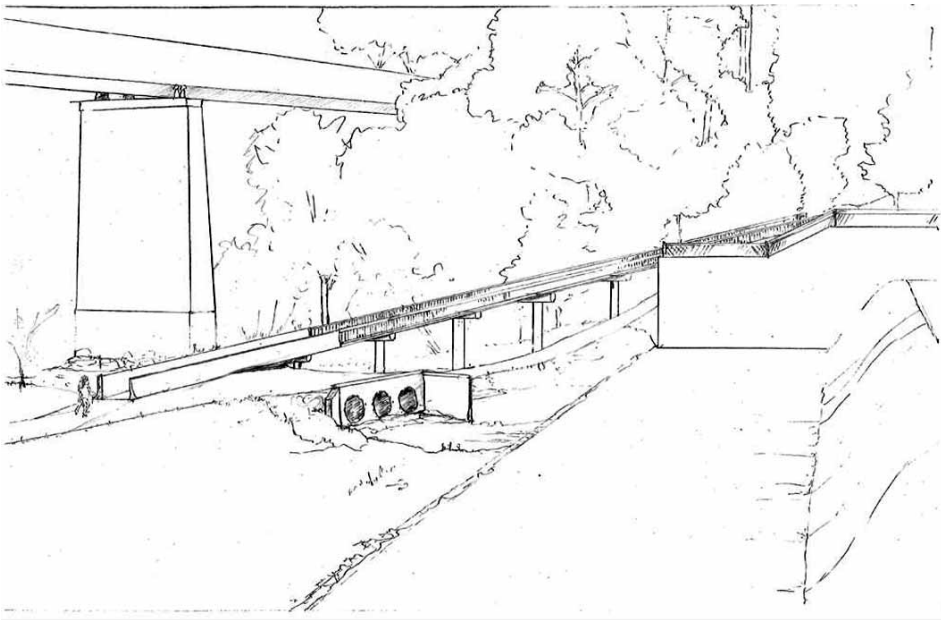
SAVE \$229
on every window¹

and

SAVE \$629
on every patio door¹

Offer only available as part of our
Instant Product Rewards Plan.

Restrictions and conditions apply; see your local representative for details. Cannot be combined with prior purchases, other offers, or coupons. No adjustments to previous orders. Offer not available in all areas. Discount applied by retailer representative at time of contract execution and applies to minimum purchase of 6 or more windows and 4 or more patio doors. Offer does not include bay/bow windows or any upgrades considered non-standard options. Offer only available as part of our Instant Product Rewards Plan. As part of the Instant Product Rewards Plan, all homeowners must be present and must purchase during the initial visit to qualify. To qualify for discount offer, initial contact for a free Window Diagnosis must be made and documented on or before 10/31/14 with the appointment then occurring no more than 10 days after the initial contact. 0% APR for 12 months available to well qualified buyers on approved credit only. Not all customers may qualify. Higher rates apply for customer with lower credit ratings. Financing not valid with other offers or prior purchases. No Finance Charges will be assessed if promo balance is paid in full in 12 months. Renewal by Andersen retailers are independently owned and operated retailers, and are neither brokers nor lenders. Any finance terms advertised are estimates only and all financing is provided by third-party lenders unaffiliated with Renewal by Andersen retailers, under terms and conditions arranged directly between the customer and such lender, all subject to credit requirements. Renewal by Andersen retailers do not assist with, counsel or negotiate financing, other than providing customers an introduction to lenders interested in financing. This Renewal by Andersen location is a independently owned and operated retailer. VA Lic # 27010307644. DC Lic # 420212000031. "Renewal by Andersen" and all other marks where denoted are marks of Andersen Corporation. ©2014 Andersen Corporation. All rights reserved. ©2014 Lead Surge LLC. All rights reserved. *Values are based on comparison of Renewal by Andersen® double-hung insert window SH6C to the SH6C for clear dual pane glass non-metal frame default values from the 2006 and 2009 International Energy Conservation Code.



COURTESY OF FAIRFAX COUNTY PARK AUTHORITY

The new elevated walkway would keep pedestrians above basin overflow and dramatically decrease the slope to the trail.



PHOTO COURTESY OF FAIRFAX COUNTY PARK AUTHORITY

Under normal conditions at Accotink Dam Crossing, the walkway is passable, however steep.

Lake Accotink Trail Improvements Announced

For anyone who's been trapped by floodwater while taking a loop of Lake Accotink Trail, or struggled with the steep 30 percent slope down to that crossing of the lake, help is on the way. Eventually.

At a meeting on Sept. 24, project manager Bill Boston of the Fairfax County Park Authority announced a preliminary engineering study has now reached a 50 percent design phase.

"On paper, we've got [the slope] down to eight percent," said trail program manager Liz Cronauer.

"Right now," she continued, "below the dam, water flows over into a filling basin, then outfall goes through two big culverts. Those aren't adequate, they're always getting clogged. Even with a minor rainstorm, water washes over top where people are walking."

The park authority will eliminate the ex-

isting crossing at the dam and replace it with an elevated walkway, à la the one on Four Mile Run in Alexandria. Raised on piers, the walkway would slant up to the top of the hill.

That's big news for one of the most heavily trod trails in the park system.

