

Historic Sites: Resident Curators

Lake Braddock's marching band members get together and practice for their performance by the school football field. The sound of brass instruments made the outdoor parking lot a lively place.

Feeding Thousands

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September 3-9, 2015

ONLINE AT WWW.CONNECTIONNEWSPAPERS.COM

Burke



News

Bruin Blast, Kick-off Picnic and More

Lake Braddock Secondary School is ready for the new beginning.

> By Arisa Ishita The Connection

dministrative staff, faculty and students at Lake Braddock Secondary School - home for the Bruins - started returning, as the first day of school is right around the corner.

With several events and activities scheduled ahead, Mike Clark, the director of student activities at the school, described the beginning of the semester - especially September - as "energetic." Students go to different places during the summer, including overseas, and Clark said it is exciting to see them returning and sharing their stories.

"I look forward to the kids coming back," he said. "That's basically what our job is all about. Everything to do with children whether it's academics or whether it's athletics."

Lake Braddock's marching band members have also returned, practicing and getting



Mike Clark, director of student activities at Lake Braddock Secondary School in Burke said he is excited about the school's events, new football season and school year starting on Sept. 8

ready for the new season. Once the semester begins, a variety of school clubs and activities hold meetings, becoming a place for the students to get together again.

One of the first major events was the welcome-back breakfast for faculty and staff held on Aug. 31, and more events to come in September at Lake Braddock Secondary School. Bruin Blast on Sept. 3 is the open house where students come in to get their schedules, lockers and buy their P.E. uniforms.

What Clark called a "kick-off picnic" is another big day taking place on Sept. 4. According to him, highlights include the marching band performance. This is the opportunity for students, parents and teachers to enjoy spending the time together before school starts.

The New Student Orientation – for both middle school and high school students are also held in the morning and the varsity football game takes place in the evening at Robert E. Lee High School.

September 8 being the first day of school this year, Clark emphasized that the Lake Braddock school community commits to a "safe and healthy learning environment."



Lake Braddock Secondary School welcomes back their students.

This is a focus on their five core values: compassion, commitment, responsibility, respect and integrity, also known as "2Cs, 2Rs and an I." In addition, it is important to know the school is committed to academics in the following way: "Our school curriculum is committed to helping our diverse student body discover talents, increase competence, develop imagination and expand academic and personal horizons."

Back to School Nights are held on Sept. 9 for middle school and Sept. 16 for high school. For further information visit http:// /www.fcps.edu/LakeBraddockSS/.

Feeding Thousands

Capital Area Food Bank hosts Inaugural Northern Virginia Hunger Action Expo in Lorton.

> By Marissa Beale The Connection

he numbers tell the story. Over 217,000 people across Northern Virginia are at risk of hunger, including 62,000 children under the age of 18, according to the Capital Area Food Bank (CAFB).

While September is often associated with the start of a new school year, it also marks the beginning of Hunger Action Month, created by the nationwide nonprofit, Feeding America, and celebrated, this year, at the Capital Area Food Bank's inaugural NOVA Hunger Action Expo held at their distribution center on Hill Park Drive in Lorton.

"Today's event is to get neighbors to know that CAFB is here," said director of marketing and communications, Kirsten Bourne. "Many people don't know about hunger in Fairfax County." Community

members and local government officials volunteered to fill bags for those in need, and to learn about some of CAFB's local partners, including ALIVE!, Food for Others, Holiness Tabernacle Church of God in Christ's food pantry, Our Lady Queen of Peace Catholic Church, Bread of Life Food Pantry and United Community Ministries.

"We have about 25,000 volunteers, yearly. The number of volunteers depends on the need," said Bourne. A number of public officials attended to volunteer, including Carrie Sienicki, councilmember for Vienna; William Euille, Mayor for the City of Alexandria; Del. Michael T. Futrell (D-2); Joseph McGuire; Michele Leith from the Office of Mark Herring, Virginia Attorney General; Supervisor Penelope Gross (D-Mason); and Del. Vivian Watts (D-39).

Donation shortages during the summer months affect the number of volunteers needed. In a year, 42 million pounds of food goes through the CAFB and is distributed to children, senior citizens, families, the working poor, homeless and victims of disaster. CAFB's greatest need is funding, and they are challenging local businesses to help fill the bowl.

Fill the Bowl (#fillthebowl) is a chance for individuals and business to help by purchasing a custom-designed enamelware bowl designed for CAFB. Bowls are \$25 and are being marketed toward different companies and their employees. Each purchased



Ihamna Valencia, CAFB visual communications coordinator, holds one of the enamelware bowls that will sold from Sept. 1 to Oct. 16 as part of CAFB's fundraising efforts. Businesses and individuals are invited to partake by purchasing bowls and spreading the word using the hashtag, #fillthebowl.

bowl provides 62 meals for children, seniors and families struggling with food insecurity.

Any amount can also be donated online at https://give.capitalareafoodbank.org/ campaigns/take-hunger-action. The goal is to raise \$16,000 during September, which is enough to provide meals to 40,000 neighbors in Washington, D.C.



(From left) Grant writer Maria **Booker and Customer Service** Coordinator, Lisa Messerschmidt. Messerschmidt and her family received assistance from CAFB when her husband, a 12-year retired veteran, lost his job. She described their lives as being drastically changed, but through the help of CAFB they were able to rebuild. She now gives back at CAFB.

On the evening of Sept. 1, the Ferris Wheel at National Harbor, called Capital Wheel, was lit in brightly orange lights to bring attention to Hunger Action Month and CAFB's efforts. Later this year, on Oct. 29, CAFB will also host its second Empty Bowls fundraiser in Springfield at the Hilton Hotel on Loisdale Road from 11:30 a.m. to 2 p.m.

