

Springfield CONNECTION

Franconia ♦ Kingstowne
Newington

League of Women Voters of Fairfax co-president Peggy Knight (center) moderated the question-and-answer quasi-debate between candidates for Lee District supervisor, school board representative and Virginia State House of Delegates.



Lee District Candidates Meet at John Marshall Library

NEWS, PAGE 8

At West Springfield, 30 Years Later

NEWS, PAGE 8

'They're Not Alone'

NEWS, PAGE 3



FAIRFAX COUNTY FEDERATION OF TEACHERS

**2015 FCPS
SCHOOL BOARD ENDORSEMENTS**

**Congratulations to these candidates,
as voted upon by our membership:**

AT-LARGE (ALL DISTRICTS) CANDIDATES:

Ryan McElveen
Ilryong Moon
Ted Velkoff

BRADDOCK DISTRICT CANDIDATE:

Megan McLaughlin

DRANESVILLE DISTRICT CANDIDATE:

Janie Strauss

HUNTER MILL DISTRICT CANDIDATE:

Pat Hynes

LEE DISTRICT CANDIDATE:

Tamara Derenak Kaufax

MASON DISTRICT CANDIDATE:

Sandy Evans

MT. VERNON DISTRICT CANDIDATE:

Karen Corbett Sanders

PROVIDENCE DISTRICT CANDIDATE:

Patty Reed

SPRINGFIELD DISTRICT CANDIDATE:

No endorsement

SULLY DISTRICT CANDIDATE:

Karen Keys-Gamarra



See more at:

fcft.va.aft.org/news/2015-fcft-school-board-candidate-endorsements

Paid Advertisement



Photos by Tim Peterson/The Connection

Fairfax County Police Department Chief Edwin Roessler and Sexual Violence Services Director Ina Fernández announced the launch of a new Lethality Assessment Program with the goal of reducing deaths from domestic violence.



Members of the Fairfax County Police Department, Department of Family Services, Office for Women and Domestic Violence Services, and domestic violence detectives gathered at the Historic Fairfax Courthouse to mark the launch of a new Lethality Assessment Program for victims of domestic violence.

“They’re Not Alone”

By Tim Peterson
The Connection

Fairfax County is taking a step forward to reduce the deaths among victims of domestic violence.

According to the police department, county domestic violence hotlines receive over 240 calls each month. Of those, victims request 64 family abuse protective orders and 13 families are able to escape to an emergency domestic shelter such as Bethany House of Northern Virginia. Within a month, police make around 160 arrests for domestic violence-related offenses.

On Oct. 1, Fairfax County Police Department Chief Edwin Roessler and Sexual Violence Services director Ina Fernández held a press conference at the Historic Fairfax Courthouse to announce the launch of a new Lethality Assessment Program. The announcement coincided with October being declared Domestic Violence Awareness month.

The model, which originated in Maryland, calls for more collaboration between the

police department and domestic violence service providers, as well as a screening tool for officers to more quickly and effectively respond to and refer victims to services.

A Fairfax County Domestic Violence Fatality Team found in 2013 that domestic violence accounted for about half of all murders in the county.

“It opened our eyes to a larger set of lethality,” said Fernández. “Now we’re moving more proactively to help the victim.”

A response and referral tool within the Lethality Assessment Program features an 11-question screening for patrol officers responding to domestic violence calls. The first three questions are:

1. Has he/she ever used a weapon against you or threatened you with a weapon?
2. Has he/she threatened to kill you or your children?
3. Do you think he/she might try to kill you?

If the victim answers “Yes” to any of the three, or to four of the next four in the sequence, they are determined to be “high risk” of being seriously injured or killed by

their partner and the officer then initiates a referral process using a domestic violence services hotline-dedicated phone. The victim may choose to be connected with an advocate and additional services such as shelter, or not.

Police and service providers are hoping this will empower more people in abusive situations to ask for help.

“We’re concerned about unreported cases, there’s a lot of trust-building we need to develop,” said Chief Roessler. “We want to help victims self-initiate to take a stand and get away from violence, we want people to know they’re not alone.”

“It’s such a tragedy those victims had not reached out,” said Amy Carlini, a spokesperson for the Department of Family Services in Fairfax County. “A lot of times the most dangerous thing for a victim is trying to leave a situation.”

All Fairfax County Police patrol officers received training in the Lethality Assessment Program in spring of 2015 and the department began implementing it in July. Since then, the department reported their

findings that:

- Over half of the cases were determined to be high-risk
- 33 percent of the high-risk cases involved a firearm
- 64 percent of the cases involved a history of strangulation
- 55 percent of the cases involved a history of stalking

Fernández said an internal committee comprised of representatives from the police department and victims services, office of the Commonwealth’s Attorney, Domestic Violence Action Center, office for Women & Domestic and Sexual Violence Services, Bethany House of Northern Virginia and other organizations will continually review the program and complete assessments at the three, six, nine and 12-month marks.

“It’s in the beginning stages,” she said, “but we’re hopeful we can continue to re-evaluate it.”