Cronauer estimates the price tag at about \$850,000, \$540,000 of which would come from residual funding from a previous project to dredge Lake Accotink.

The design should be complete early next year. The permitting phase could last until the end of 2015, allowing construction to begin some time in 2016.

"These things just take a really long time," said Cronauer, "especially permitting for a project that's in a floodway. A lot of hoops to jump through."

— TIM PETERSON

State Accreditation Status a 'Snapshot'

Schools in Mount Vernon and Lee districts receive warnings from VDOE.

BY TIM PETERSON
THE CONNECTION

"Test scores do not define our schools. They never have and never will," said Mount Vernon school board member Dan Storck.

Earlier this month the Virginia Department of Education (VDOE) released accreditation results based on student performance in the 2013-2014 school year. The ratio of Fairfax County Public schools receiving full accreditation to those not making the grade dropped from 94 percent a year ago to 89 percent.

Schools have three ways to meet "Annual Measurable Objectives" (AMOs) based on Standards of Learning (SOL) testing in English, Math, History and Science. The VDOE sets benchmark point values that can be met using the most

recent year's scores, a three-year average or reducing failure rate by ten percent from the previous year. If a school doesn't meet the requisite number of objectives (75 percent of students passing reading and writing, 70 percent for math, science and history, and a graduation standard for high schools) it gets a warning.

Schools then have three years to improve from the warning status before VDOE steps in to help. In Mount Vernon, West Potomac and Mount Vernon high schools, as well as numerous elementary schools, all got the warning status. In Springfield's Lee district, Forestdale and Lynbrook elementary schools received warnings as well.

EDUCATORS AND ADMINISTRATORS in both districts are quick to point out that while the scorecards are a serious issue, they don't tell the full story.

"It's really a snapshot," said Lee school

board member Tamara Derenak Kaufax, "and doesn't always reflect the progress of individuals in the classroom."

"I don't make any excuses, we don't as a school," Lynbrook principal Mary McNamee said. "Although these tests are very important, we know what's best practice. We're not teaching to the test, we're teaching to the students' learning needs."

Individual schools and the VDOE have continued to make changes to improve the effectiveness of testing and, ultimately teaching and learning. But that process has had growing pains and mismatches.

More than a half a decade ago, the state made SOLs more difficult. There was an adjustment period but within two to three years, all Fairfax County schools were fully compliant, according to Storck.

"We've been so successful historically at doing just that," he said, "our track record would show we'll make that happen."

In one year, Mount Vernon's students improved 11 percent in math. That was still below the 2012-2013 standard so the warning wasn't lifted. However King is optimistic: "Our team is strong and working really



Lee District school board member Tamara Derenak Kaufax says the accreditation warnings are serious but still only a "snapshot" of the bigger story for schools.

hard to continue the trend of improvement."

A MAJOR CHALLENGE facing the Mount Vernon and Lee schools with warnings is the disproportionate percentage of their students receiving free or reduced meals and coming to school with English as a second language (ESOL).

Across Fairfax County, Storck said, 27-28 percent of the schools' populations are economically disadvantaged. West Potomac High School is at 40 percent. Mount Vernon is 53 percent. Kaufax said Forestdale nearly matches those numbers, while the poverty rate at Lynbrook is about 90 percent and the ESOL is 74 percent.

"Sadly it's a function of education of the child coming in," said Storck, "what they have to start with. Many of these kids just

SEE SCHOOLS, PAGE 5

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

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 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

News

Schools Warned for Missing Standards

FROM PAGE 3

don't have much in the way of education."

"They come with limited literacy in their own language," said Kaufax. "No pre-kindergarten experience. Some speak no English."

These students, though not without potential, require more time and resources.

"My educators tell me it takes three to five years coming to the system at that level to get up to speed at optimal levels," Kaufax said. Fairfax County Public Schools spokesman John Torre said "This year, the added cost per ESOL student is \$3,454."

The accreditation warnings are a major motivating factor for schools to redouble their efforts, but most have already been implementing innovative programs to raise performance. The school board and the Mount Vernon and Lee schools have already been developing and implementing ideas to improve and evaluate performance.

For Storck, a big part of that is getting away from "mastery-level standardized testing." He said the board's unanimous objective is "to really broaden how we assess kids, so it's not a bubble test, but truly the kind of test they're going to get in life."

THE ELEMENTARY SCHOOLS have put

a major focus on early learning, trying to set the students up for future success. "We've opened nine pre-k classrooms," said Kaufax. "Lynbrook now has three headstart classrooms."

In a statement Torre said Saratoga Elementary, as well as Lynbrook and Forestdale students, "have benefited from the implementation of early education programs such as Head Start/FECEP, Bridge to K (a summer program for students entering kindergarten that prepares them for school) and summer jump start programs for students in grades K-6 that operate in tandem with our FCPS Summer Extended Learning Time (SELT)."

Principals, school board and PTSA members also recognize the need to involve families and communities surrounding schools to help students be successful.

At Lynbrook, McNamee bolsters after school tutoring and mentoring with parent ESOL education and a program called Home Instruction for Parents of Preschool and Youth (HIPPPY). "It shows our children their families are focused on learning," she said.

"We're really dedicated to the success of each and every one of our students," said Kaufax. "Our efforts are immense, and these schools are doing amazing things."