News



Sign at Turner Farm Park. Many people in Great Falls would like to see Turner Farmhouse one of the first properties to be considered for the **Resident Curator Program.**

Lewinsville House at 1659 Chain Bridge Road, McLean, Lewinsville Park. Historic Sites: Resident Curators?

In exchange for rehabilitating the property, the curator gains use of the property and pays no rent.

he Virginia General Assembly enacted legislation in January 2011 to ensure that local jurisdictions establish a Resident Curator Project.

Fairfax County is the first Virginia locality to pursue establishing such a project.

The Resident Curator Project Team held its inaugural meeting Monday, Aug. 24 in the Fairfax County Government Center.

Nineteen county properties made at least an initial cut from a list of 340 sites on the Fairfax County Inventory of Historic Sites.

Resident Curator Project Team will hold public information meetings and issue requests for information as details of the program develop.

Possible properties include:

In Great Falls, there's the Turner Farm House on Georgetown Pike and the Purple House on Walker Road.

In McLean, the Pimmit Barn on Cherri Drive, Lewinsville House on Chain Bridge Road have potential for being considered. In Vienna, Lahey Lost Valley House on

Brookmeadow Drive, the Ashgrove House on Ashgrove House Lane and Hunter House, on Courthouse Road, could qualify.

In Herndon, Leesburg Pike is home to the McDannald House and Dranesville Tavern that have historic qualifications.

In Oakton, there's the Gabrielson House on Leeds Road.

Lorton had the most properties of any town, including the Barrett House, Stepson House, and the Hannah P. Clark House, all three on Furnace Road, the Minnick House on Old Colchester Road, the Lipscomb House (Physician's House).

Most of the properties are owned by the Fairfax County Park Authority, with the ex-4 ♦ Burke Connection ♦ September 3-9, 2015



Lahey Lost Valley House, 9750 Brookmeadow Drive, Vienna, in Lahey Lost Valley Park was ranked second on a list for consideration for the resident curator program.

ception of Physician's House in Lorton and Purple House in Great Falls, both owned by the Board of Supervisors.

"The end goal is to rehabilitate and maintain underutilized historic properties and provide periodic public access to appreciate the historical significance of the properties," according to county documents.

"EACH OF THESE properties is so unique," Cindy Walsh, of the Park Authority's Resource Management Division, said at the inaugural meeting on Monday, Aug. 24. Walsh said she had heard not only from individuals who would be interested in living and restoring historic sites, but nonprofits, citizens associations, wineries, restaurants, art galleries, and a beekeeper.

The group will meet in September to try to determine how to proceed.

For example, the group knows there's a lot of interest in Turner Farm House in Great Falls, including from Great Falls Citizens Association, but Turner Farm House could be a very complicated process with master plan process that needs to be followed.

"I have people who are really interested in Turner Farm," said project manager

Curator Project manager. On the other hand, starting with a historic house on the list that is already ready for residential use compatible with Planning and Zoning might quicken getting started, said Michael Thompson from the Fairfax County Park Authority Board. Request for information and proposals, part of the process, would be significantly different depending on which properties are considered, he said.

"It's critical knowing which properties are on the table," said Christopher Daniel, from the Architectural Review Board.

The next group meeting is scheduled for September, and more will be known by that time. The group already has compiled lists ranking properties in terms of historic and publicly owned prerequisites, whether properties have been underutilized, the conditions of the properties, the public interest, location, design, setting, materials, workmanship, if properties have electricity, water and sewer utilities in place.

RESIDENT CURATOR PROGRAMS identify publicly-owned historic properties with no immediate or practical public use

Possible Sites

A report commissioned by Fairfax County in 2014 ranked some of the possible properties for the Resident Curator Program in the order shown here. County staff caution that planning for the program is in its earliest stages and speculation about any particular property is premature.

Name, Address, Park

- ♦ Barrett House, Furnace Road, Lorton, Laurel Hill Park
- Lahey Lost Valley House, 9750 Brookmeadow Drive, Vienna, Lahev Lost Valley Park
- Gabrielson House 2514 Leeds Road, Oakton, Difficult Run Stream Valley Park
- Lamond House, 7509 Fort Hunt Road, Alexandria, McCutcheon Park
- Physician's House (Lipscomb House), Unnamed Service Road, Lorton Stempson House, Furnace Road, Lorton, Laurel
- Hill Park Ash Grove, 8881 Ashgrove House Lane, Vienna,
- Ash Grove Historic Site Hannah P. Clark House (Enyedi House), 10605
- Furnace Road, Lorton, Old Colchester Park and Preserve Hunter House, 9537 Courthouse Road, Vienna,
- Nottoway Park Minnick House, 10419 Old Colchester Road,
- Lorton, Mason Neck West Park Turner Farm House, 10609 Georgetown Pike,
- Great Falls, Turner Farm Park Banks Property, 7400 Old Telegraph Road,
- Alexandria, Olander and Margaret Banks Neighborhood Park Lewinsville House, 1659 Chain Bridge Road,
- McLean, Lewinsville Park Pimmit Barn, 1845 Cherri Drive, McLean
- Dranesville Tavern 11919 Leesburg Pike, Herndon, Dravesville Tavern Historic Site
- Stone Mansion, 3900 Stoneybrooke Drive, Alexandria, Stoneybrooke Park
- Clark House 6332 Bancroft Mews Drive, Falls Church, Clark House Park
- Purple House, 720 Walker Road, Great Falls McDannald House, 11903 Leesburg Pike,
- Herndon, Dranesville Tavern Historic Site
- SOURCE: Fairfax County Resident Curator Program Study, 2014 Final Report by John Milner Associates Inc. http:// www.fairfaxcounty.gov/parks/plandev/ downloads/resident-curator-program-finalreport.pdf

and through an open and competitive process, select outside parties with skills, resources and vision to rehabilitate a property in accordance with accepted preservation standards for historic buildings. In exchange for rehabilitating the property, the curator gains use of the property and pays no rent.

> — Ken Moore www.ConnectionNewspapers.com

Denice Dressel, Park Authority Resident

News

Suffragist Memorial in Lorton Will be a 'Site of Conscience'

Film brings to light torture, abuse suffragists suffered at Occoquan Workhouse.

> By Abigail Constantino The Connection

he Turning Point Suffragist Memorial Association held a viewing of the 2004 film "Iron Jawed Angels" directed by Katja von Garnier on Wednesday, Aug. 26 at Gunston Hall in Lorton. The 19th Amendment giving women the right to vote was ratified on this day 95 years ago in 1920. The date is designated as Women's Equality Day.

The free viewing is part of an effort by the association to raise funds for a suffragist memorial that will be located in Occoquan Regional Park. The site is in close proximity to the former Occoquan Workhouse where protesting suffragists were held in 1917. The Frederick P. Griffith Water Treatment Plant now sits on the old workhouse location.

There is a hidden history of the place, said Nancy Sargeant of Turning Point Suffragist Memorial Association. The film illuminates the imprisonment, abuse and torture Lucy Burns, Alice Paul and other suffragists endured while protesting outside the White House in 1917.

On Nov. 14, 1917, Burns and 32 other members of the National Woman's Party were beaten and tortured under the orders of workhouse superintendent W.H. Whittaker. Burns was manacled in her cell with her hands over her head, while other women were knocked out, kicked, grabbed and beaten, one even suffering a heart attack, on the "Night of Terror," as it came to be known.

THE FILM takes several artistic licenses. To separate fact from Hollywood, the association arranged a "tweet-along" with the viewing. Using the tag #ijawithtpsm, association members added facts about the events corresponding to the movie's scenes. People were also encouraged to tweet their comments using the tag.

Sargeant said it is a way to stay engaged while watching the movie. The tweets included "interesting facts, what's real, what really happened," she said, but the history in the story is pretty accurate.

Social media is an effective way to reach younger audiences who might be less likely to know about the history of women's suffrage,"said Lauriane Lebrun, the association's social media intern.

The Turning Point Suffragist Memorial Association hopes to raise \$1 million by fall to start on the first phase of the garden memorial. Architect Robert Beach said that it will be a "site of conscience." Design elements include a front entrance reminiscent of the 1917-era White House entrance where the women protested, a waterfall, footbridge and 19 different information stations representing the 19th Amendment.

Board member Candice Bennett, of Lorton, said that memorializing and recognizing the suffrage www.ConnectionNewspapers.com



PHOTOS BY ABIGAIL CONSTANTINO/THE CONNECTION From left, Turning Point Suffragist Memorial Association members Kathleen Pablo and Nancy Sargeant wear sashes that honor the suffragists who fought to ratify the 19th Amendment giving women the right to vote.



From left, Erin Ryan, of Fairfax Station, and Marty Beach, of Fairfax, attend a viewing of "Iron Jawed Angels" at Gunston Hall in Lorton on Wednesday, Aug. 26, Women's Equality Day.

movement is an incredible, important issue. "We would not be where we are today if it hadn't been for these women. We can't forget about it," she said.

"The fight is not over," said association board member Kathleen Pablo, who attended the viewing dressed in period clothing of the film's era.

"[It's] the 95th anniversary of having the right to vote but our choices of who we're gonna vote for are people who call us bimbos or want to claim ownership over what we do with our own bodies," said Erin Ryan, of Fairfax Station.

Pablo and Bennett said that it is important to be aware and informed of the issues when casting one's vote. "A lot of major decisions that affect women's lives and families happen at the local level," said Bennett. It is "critical" to stay abreast with state delegate and senate races, she said.

IN FAIRFAX COUNTY, the offices of chairman of the board of supervisors, clerk of court, sheriff, as well as positions on the board of supervisors and the school board are on the ballot in the general election in November.

The League of Women Voters of Fairfax Area will hold several county-wide meet-and-greet events with the candidates. Schedule and information is posted on its website, http://www.lwv-fairfax.org/ 2015MeetandGreet.html.

For more information about the proposed suffragist memorial in Occoquan Regional Park, visit http:// /suffragistmemorial.org/.



OPINION How to Vote; It Matters

Voting begins in two weeks, Sept. 18.

lection Day is Nov. 3, and on that day, virtually every state and local office is on the ballot. In-person absentee voting begins Sept. 18, barely two weeks from now. Virginia Law allows voters to absentee vote if they could be "working and commuting for 11 or more hours between 6 a.m. and 7 p.m. on Election Day." You're allowed to count your worst possible commute in estimating how many hours you might be working and commuting on Election Day.

EDITORIAL On Election Day, Nov. 3, polls are open from 6 a.m. - 7 p.m.

To vote on Election Day, you must be registered at your current address no later than Oct. 13, 2015.

You can check your registration status online by going to www.sbe.virginia.gov.

It's also worth noting that new, more restrictive voter identification regulations took effect last year.

FAIRFAX COUNTY: Each voter in Fairfax County can make choices in one State Senate district, one House of Delegates district, Clerk of the Court, Commonwealth's Attorney, Sheriff, Chairman of the Board of Supervisors, District member of the Board of Supervisors, Soil and Water Conservation Board (vote for 3), School Bond for \$310 million, Public Safety Bond for \$151 million. http:// www.fairfaxcounty.gov/elections/ upcoming.htm

As of last summer, there are new requirements for voter identification that voters must bring with them to the polling place.

Virginia law requires all voters to provide an acceptable form of photo identification at the polls. 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.

Virginia's photo ID requirements also apply to absentee voters who vote in-person in all elections.

Here are the "acceptable" forms of identification: 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 (must be issued by U.S. Government, the Commonwealth of Virginia, or a political subdivision of the Commonwealth; 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; Virginia Voter Photo ID Card obtained through any local general registrar's office. "Valid" is defined as a genuine document, bearing the photograph of the voter, and is not expired for more than 12 months.