BURKE NURSERY

Presents Our 20th Annual

FALL FESTIVAL & Pumpkin Playground

**October 1
thru October 31**

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

For More Information Call:

(703) 323-1188

www.pumpkinplayground.com



BURKE NURSERY & GARDEN CENTRE

9401 Burke Road
Burke, VA 22015

Garden Centre
is open daily 8-7

Featuring
MARY APONTE
Cherokee Story
Teller, 9-12
Weekdays

ADMISSION \$9.00 M-F; \$13.00 SAT/SUN & Oct. 13 • WEEKDAY GROUP TOURS • SEASON PASSES AVAILABLE

LOTS OF FAMILY FUN

SPOOKY HAY RIDES • MONEY MOUNTAIN MINERS MOUNTAIN SLIDE WIZARD OF OZ SLIDE W/ADDITIONAL SLIDE • MINI CAROUSEL WESTERN TOWN • GRAVE YARD AIRPLANE • MERRY-GO-ROUNDS INDIAN TEE-PEE • TUMBLING TUBES PHONE TUBES • GHOST TUNNEL SLIDE PUMPKIN FORT • FARM ANIMALS • MECHANICAL RIDES PIRATE SHIP AND PIRATES CAMP GHOST TRAIN • SPOOKY CASTLE FIRETRUCK • MONSTER TRUCK SLIDE

SPECIAL EVENTS SAT - SUN 10-5

FACE PAINTING

Additional Fees for these Events:

BALLOON ANIMALS \$2
WOBBLE WAGON \$2
MOON BOUNCE \$2
PONY RIDES \$5

GIGANTIC SELECTION OF

PUMPKINS • CORN STALKS CIDER • JAMS & JELLIES APPLES • HALLOWEEN DECORATIONS CABBAGE & KALE • WINTER PANSIES CHRYSANTHEMUMS

Daily 9am - 8pm
(Weather Permitting)



One-time Opportunity + One-level Living + Special Pre-Grand Opening = Cedarwood



Gain VIP Access to Secure your Space for a Low-Maintenance Lifestyle Today: www.VanMetreHomes.com/Cedarwood

- Open Flexible Single Family Floorplans with Superior Finishes
- Universal Design Features that Provide Comfort, Accessibility & Energy Efficiency
- Owner's Suite and Secondary Bedrooms on 1st Floor
- Customize at our Award-Winning Design Studio
- WestEnd Neighborhood of Stone Ridge with Clubhouse, Fitness Center, Pools, Tennis, Shopping and Dining
- New State-of-the-art Library and Stone Spring Emergency Center and Hospital

Join the VIP list today or phone 703-764-5482



www.VanMetreHomes.com



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/
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: 804 371-0194
email: 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

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

Springfield CONNECTION

www.ConnectionNewspapers.com

@SprConnect

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

Published by
Local Media Connection LLC

1606 King Street
Alexandria, Virginia 22314

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

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

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

Amna Rehmatulla
Editorial Assistant
703-778-9410 ext.427
arehmatulla@connectionnewspapers.com

Tim Peterson
Community Reporter
703-314-0789
tpeterson@connectionnewspapers.com

Jon Roetman
Sports Editor ♦ 703-752-4013
jroetman@connectionnewspapers.com
@jonroetman

Victoria Ross
County Reporter ♦ 301-502-6027
vross@connectionnewspapers.com

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

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

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

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

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

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

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

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
@TheismannMedia

CIRCULATION: 703-778-9426
Circulation Manager:
Ann Oliver
circulation@connectionnewspapers.com



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."

BURGUNDY GRADUATES LOVE TO LEARN!



Burgundy graduates carry a well-developed love of learning with them to some of the finest high schools in the region including Episcopal, Madeira, Georgetown Day, Sidwell Friends, Thomas Jefferson High School for Science and Technology, and more.

Colleges and universities they attend include Harvard, Yale, William & Mary, UVa, Duke, Princeton, Oberlin, Virginia Tech, Penn State, Emerson, Columbia, Stanford, Savannah College of Art and Design and many more.

Come see how Burgundy transforms the lives of our students with:

- a hands-on, integrated, engaging and challenging curriculum
- enrichment classes in all of the arts
- a diverse and nurturing community
- our 25-acre Alexandria campus
- a 500-acre Center for Wildlife Studies in WV

OPEN HOUSE DATES

- Friday, October 10, 9-11 a.m.
- Saturday, December 6, 2-4 p.m.
- Tuesday, November 11, 9-11 a.m.
- Sunday, January 11, 2-4 p.m.

RSVP or schedule a tour at 703.329.6968.



Burgundy Farm Country Day School
3700 Burgundy Road, Alexandria, VA
www.burgundyfarm.org



Inova Proudly Presents our Upcoming Ask The Expert Community Lecture!

Osteoarthritis and the Latest Advances in Joint Replacement

Are you living with chronic joint pain?

Learn about state-of-the-art treatments for your condition from one of the area's leading orthopedic surgeons who practice at Inova hospitals.

Dr. Goyal will discuss causes, risk factors, symptoms and some of the latest treatment options for osteoarthritis and joint pain.

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
Woodbridge, VA 22191



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)

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. 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 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 Panchella 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.