Any registered voter may apply for a free Virginia Voter Photo Identification from any general registrar's office in the Commonwealth. Voters applying for the Virginia Voter Photo ID Card will have to complete the Virginia Voter Photo Identification Card Application, have their picture taken, and sign the digital signature pad.

For More Election Information

Fairfax County Board of Elections, 703-222-0776, http://www.fairfaxcounty.gov/elections/ upcoming.htm

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

someone else."

ally bad lately."

Silence and then: "I'm not reli-

gious. I don't even believe in God.

But I think God put you in my path

for a reason. Things have been re-

"Everyone goes through bad

stretches. You have to figure out

how to focus on the positive, but

also to learn from times like these

and remember them. It's what you

do with these experiences that

I watched in the rear view mir-

There were so many questions

destined to be unasked and unan-

swered as we pulled up at the ad-

She thanked us again, told us

she would pay-it-forward and

walked into the apartment build-

ing, a defeated figure in a pretty

Her story will likely remain a

Joan Brady is a professional pho-

tographer; award-winning colum-

nist; mentor and advocate for current

and former foster children; a volun-

teer with paws4People, Fairfax

Families4Kids, and others; and a resi-

dent of Great Falls. Reach her at

joan@joanbradyphotography.com

mystery that will haunt us for a

beach dress and flip-flops.

long time to come.

matters," Jim counseled her.

ror as she nodded tearfully.

dress she had given us.

Mystery of a Hitchhiker ^{Helping a defeated figure in a} pretty beach dress and flip-flops.

By Joan Brady

want to go?"

inside.

comfortable silence,

punctuated only by her sobs, as I

ran through a mental checklist.

What happened to her? Where is

her purse? Should we ask if we

should call the police? She didn't

appear injured, but maybe there

were injuries that we could not

see? Is the address we are going

to a safe place to drop her off? The

questions ran in circles in my head.

seat for a box of tissues. Her sobs

slowed as she grabbed a handful.

said no, and half laughed through

even more ridiculous that I am in

What situation? What hap-

She didn't have a trace of an

this situation."

I asked if she was a student. She

I suggested she check the back

y mother told me never to pick up hitchhikers. Or maybe she told me never to hitchhike. Probably both. But I did hitchhike twice in a single day, I was desperate, alone and needed help. I was 20 years old.

The first guy who picked me up had one hand on the wheel and the other down his pants. And the second told me that he was a burlesque cleaner and told me that women hired him to vacuum their homes and then vacuum off his clothes. I'm lucky I made it back to college without incident.

All of that ran quickly through my head a few weeks ago as I was driving home from dinner with my husband and saw a young woman, walking and crying, with her thumb stuck tentatively out.

I turned around and we passed her again in an attempt to assess the situation. Her need vs. our safety and the time it would take if we got involved. Her thumb wasn't out anymore, but she was still crying. I u-turned again and we pulled over.

Jim rolled down his window, and asked, "Are you ok?"

"I've had better nights," she pened? I wanted to ask. But didn't. sobbed.

6 Burke Connection September 3-9, 2015



The hitchhiker

accent, so we were surprised when she told us she was was not American-born. Her father was U.S. military and her mother had been unwilling to move to the U.S. After years of trying to convince her mother to emigrate, this young woman had come on her own.

As we talked, her tears stopped to an intermittent sniffle.

"Can I ask you why you stopped?" she asked.

"Joan saw you as we drove by," Jim answered. "We turned around because she said you looked like her tears. "I'm 30, which makes it you were in trouble." The tears returned.

> "We've all been in your shoes at some point or another. And hitchhiking isn't safe. We thought it was better if we picked you up than

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OPINION

Running for County Board Chairman

rthur G. Purves (R), who was on vacation and missed the deadline for the candidates' profiles for Fairfax County Board of Supervisors Chairman in the Connection's Newcomers & Community Guide last week, has submitted the following responses to our questions:

Q: What should newcomers know about the impact the Board of Supervisors has on their daily lives?

A: The Board of Supervisors determines real estate taxes. Since 2000 real estate taxes for the typical Fairfax homeowner have increased from \$2,400 to \$5,700, an increase about 140 percent or three times faster than household income. See graph at votepurves.org



Arthur Purves

Q: To make newcomers feel like "insiders," what's a "must-see" place or event you recommend they check out in your district?

A: Gunston Hall (George Mason's plantation), and while you're there Mason Neck National Wildlife Refuge, where you can see eagles at dawn and dusk.

Q: What is your favorite sports team?

A: No favorite team.

Q: Trending hashtag for Fairfax County: #HighPayingJobs

Home: Vienna; Email address: arthur@votepurves.org; Phone: 703-938-0242; Web: Votepurves.org; Twitter: @agpurves

Letter to the Editor

Area Roundups

INOVA Bloodmobile Comes to Burke Festival

The Burke Festival is coming up on Sept. 12 and not only is it a community festival with food and games, but across the street you can donate blood in the INOVA bloodmobile. The INOVA bloodmobile will be in the Knollwood Community Church parking lot across the street from the

festival. For each donation a person can save three lives. Our com-

CERT Class 100 at the Fairfax

County Fire and Rescue Academy

(Monday, Wednesday, Sept. 14, 16,

21, 23, 28, 30 and Oct. 5 - 7-

County Fire and Rescue

Academy(Monday, Wednesday,

Oct. 14, 19, 21, 26, 28, Nov. 2 and

Firehouse Teen Center(Tuesday,

Sept. 22, 29, Oct. 6, 13, 20, 27 and

♦CERT Class 102 at the Old

♦CERT Class 103 at the Lorton

Fire

♦CERT Class 101 at the Fairfax

munity has a history of giving to others and I hope people will consider this opportunity. Carson Florence

Burke

Seventh grader at Robinson Secondary.

County Offers Emergency Response Classes

10:30 p.m.)

ing classes this fall.

4 — 7-10:30 p.m.)

Nov. 3 — 7-10 p.m.)

Volunteer

he Community Emergency Response Team (CERT) program educates people about disaster preparedness for hazards that may impact their area and also trains them in basic disaster response skills, such as fire safety, light search and rescue, team organization and disaster medical operations.With this training, CERT members can assist others in their neighborhood or workplace following an event when professional responders are not immediately available.Fairfax County is offering four CERT train-

School Notes

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

Raymond J. King, of Clifton, earned his Ph.D. in Mechanical Engineering, with a focus on Robotics, from the Mechanical Engineering Department of the University of Utah at the close of the Fall 2014 semester. An NSF - IGERT grant helped fund his post-graduate studies there. A 2003 graduate of Robinson Second-

ary School, Raymond went on to

receive both his B.S. and M.S. de-

grees from the College of

Engineering at Virginia Tech before

marrying fellow VT engineering

graduate, Amelia Davis. He is the son of Clifton residents Dr. Graham and Jane

King. **Ava Lakmazaheri** from Thomas Jefferson High School for Science and Technology (TJHSST) won the Best of Category Award and a first award in Robotics and Intelligent Machines at the Intel International Science and Engineering Fair, held in Pittsburgh. Lakmazaheri earned the awards for her project, Brain-Actuated Robotics: Controlling and Programming a Humanoid Using Electroencephalography. Lakmazaheri also won several special awards.

Katie Bershadsky, born and raised in Burke, has been selected to the Delta Epsilon Iota Academic Honor Society in the local chapter at Kennesaw State

Department(Wednesday, Sept. 23, 30, Oct. 7, 14, 21, 28, Nov. 4 and 11 — 7-10 p.m.)CERT training does not require any special physical strength or agility and is free. The CERT program also provides personal protective equipment for the training that students keep.Those who go through CERT training have a better understanding of the potential threats to their home, workplace and community and can take the right steps to reduce the effects of hazards. To learn more about the CERT program, visit www.fairfaxcounty.gov/fr/cert/ cert.htm.

University. Delta Epsilon Iota was established to recognize and encourage academic excellence in all fields of study. Bershadsky is expected to graduate in 2018 with a major in public relations. Her parents are Scott and Kim Bershadsky. Her grandparents Malcolm and Marcia have lived in Burke for more than 30 years.

Jacob M. Sage, of Burke, Junior, Pre-Construction Engr Mgt. has made the Scholastic Honor Roll Fall term at the Oregon State University. A total of 861 students earned straight-A (4.0). Another 3,598 earned a B-plus (3.5) or better to make the listing. To be on the Honor Roll, students must carry at least 12 graded hours of coursework.



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WELLBEING Workplace Fitness

Employer-based health and wellness programs are good for business.

By Marilyn Campbell The Connection

t's Wednesday afternoon and a cohort of George Mason University staff, students and Clad in attire rang-

ing from running shorts and brightly colored sneakers to neutral walking and staff into well-being and wellness shoes and business suits, the group takes part in "Who's Walking Wednesdays," part of an initiative to

get moving for health and wellness. trol and smoking cessation, connect with their own workforce "It's really important to connect showed a 14-percent decline in ill- in terms of health and well-being," well-being programs and mindful the Advancement of Well-being. well-being and integrating mind-

and wellness practices," said Janet as a six-percent increase in produc-Walker, life/work connections tivity. manager at George Mason University. "It benefits everybody in terms of their own personal health and wellness. It creates a community where people interact over more than just work."

Health study of more than 29,000 son. employees who participated in comprehensive workplace health programs that included compofaculty hit the pavement. nents such as fitness, weight con- four years through the center. "We

"It's really important to connect faculty

- Janet Walker, life/work connections manager,

practices. It benefits everybody."

Workplace health programs can also consist of health education, fitness programs, health coaching and screenings.

"There's all sorts of research about how time spent outdoors and The effort underscores the role taking walking breaks at work fosof workplace health and fitness ters creativity and problem solvprograms can play in decreasing ing," said Jeanne Bliss, director of stress and improving overall well- marketing, Center for the Advancebeing. A National Institutes of ment of Well-being at George Ma-

> Bliss says university officials hope to impact the well-being of 10 million people within the next

want to be a replicable model for well-being," she said. "That has been one of our strategic 10-year goals.'

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Staff, students and faculty at George Mason University take part in "Who's Walking Wednesdays," an effort to increase physical activity and well-being. Research shows that workplace health programs can lead to increased productivity.

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faculty and staff into well-being ness over a two-year period, as well said Brandice Valentino, director of living coordinator at the Center for "Our programs focus on topics for fulness practices."

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in Fairfax.

Amy K. Turner, executive director of Innovation Health, a North-

ern Virginia health insurance company formed as a result of a partnership between Aetna and Inova, says her company has improved the health of its workforce through tailored employee wellness programs

Innovation Health has also created corporate wellness programs for its corporate clients. In fact, the company received the Loudon Chamber of Commerce Healthy Business Award, which honors the winners of the Loudon Healthy Business Challenge, a competition designed to recognize Northern Virginia businesses that have improved the health of their workforce through tailored employee wellness programs.

A group mentality is one of the keys. Group fitness activity can lead to success, say experts. "I feel like when you do it in a group and you're part of a group, you're more committed," said Turner. "It holds people accountable and promotes success.

"Our 'Get Active Challenge' is where employees set fitness goals and challenge other teams within their corporation," she said. "It engages employees to work together in teams, challenges them. We've found that it improves employee satisfaction."



Former Washington Redskin Ricky Ervins (second from left) joins WRAP's Gary Cohen, Lieutenant Rudy Landon, Liz Tobin, Kurt Erickson and Todd Heavner.