Glass. 9:30 a.m.-3:30 p.m. Green Spring Gardens, 4603 Green Spring Rd, Alexandria. Learn to paint the look of shine, reflection and transparency using watercolor on paper with instructor Marni Maree. A morning demonstration is followed by afternoon painting/critique. Bring in glass, silver objects or photos of glass to paint and a bag lunch. Admissions: \$76/person. Register at www.fairfaxcountygov/parks/greenspring using code 290 431 4501 or call 703-642-5173.

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

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

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.hart90.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.

Fairfax Pets On Wheels 19th Annual "Paws for a Cause" 3K Walk. 12-3 p.m. Weber's Pet Supermarket, 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
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.scfba.org or 703-323-4788.

4th Annual

Golf

"FORE" the Kids Golf Tournament

Benefiting the Boys and Girls Clubs, Fairfax County

INTERNATIONAL COUNTRY CLUB

13200 Lee Jackson Memorial Highway

Fairfax, Virginia 22033

<http://www.internationalcc.com>

Monday, October 6th, 2014

Event Information

Registration: 9:30 am

Shotgun Start: 11:00 am

Post-Tournament Awards Banquet

Silent/Live Auction

Raffles and Prizes

Closest to the Pin & Long Drive

<http://tinyurl.com/forethekids2014>

GOLF FOURSOMES \$900

Includes: Four Golfers

Boxed Lunch

Post Tournament Awards Banquet

Live/Silent Auctions

Raffles and Prizes

Closest to the Pin & Long Drive

Includes: Greens Fees, Cart, Driving Range

Individual Golfers \$250

For more information on sponsorship opportunities, please contact Amir Capriles at amir.capriles@microsoft.com or 703-362-6970



PHOTOS CONTRIBUTED

Change the World Day volunteers at the Claude Moore Farm in McLean.

‘Changing the World’ at Springfield Church

Volunteers at Messiah United Methodist Church worked on 30 mission projects in the community.

More than 350 members of Messiah United Methodist Church in Springfield took church to the community on Sunday, Sept. 7, performing 30 mission projects including repairing a boardwalk maintenance at Hidden Pond Nature Center; serving meals at Rising Hope UMC (Route 1 corridor), Capitol Hill UMC (DC) and Fisher House (mili-

tary veterans); sorting donations at area charity thrift stores and building fences at picnic tables at Camp High Road, a United Methodist camp in Manassas.

The day of service — in which the combined manpower performed a year's worth of community service — is part of a United Methodist initiative called “Change the World Day.”



From left, Dylan Fritz, Logan Fritz, Bob Briggs, and BJ Hershey build a rail fence at Camp Highroad in Aldie, Va.



Messiah United Methodist Church members pack food for the church's ongoing weekend backpack program, which provides food for the week-end for children who receive free and reduced-price meals at school.

Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates
703-969-1179



Visit our website: www.twopoorteachers.com

Select your products from our Mobile Showroom and Design Center

Fully Insured & Class A Licensed
Est. 1999



Just Arrived: Pansies and Mums!

Pansies \$1.29

Hosta Special!
25% Off All Varieties

Free Estimates
Patios, Walkways, Retaining Walls, Landscaping & so much more!

60-75% Off Pottery

Playground Chips & Organic Compost \$29.99 cu. yd.

Bulk Mulch \$24.99 cu. yd.

We have Citrus
Calamondin Orange
Meyer Lemon
Key Lime
Persian Lime

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

COMMUNITIES OF WORSHIP



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

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

Sunday Worship 8, 9:30 & 11:30 a.m.
Sunday School for Children & Adults 9:30 a.m.
Married Couples Sunday School 11:30 a.m.
703-425-0710 • www.antioch-church.org
6531 Little Ox Road, Fairfax Station, VA 22039



A SOUND HEALING CONCERT

Paradiso & Rasamayi
Thursday, October 9th at

ARLINGTON METAPHYSICAL CHAPEL

5618 Wilson Blvd, Arlington, Va 7:00 p.m.

\$25 in advance ...\$30 day of
703-276-8738 / arlingtonmeta.org
www.OnlineSoundHealing.com

featuring: The World's Largest Crystal Didjeridoo
Ruby, Diamond, Citrine & Tanzanite Singing Bowls
Seed Mantras, Chao Gong and MORE!!!!

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 Volunteer 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.

Gary Kramer, D.D.S.
Sara Bunin, D.D.S.
DIPLOMATES OF THE AMERICAN BOARD OF PEDIATRIC DENTISTRY
Dentistry for Children, Adolescents & Special Needs
703-978-0051 KBPediatricSmiles.com



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

MOUNT VERNON INTERNAL MEDICINE (MVIM)
is accepting new patients! Walk-ins welcome • Call 703-780-2800




Raymond Murow, M.D.



Elizabeth Lawhon, CNP



Sunil Kalra, M.D.

The Physicians & Staff of MVIM would like to introduce Sunil Kalra, M.D.

Mount Vernon Internal Medicine has been providing quality care to patients 14 years and older in the Northern Virginia area since 1976. We have offices in Lorton, Alexandria, Springfield, and now Lake Ridge.

6128 Brandon Ave #201, Springfield, VA 22150
Please call 703-780-2800 to schedule an appointment. • Mon-Fri.: 7:00 am-5:00 pm
www.mtvernoninternalmedicine.com

Extended Hours
Tuesday
Until 8 pm

A healthy body starts with a healthy mouth!