SoberRide Hosts Fundraiser at Glory Days Grill

based nonprofit organization behind the

region's free cab ride service to prevent drunk driving, SoberRide, hosted a fundraiser on Aug. 18 at Glory Days Grill

he Northern Virginia- nated the hors d'oeuvres buffet for Zimmerman; an NFL jersey the event.

Ervins played for the Washington Redskins from 1991 to 1994 as signed by the Wizards' John a running back. He was the leading rusher in the Redskins' 1992 Super Bowl victory over the Buffalo Bills.

The Washington Regional Al- Items featured as part of the Mad Fox Brewing Company and cohol Program's (WRAP) inau- evening's silent auction included Paladar Latin Kitchen, amongst gural "Football & Fundraising" sports memorabilia from the Wash- others. Funds raised support event was opened to the public ington Capitals, Nationals, WRAP's fight against drunk drivand featured former Washington Redskins and Wizards most nota- ing and underage drinking in Redskin Ricky Ervins, a sports bly: an NHL hockey stick signed by Greater Washington. For more memorabilia silent auction and Capitals' Nicklas Backstrom; a MLB information, visit WRAP's door prizes. Glory Days Grill do- baseball signed by Nationals' Ryan website at www.wrap.org.

signed by Redskins great John Riggins; and an NBA basketball Wall, amongst other items.

Door prizes that evening included gift cards from Fleming's Steakhouse, Glory Days Grill,



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ENTERTAINMENT



A couple dances to the traditional music of the Kings Park German Band.

Free Oktoberfest Walk, Concert Sept. 12

oompah! Join walkers of all pre-determined route. ages for the annual Oktoberfest Volksmarch Sat urday, Sept. 12. The walk starts at the Accotink Unitarian Universalist Church in Burke.

A volksmarch, literally translated "people's walk," is a leisurely walk through a scenic, historic or interesting area over a

The free walk passes through lush forests and around Burke Lake.

Choose from a five or 10-kilometer route (three or six miles) and walk, jog or run at your own pace. German food and drinks will be available to purchase, and the Kings Park German Band will play from 11:30 a.m. to 12:30 p.m.



The Burke-based Kings Park German Band, featuring traditional instruments like this alpenhorn, will perform at the Oktoberfest **Volksmarch and Biketoberfest at** Accotink Unitarian Universalist Church in Burke, Sept. 12.

Walkers may begin any time between 8 a.m. and 1 p.m. but must finish by 3 p.m. The trail is probably suitable for sturdy strollers but not wheelchairs. An adult must accompany children under 12. Leashed dogs are welcome. There is no charge to participate in the event. International volksmarch credit is \$3 for those who track their IVV walks.



Children investigate Bob Westin's stumpf fiddle. Westin's band, the Kings Park German Band, will play for free from 11:30-12:30, Sept. 12. at the Oktoberfest Volksmarch and Bike at Accotink Unitarian Universalist Church in Burke.

The event is co-sponsored by AUUC and the Northern Virginia Volksmarchers.

The start is located at 10125 Lakehaven Ct., Burke, Va., just south of the Fairfax County Parkway and Burke Lake Road intersection.

For more information, contact Susan or Steve Brown at 703-644-0189 or nicebrowns@verizon.net.

Fairfax Symphony Orchestra to Celebrate Beethoven

Season opening performance on Saturday, Sept. 19.

By David Siegel The Connection

lenty of reasons to celebrate the Fairfax Symphony Orchestra (FSO) about to begin its 59th season as Fairfax County's flagship orches-

tra. This year, under the baton of music director Christopher Zimmerman, the FSO will celebrate the genius of Beethoven's masterpieces while featuring the coming generation of virtuoso classical pianists. Why feature Beethoven piano concertos? "I have designed most of our past seasons with some kind of binding thread, be it focusing on a composer, or a topic," said Zimmerman. "This year I thought both a composer and an instrumental medium would provide the focus for an interesting musical exploration as well as be a strong attraction in themselves.

"The audience will hear, and be fascinated by, how Beethoven's compositional style changes and evolves from concerto

Christopher Zimmerman conducting the Fairfax Symphony Orchestra.

PHOTO COURTESY of Fairfax Symphony Orchestra

to concerto," said Zimmerman. "I hope also that their enjoyment of these works will be enhanced by the fact that we will be performing other orchestral works of his alongside these concertos, and also those of his immediate predecessor, Mozart, and successor, Brahms."

The pianists will include Alon Goldstein, already known to FSO audiences. He will be featured in the season opener on Sept. 19 at the Center for the Arts, George Mason University. Awadagin Pratt, performing later in the season, "has developed an extremely distinguished career and is a major figure, particularly in this country." Sean Chen, George Li and Andrew Tysons each has had "a spectacular kick-off, all having won significant prizes at the world's most prestigious piano competitions," Zimmerman pointed-out.

Each artist will provide audiences "with their tremendous gifts and convey to the audience their own fresh perspective.

As for celebrating the 59th season, Zimmerman acknowledged that "it is a major accomplishment". When asked about the upcoming, anticipated 60th season, now just a year away, it "is of course a milestone

Where and When

Fairfax Symphony Orchestra performs at the Center for the Arts, George Mason University, 4400 University Drive, Fairfax. Season opening performance Beethoven: "Coriolanus" Overture, Beethoven: Piano Concerto No.5 "Emperor" with Alon Goldstein, piano and Beethoven: Symphony No. 5. Performance on Saturday, Sept. 19 at 8 p.m. Tickets: \$34-\$58. Ticket information call 703-563-1990 or visit www.fairfaxsymphony.org

which we will hold as something special, but I will give nothing away at this point." "In the coming years the orchestra will continue to perform at the level that the audience expects and is proud of and excited about. We will continue to collaborate with great instrumentalists and artists of the highest stature, and we will continue to present programs of the greatest and most beautiful (in all aspects of that term) music in combinations that hopefully will delight, stimulate and fulfill the audience in the way that this great legacy of orchestral music-past and present-can," said

 $\mathbf{Note}: \mathsf{Read}\xspace{a}\xspace{bio}\x$ five pianists online FSO at:

http://www.fairfaxsymphony.org/images/ 2 0 1 5 - 2 0 1 6 / P D F FSO%2015_16%20flyer_pdf.pdf

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.