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

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

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



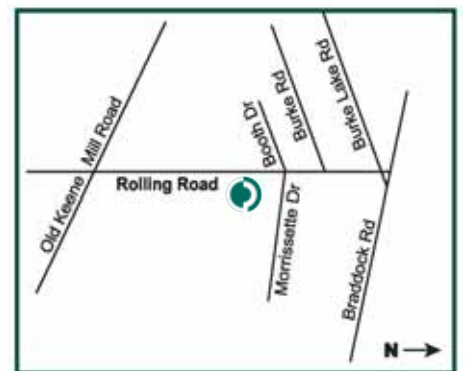
Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including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

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

Our Services:

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

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



FREE IMPLANT CONSULTATION

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

Peter K. Cocolis, Jr., DMD & Associates

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

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



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

703-912-3800 • www.smiles4va.com



WELLBEING

Top Chef for Seniors

Retirement community residents choose Sunrise Signature Chef.

BY MARILYN CAMPBELL
THE CONNECTION

Grace 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

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

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 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



PHOTO COURTESY OF SUNRISE SENIOR LIVING

Residents of Sunrise Senior Living served as judges during the Senior Eat 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.

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 CONTRIBUTED

Lisa, Noah and Greg Coffman at the 2014 the Race for Every Child.

Family Runs the Race for Every Child

Noah Coffman, 14, ninth grader at Edison High School, with parents Lisa and Greg Coffman of Alexandria, participated in the second annual Race for Every Child to benefit Children's National Health System. There were more than 4600 participants raising more than \$1 million for Children's National. Lisa runs half marathons and Greg runs mara-

thons. Noah likes to play basketball.

In sixth grade Noah was diagnosed with scoliosis (curvature of the spine). He was placed in a brace but after months it was clear that he would need surgery to correct it. He had the surgery in March 2014, which lasted for 8 hours, and since then has been doing very well.

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 all ages.

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 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Cen-

ter, 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 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 information.

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.

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD

HOME & GARDEN

CONNECTIONNEWSPAPERS.COM

CONTRACTORS.com

703-917-6400

ZONE 2 AD DEADLINE:
TUESDAY NOON

ELECTRICAL

ELECTRICAL

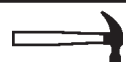
K&D ELECTRIC

COMMERCIAL / RESIDENTIAL SERVICE
Family Owned & Operated

Recessed Lighting
Ceiling Fans
Phone/CATV
Computer Network Cabling
Service Upgrades
Hot Tubs, etc...
Licensed/Bonded/Insured
Office 703-335-0654
Mobile 703-499-0522
lektrkman28@gmail.com

IMPROVEMENTS

IMPROVEMENTS



R&N Carpentry

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

IMPROVEMENTS

IMPROVEMENTS

Picture Perfect Home Improvements

(703) 590-3187 www.pphionline.com

Remodeling Bathrooms, Kitchens & Basements

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

HAULING

LANDSCAPING

AL'S HAULING

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

7 DAYS A WEEK

JUNK HAULING

Junk, Rubbish,
Homes, Offices,
Commercial,
Yard/Construction
Debris, Lot Clear
out, 24 hrs day,
General Hom Work.

703-520-4338 N-VA

GUTTER

GUTTER

GUTTER CLEANING

Gutters and Downspouts Cleaned
Small Repairs • Gutter Guards

PINNACLE SERVICES

lic/ins 703-802-0483 free est.
email jamie@lawnsandgutters.com
web: lawnsandgutters.com
Friendly Service with a Friendly Price!

The HANDYMAN

A DIVISION OF NURSE CONSTRUCTION

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

You have tried the rest - NOW CALL THE BEST!!
Proudly serving Northern VA - 46 yrs. exp.

Licensed Insured We Accept VISA/MC
703-441-8811

LAWN SERVICE

LAWN SERVICE

PINNACLE SERVICES, INC.

LAWN SERVICE

MOWING, TRIMMING, EDGING,
MULCHING & TRIM HEDGES

Friendly Service for a Friendly Price

703-802-0483

PAVING

Joseph Sealcoating

Specialist

PAVING

35 Years Experience! Free Estimates!
703-494-5443

LANDSCAPING

A&S CONSTRUCTION

Bathrooms, Kitchens,
Flooring, complete
remodeling.

703-863-7465

TREE SERVICE

ANGEL'S TREE REMOVAL

Brush & Yard Debris
Trimming & Topping
Gutters & Hauling
Angeltreeslandscaping-hauling.com
703-863-1086
703-582-3709
240-603-6182

HANDYMAN

HANDYMAN

SPRINGFIELD HANDYMAN



► Small Home Repairs
► Good Rates
► Experienced

703-971-2164

R.N. CONTRACTORS, INC.

Remodeling Homes, Flooring,
Kitchen & Bath, Windows,
Siding, Roofing, Additions &
Patios, Custom Deck, Painting

We Accept All Major Credit Cards
Licensed, Insured, Bonded • Free Estimates • Class A Lic

Phone: 703-887-3827 Fax: 703-830-3849
E-mail: rncontractorsinc@gmail.com
www.rncontractors.com

A&S Landscaping

• All Concrete work
• Retaining Walls • Patios
• Decks • Porches (incl.
screened) • Erosion &
Grading Solutions
• French Drains • Sump Pumps
• Driveway Asphalt Sealing



703-863-7465

LICENSED

Serving All of N. Virginia

MASONRY

MASONRY

BRICK AND STONE

Custom Masonry

703-768-3900

www.custommasonry.info

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

PAVING

PAVING

GOLDY BRICK

CONSTRUCTION

Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATES

Licensed, Insured, Bonded

703-250-6231

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured

Spring Cleanup...
Tree removal, topping & pruning,
shrubbery trimming, mulching, leaf
removal, planting, hauling, gutter cleaning,
retaining walls, drainage problems, etc.
25 years of experience - Free estimates
703-868-5358

24 Hour Emergency Tree Service

THE CONNECTION

NEWSPAPERS CLASSIFIED

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

EMPLOYMENT

BUSINESS OPP

BUSINESS OPP

TELEPHONE

A great opportunity to
WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

TELEPHONE

A great opportunity to
WORK AT HOME!

NATIONAL CHILDRENS CENTER
No sell! Salary + Bonus + Benefits!
301-333-1900
Weekdays 9-4

IMPROVEMENTS

IMPROVEMENTS

IMPROVEMENTS

IMPROVEMENTS

CRESCENT HOME SERVICES

703-953-7309

Fall Special!

10% off

For a limited time, Connection readers can take 20%
off labor costs on any home maintenance or
improvement project when they mention this ad.

Your Home Handyman since 1999!

Call or email us today for a fast, free
estimate on any home maintenance or
improvement project. No job too
small—we do it all!

- Gutter cleaning & repairs
- Kitchen/Bath remodeling
- Exterior/Interior painting
- Rotten wood replacement
- And way too much to list here!

crescenthomeservices@gmail.com
www.crescenthomehandyman.com

FAST, RELIABLE & AFFORDABLE.

Call Crescent today! Your "friend in the business," we're
owner-operated, licensed and insured.

We're on Angie's List! ID# 8088426

www.facebook.com/crescenthomeservices

Educational Internships

Unusual opportunity to
learn many aspects of the
newspaper business.

Internships available in
reporting, photography,
research, graphics.

Opportunities for students,
and for adults considering
change of career. Unpaid.

E-mail internship@connec
tionnewspapers.com

THE CONNECTION
NEWSPAPERS

ZONE 2: • BURKE
• FAIRFAX • SPRINGFIELD

CLASSIFIED

703-917-6400

ZONE 2 AD DEADLINE:
TUESDAY NOON

101 Computers

101 Computers

21 Announcements

21 Announcements

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed up Slow Computers
- Troubleshooting
- Virus Removal
- Computer Setup



(571) 265-2038

jennifer@HDIComputerSolutions.com

Office Rent

Office Rent

OFFICE SPACE AVAILABLE

Burke - 650 to 1,080sf 2nd floor office space available in thriving mixed use shopping center. Perfect for a move from a home office.

Kevin Allen / Kimco Realty
410-427-4434

HOW TO SUBMIT ADS TO

THE CONNECTION

Newspapers & Online

CLASSIFIED

DEADLINES

Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

EMPLOYMENT

DEADLINES

Zones 1, 5, 6 Mon @ noon
Zones 2, 3, 4 Tues @ noon

E-mail ad with zone choices to: classified@connectionnewspapers.com or call Andrea @ 703-778-9411

ZONES

Zone 1: The Reston Connection
The Oak Hill/Herndon Connection
Zone 2: The Springfield Connection
The Burke Connection
The Fairfax Connection
The Fairfax Station/Clifton/
Lorton Connection
Zone 3: The Alexandria Gazette Packet
The Mount Vernon Gazette

Zone 4: Centre View North
Centre View South
Zone 5: The Potomac Almanac
Zone 6: The Arlington Connection
The Vienna/Oakton
Connection
The McLean Connection
The Great Falls
Connection

Unreserved public equipment auction

Construction equipment, trucks & more

Special limited-time financing offer | No payments for 90 days*

October 14 (Tue) | 9am
Hillsville auction site
5846 Coulson Church Rd.
Austinville, VA 24312

Inspect and bid in person or online

- Everyone welcome
- Free registration
- Everything sells on auction day

Ask about buying or selling 276.699.2015

rbauktion.com

rb RITCHIE BROS.
Auctioneers

Ritchie Bros. Auctioneers (America) Inc., Firm # 2908000424/James L. Valentine, Auctioneer LLC # 2907003950
*OAC. Terms and conditions apply.

21 Announcements

21 Announcements

Help for people with

MACULAR DEGENERATION DIABETIC RETINOPATHY RETINITIS PIGMENTOSA STARGARDT'S DISEASE OPTIC ATROPHY GLAUCOMA

Find out if special glasses
can help you see better.

Call for a free phone
consultation with
Dr. Armstrong, Optometrist



Offices in: Roanoke, Charlottesville, Harrisonburg, Wytheville

(866) 321-2030

Dr. David L. Armstrong VirginiaLowVision.com

26 Antiques

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

28 Yard Sales

Flea Market Oct 3,4 (8a-6p); 5th (8-12) Clothing, furniture, computers All good condition; low prices. Pender Methodist Church 12401 Alder Woods Drive Fairfax, VA 22033

An expert is someone who knows some of the worst mistakes that can be made in his subject and how to avoid them.