ONGOING

Summer Reading Program. Friday-Saturday, through Sept. 5. 10 a.m.-5 p.m. Fairfax Library, 10360 North Street, Fairfax. Come to the library all summer for books and events. http://www.fairfaxcounty.gov/ library/branches/fx/.

SATURDAY/AUG. 1-SUNDAY/SEPT. 13 Annual Workhouse Clay National Ceramics Exhibition. Workhouse Arts Center, W-16 Vulcan Gallery, 9518 Workhouse Way, Lorton. This

exhibition represents the depth and breadth of contemporary functional and sculptural ceramic artworks being created throughout the country. Visit http:// www.workhousearts.org/events/ visual-arts/workhouse-clay-national-2015.

THURSDAY/SEPT. 3

Preschool Storytime. 10:30 a.m. City of Fairfax Regional Library, 10360 North Street, Fairfax. Build your child's early literacy skills while enjoying stories, songs and activities. Age 3-5 with adult.

FRIDAY/SEPT. 4

Kingstowne Farmers Market, 4-7 p.m. Fridays, May 1-Oct. 30. Giant Parking Lot, 5955 Kingstowne Towne Center, Alexandria. Vendors products include fresh organic honey and hand held pies and



The 38th Annual Burke Centre Festival will take place Sept. 12-13 to celebrate the spirit of the community with rides, activities and live entertainment for all ages to enjoy.

rolls.www.fairfaxcounty.gov/parks/ farmersmarkets/kingstownemkt.htm

SATURDAY/SEPT. 5

- **Historic Pohick Church First** Saturday Tours. 1-3 p.m. Pohick Church, 9301 Richmond Highway, Lorton. During the colonial period, Pohick Church was the congregation of many of our country's most prominent families, including the Washingtons, Masons and Fairfaxes http://www.pohick.org Cabaret Series: Autumn in New
- York. 8 p.m. Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse cabaret team will perform a musical score sure to ease us into the autumn season! Featuring the best songs 'selectively harvested'
- from Broadway that will have us looking forward to the end of the summer heat and prove that there's no better place for to enjoy fall weather than New York City. Tickets: \$25-\$30.
- Teen Writers Group. 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Do you enjoy writing fiction, poetry, non-fiction and/or memoirs? Join us for sharing, discussion and feedback of works in progress. Teen volunteer facilitates. Åge 13-18.
- Burke Farmers Market. 8 a.m.-noon. Saturdays, May 2-Nov. 21. 5671 Roberts Parkway, Burke. www.fairfaxcounty.gov/parks/ farmersmarkets/burkemkt.htm Springfield Farmers Market. 10

a.m.-2 p.m. Springfield Town Center, 6699 Spring Mall Drive, Springfield. www.smartmarkets.org

SUNDAY-MONDAY/SEPT. 6-7

LEGO Model Train Show. Sunday: 12-5 p.m. Monday: 12-4 p.m. 11200 Fairfax Station Road. A two day HO scale modular train display running at the Fairfax Station Railroad Museum. They will be joined by Monty with a custom built LEGO train display.

MONDAY/SEPT. 7

16th Annual Labor Day Car Show. 8 a.m. - 3 p.m. Historic Clifton. Antiques, classics, foreign, customs, motorcycles and more. Pre-register by Aug. 24. www.labordaycarshow.com. All proceeds benefit local charities.

TUESDAY/SEPT. 8

Pohick Daytime Discussion Group. 1 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. "The Storyteller" by Jodi Picoult. Adults.

THURSDAY/SEPT. 10

Storvtime Yoga. 4:30 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Stories, stretching and simple yoga poses. Bring a mat or towel and wear comfortable clothing

FRIDAY/SEPT. 11

S.T.E.A.M Storytime. 2 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Science, Technology, Engineering, Art, and Math (STEAM). Each month focus on one of these subjects with stories and activities appropriate for preschoolers. Age 4-5

COMMUNITIES OF WORSHIP

with adult.

SATURDAY/SEPT. 12

Oktoberfest Volksmarch. 8 a.m. - 3 p.m. Accotink Unitarian Universalist

Church, 10125 Lakehaven Court, Burke. A volksmarch, literally translated "people's walk." The free walk passes through lush forests and around Burke Lake. Choose from a five or 10-kilometer route (three or six miles) and walk, jog or run at your own pace. German food and drinks will be available to purchase, and the Kings Park German Band will play from 11:30 a.m. to 12:30 p.m.

SATURDAY-SUNDAY/SEPT. 12-13 38th Annual Burke Centre

Festival. Saturday, 9:30 a.m.- 5 p.m. Sunday, 10 a.m.-5 p.m. 6060 Burke Centre Parkway, Burke. Burke Centre's signature event, which celebrates the spirit of the community each year with rides, activities and live entertainment for all ages to enjoy.

TUESDAY/SEPT. 15

Tai Chi. 10 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke, Come experience the benefits of Tai Chi led by Dante Gilmer of Still Water Tai Chi Center. Wear comfortable clothes that allow movement. Adult.

WEDNESDAY/SEPT. 16

PJ Library Book Buddies. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Hear selections from the PJ Library and make a craft to take home. Age 6 months to 5 years.

9800 Old Keene Mill Rd.

Special Connections Calendar Advertising Deadlines are the previous Thursday unless noted. SEPTEMBER

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Sports

Robinson Finds Early Success Despite Inexperienced Defense

Rams go 2-1-1 during Lake Braddock tournament.

By Jon Roetman The Connection

he Robinson field hockey program returns six starters from last year's team that went 16-5 and qualified for the region tournament.

None of those starters played defense for the Rams in 2014.

"The biggest issue that we've had this year," head coach Lindsay Arnsmeyer said, "is we graduated our whole defensive line, including our goalie."

So far, the "issue" hasn't hindered the Rams.

Robinson defeated South County 3-2 on Tuesday, improving its record to 5-1-1. The Rams ran into trouble during the second day of the Blast ALS tournament on Aug. 27 at Lake Braddock Secondary School, when the team played its fourth and fifth games in a three-day period, but Robinson has otherwise experienced early-season suc-



Robinson senior Katie O'Loughlin, middle, moved from forward to defensive midfielder this season.

After beating Falls Church 7-0 in the season opener on Aug. 25, Robinson came back the following day and beat Mount Vernon 5-0 and Woodson 1-0 during the first day of the Lake Braddock tournament. The next day, the Rams fell behind the host Bruins but managed to earn a 1-1 tie thanks to a second-half goal by senior Gwen Carsten. Arnsmeyer said she could tell the Rams

were tired.

"Towards the end is how we've been playing — [with] pressure," Arnsmeyer said. "The last 10 minutes was how they're expected to play. The first 40 minutes was not. ... I think we showed bits and pieces throughout the whole game that we were able to dominate."

Robinson lost its final game of the tour-

nament to West Springfield 2-1.

With the Rams lacking experience in the back, Arnsmeyer moved senior Katie O'Loughlin from forward to defensive center midfielder.

"Last year I played her as a forward and this year, just because she's very defensive minded and very calm in the back, I've had to move her to defensive mid," Arnsmeyer said. "... She's calm, she's a leader, she communicates really well and she's very good at seeing the field, so she can switch the ball back and forth. She's good not only on offense, but defense, which is what we really need."

O'Loughlin said she plays defense for her club team, so the transition wasn't difficult, but she feels pressure to help some of her teammates.

"A lot of the girls, it's either they don't have a lot confidence in themselves or they're still learning how to play defense," O'Loughlin said, "so I feel a lot of pressure to not only play well myself, but also support my teammates."

Senior forward Charlotte Clark, senior midfielder Anna Turner and Carsten are also expected to be significant contributors for the Rams.

Robinson will travel to face Lee at 7:30 p.m. on Tuesday, Sept. 8.

Lake Braddock Finishes Strong At Blast ALS Tournament

he host Lake Braddock field hockey team struggled during the first day of the Blast ALS tournament on Aug. 26, suffering shutout losses against Fairfax and Centreville. On the second day, the Bruins responded with a 1-all tie

against rival Robinson and a 1-0 victory over Oakton. "I feel that we didn't start out playing our best, but improved our play significantly each game," head coach Marie Bounds Bullock wrote in an email. "The girls worked hard to make the needed improvements and it showed; the results of each game got better and better."

After opening the season with a 3-0 loss to Fairfax and a 1-0 defeat against Centreville, Lake Braddock tied Robinson, 1-1, on Aug. 27. Senior midfielder Emily Berst scored the Bruins' goal, with an assist by sophomore forward Allison Ormsby. Lake Braddock's final game of the tournament was a 1-0 win over Oakton, with a goal by Ormsby. The assist went to senior midfielder Annina Zelkin.

Zelkin is "highly skilled and has a powerful shot," Bullock wrote. The senior is committed to Yale.

Junior midfielder Haley Hopkins, a first-team allconference and second-team all-region selection last season, is also expected to be a key contributor for Lake Braddock.

"Haley is an extremely talented player," Bullock wrote.

"She will be a distributor and one of our main ball handlers in the midfield and on the forward line."

Lake Braddock defeated Langley in overtime on Monday, improving its record to 2-2-1. The Bruins faced Westfield on Wednesday, after The Connection's deadline.

Lake Braddock will open Conference 7 play against Mount Vernon at 7:30 p.m. on Thursday, Sept. 10.

"One of our goals is to win our conference," Bul-12 Surke Connection September 3-9, 2015



Senior midfielder Annina Zelkin and the Lake Braddock field hockey team tied Robinson and beat Oakton during the second day of the Blast ALS tournament on Aug. 27 at Lake Braddock.

lock wrote. "There is some great competition in our conference so it will be a challenge, but one that I think we are up for."

— Jon Roetman

Junior midfielder Marie Laverdiere, right, and the West Springfield field hockey team went 2-1-1 during the Blast ALS tournament at Lake Braddock Aug. 26-27.



Spartans Winning

fter a rough start to the second day of the Blast ALS field hockey tournament at Lake Braddock Secondary School, West Springfield increased its defensive effort and showed what can happen when the Spartans are on the same page. West Springfield closed its appearance at the two-day tournament with a 2-1 victory over Robinson on Aug. 27. The Rams scored their lone goal during a penalty corner with time expired in the second half.

"We were playing defense as a whole team rather than just our defenders," West Springfield improving its record to 3-1-1. head coach Tina Nham said. The Spartans faced Lee on "That was our major problem in Wednesday, the beginning: our forwards need to come back a little bit more, so they put in the extra effort." Earlier in the day, West Springfield lost to Centreville 2-0, but the Spartans responded

by handing Robinson its first loss of the season.

"Our first game today wasn't that great," junior midfielder Marie Laverdiere said. "We were all really tired and we were playing slowly. We all stepped it up. We really wanted to beat Robinson."

West Springfield finished the tournament with a 2-1-1 record, including a 3-3 tie against Woodson and a 2-0 win over Mount Vernon on Aug. 26.

WEST SPRINGFIELD defeated Oakton 1-0 on Aug. 31, after The Connection's deadline.

West Springfield will travel to face Chantilly at 7:30 p.m. on Tuesday, Sept. 8.

— Jon Roetman



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