-Werner Heisenberg

21 Announcements

21 Announcements

21 Announcements

Outer Banks '14 Parade of Homes



TOUR 20 New Outer Banks Homes from Corolla to Avon, NC October 9-12

Preview tour www.obhomebuilders.org

21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING

by VA CAROLINA BUILDINGS

**45 Year Warranty
Financing Available
Licensed & Insured
Local Contractor**



Last Roof You'll Ever Need For Your Home!



1-800-893-1242
Call For Your Free Roof Inspection!

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, 703-569-9684.

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 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

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.

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.

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.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.

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 information.

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.

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.

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.

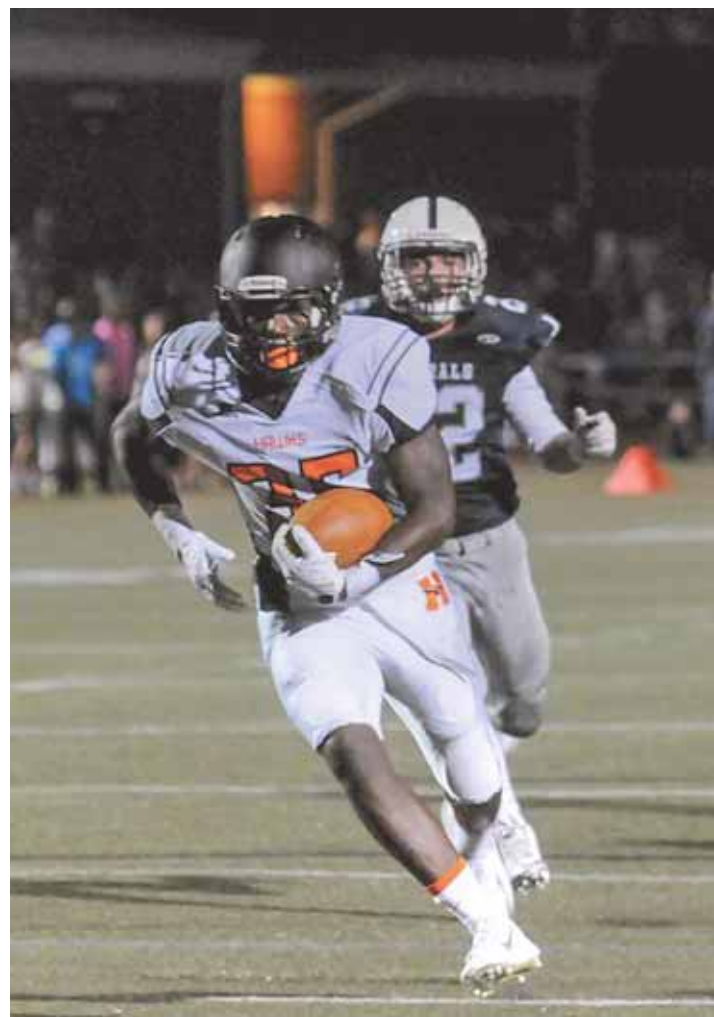
"It feels so good to win a game," a Hayfield player said on the sideline with the Hawks comfortably ahead during the fourth quarter. After the game, players celebrated with the school band.

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

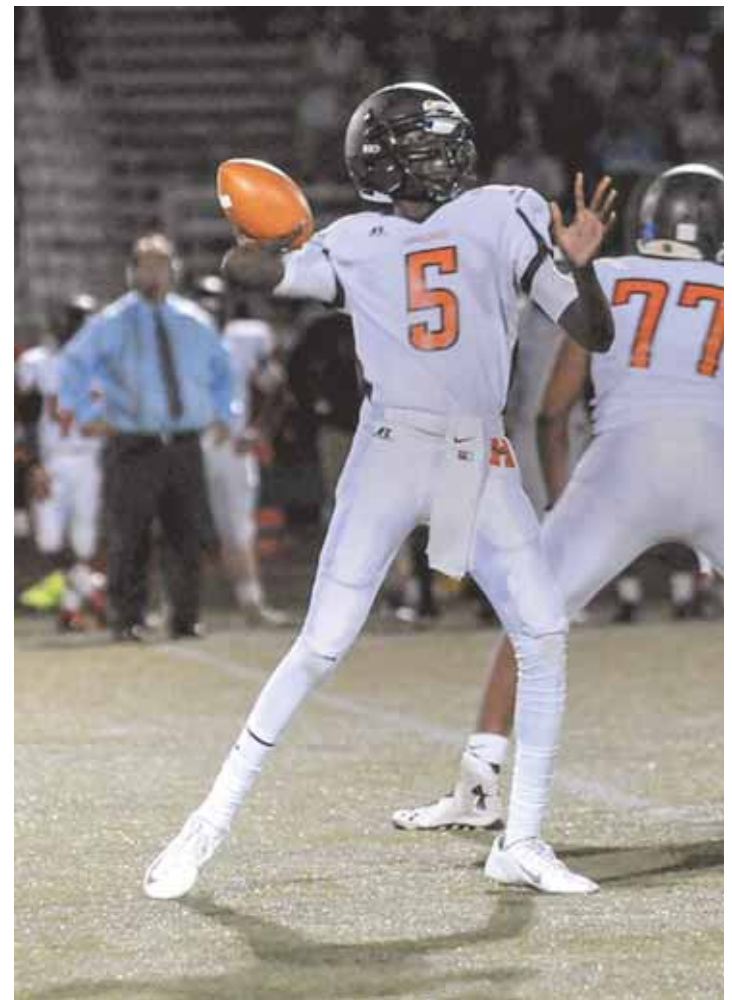
"We knew we were playing very [good] teams, but we knew we could also play better," Isaac said. "It was something to put on our shoulders to say we could play better. Going into the next seven games, we knew we can turn it on, we can turn it up."

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.

Jack Taylor's ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.
Alexandria, VA 22305

703-684-0710

www.alexandriatoyota.com



Service Department Hours:
Monday – Friday, 7:00am to 5:00pm
Saturday, 8:00am to 5:00pm

Make your next service appointment at:
alexandriatoyota.com



ServiceCenters
Keep Your Toyota
a Toyota



27 YEARS OF
RECEIVING THIS
HONOR

TOYOTA
Owners
ToyotaOwnersOnline.com

TOYOTA
LIFETIME GUARANTEE

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



TOYOTA
Let's Go Places

You Have Saturdays Off
That's Exactly Why We Don't!



BUY 3 TIRES AND GET 4TH FOR



\$1.00



GOT TIRES? NO CHARGE ROAD HAZARD PROTECTION, TIRE WARRANTY, AND FREE COURTESY MULTI-POINT INSPECTION. PRICE MATCH GUARANTEE. SEE SERVICE ADVISOR FOR DETAILS.

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

\$99⁹⁵
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**

\$159⁹⁹
Synthetic \$10 More

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

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

TOYOTA GENUINE SERVICE
FALL DETAIL SPECIAL

\$119⁹⁵

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.

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.

TOYOTA GENUINE SERVICE
4 WHEEL ALIGNMENT

\$79⁹⁵
PREVENT UNEVEN WEAR

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

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

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

TOYOTA GENUINE SERVICE
BRAKE SPECIAL

\$99⁹⁵
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**

\$159⁹⁹
Synthetic \$10 More

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

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

TOYOTA GENUINE SERVICE
OIL & FILTER SERVICE SPECIAL

\$5⁰⁰ OFF

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

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

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

\$39⁹⁵

Wash & Vacuum
\$139⁹⁵

Hand wash, wax
& interior cleaning
\$295⁹⁵

Full premium detail

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.

TOYOTA GENUINE SERVICE
VARIABLE DISCOUNT

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

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

TOYOTA GENUINE SERVICE
TRUE START BATTERY SPECIAL



\$139⁹⁵

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.

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.

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

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

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

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/14. 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 **\$179⁹⁵**
POWER STEERING FLUSH **\$129⁹⁵**
BRAKE FLUSH **\$129⁹⁵**
FUEL INDUCTION FLUSH **\$129⁹⁵**

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

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.

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION

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

TOYOTA

**Let's
Go
Places**



LONG & FOSTER® # 1 in Virginia

703-425-8000



Carol Hermendorfer
703-216-4949

C.A.R.O.L
Hermendorfer Associates
Top 1% of Agents Nationally



Fairfax \$899,000
Wonderful brick front colonial sited on perfect 2/3 acre w/ a pool



Clifton \$1,249,000
Stunning Custom Home on Perfect 2+ Acres!

View more photos at www.hermendorfer.com



KIM MCCLARY
703-929-8425

kimm@lnf.com

Life Member NVAR Top Producers



Kingstowne
\$299,950

Sensational 2 BR, 2 BA patio-level end unit surrounded by trees. Secure building, parking galore, commuter's dream! Don't miss it!



JUDY SEMLER

703-503-1885

judys@LNF.com

www.JudysHomeTeam.com



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



DIANE SUNDT

703-615-4626

Military Relocation Specialist

John & Jennifer Boyce

703-425-JOHN (5646)

jennifer.boyce@longandfoster.com

www.425JOHN.com



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.



DAVID & VIRGINIA

Associate Brokers

703-690-1795

www.BillupsTeam.com



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



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!



BUZZ & COURTNEY JORDAN

Your Local Father/Daughter Team!

703-503-1866 or 703-503-1835

TheJordanTeam@longandfoster.com

www.TheJordanTeam.com



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

Life Member, NVAR Multi-Million

Dollar Sales Club

Life Member,

NVAR TOP PRODUCERS



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



NGOC DO & ASSOCIATES
When it's time for a new home
www.ngocdo.com

Ngoc Do

703.798.2899

nd@ngocdo.com • www.ngocdo.com



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
MickieFairfaxVaHouses.com
703-503-1817

No Blarney...Just Top Notch Real Estate Advice

Considering a Move?

Scaling down?
Moving up?
Relocating?
Get the most \$\$\$
for your home...



Call me to help you put the
W-O-W Factor
into your home and sell it!

Catie, Steve & Associates

Direct: 703-278-9313

Cell: 703-362-2591

NVAR Top Producer

Multi-Million Dollar Sales Club



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.

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