For more information on Domestic Violence Awareness Month activities, visit www.fairfaxcounty.gov/domesticviolence/#Announcements.

New domestic violence victims screening tool launches in Fairfax County.

Decoding Dyslexia Virginia to Host First 5K Run for Dyslexia

Shannon Duncan of the Falls Church area isn’t a big runner herself, but when she sees a 5K road race, it always catches her eye. That’s why the mother of three chose to take on organizing one with a best friend and neighbor to raise awareness for dyslexia, a learning disability affecting an individual’s ability to speak, read, spell and learn language.

Duncan is a regional leader for Decoding Dyslexia Virginia, a grassroots advocacy group aiming to educate families with dyslexic children about helpful resources available to them as well as lobbying policy

makers regarding best practices for identification, remediation and support of students with dyslexia in schools.

Duncan’s older two children do not have dyslexia, however her youngest daughter does, they discovered after having her screened specifically for the disability when she was in third grade.

Some parents have criticized Fairfax County Public Schools for not training their teachers to properly identify, remediate and take steps forward to support students with dyslexia. However, the learning disability was highlighted in the latest Strategic Plan

issued by the school board and superintendent Dr. Karen Garza has required all elementary school administrators and instructional staff be trained to recognize dyslexia symptoms and warning signs, according to a Fairfax County schools spokesman.

And in accordance with a proclamation from Gov. Terry McAuliffe (D), the board is recognizing October as “Dyslexia Awareness Month.”

There will be a workshop hosted by the Fairfax County Public Schools Office of Special Education Instruction for parents of middle and high school students with dys-

lexia on Oct. 20 from 7-9 p.m. at the Dunn Loring Center, 2334 Gallows Road, as well as a workshop for parents of elementary school students with dyslexia on Nov. 13 from 10 a.m.-12:30 p.m. also at the Dunn Loring Center.

The first annual Decoding Dyslexia 5K Run for Dyslexia is scheduled to take place Oct. 11 beginning at 8 a.m. at Burke Lake Park. For more information on Decoding Dyslexia Virginia and upcoming events, including the 5K, visit decodingdyslexiava.wordpress.com.

—Tim Peterson

New Tolls on I-66: Will That Help?

New tolls presented as the first step to reducing heavy traffic on I-66, some voice doubts.

By Marissa Beale
The Connection

On Oct. 5, VDOT held one of several ongoing meetings discussing a new Multimodal Project to reduce traffic on Route I-66, the only interstate in the country limited to HOV usage during rush hour. The new Multimodal approach would seek to move up to 40,000 commuters, by year 2040, onto Route I-66 onto buses, into van and carpools, and onto parallel routes, with the ultimate goal of regulating and reducing travel time for commuters.

The fare for dynamically-priced toll lanes would change based on traffic volume at different times during morning and evening rush hour peaks, 5:30-9:30 a.m. and 3-7 p.m., and during off-peak times, tolls would not be collected.

Job growth in Tysons and the Dulles Corridor are increasing congestion in both directions, and goal of the tolls would be to alleviate that gridlock. Without any action, VDOT predicts that the use of I-66 would only increase over time.

"I am unsure how tolls are going to improve congestion," said Thomas Cranmer, a civil engineer present during the meeting. "[VDOT] provided no cost details. The only reply was it would be about \$50 million."

The rate changes to the tolls are to help maintain speed along I-66 by regulating traffic flow. Some cars normally traveling on I-66 are expected to use Routes 29, 50 and 7, which run parallel to I-66. These roads, however, are already congested. VDOT describes the possible increases in traffic along these roads as modest.

Road-widening was also discussed as a future solution, but only if the tolls did not



Project map.



Anticipated Toll Rates

- Tolls may be higher or lower, depending on traffic volumes, to manage demand and ensure free-flow travel for High Occupancy Vehicles, transit and Single Occupancy Vehicle users
- Estimated typical tolls along corridor during peak hours based on modeling are:

Toll Scenarios	Eastbound	Westbound
2017 SOV - Pays the Toll	\$9.00	\$2.00
HOV2+ rides for FREE		
2017 SOV/HOV2 - Pays the Toll	\$7.00	\$1.00
HOV3+ rides for FREE		
2021 SOV/HOV2 - Pays the Toll	\$7.00	\$1.00
HOV3+ rides for FREE		

Estimated costs for toll lanes on I-66.



From left — Thomas Cranmer, civil engineer, and Robert Whitfield, member of the Fairfax County Taxpayers Alliance, are opposed to toll roads on I-66. "I am unsure how tolls are going to improve congestion," said Cranmer.

effectively alleviate congestion over the course of the next five years.

"With tolls you're going to drive commuters to Lee Highway, Arlington Boulevard and Wilson Boulevard," said Charles



Charles McAndrew, member of Fairfax County Taxpayer Alliance Board, is concerned that new tolls inside I-66 are simply going to increase traffic on Lee Highway, Arlington Boulevard and Wilson Boulevard.

McAndrew, a member of the Fairfax County Taxpayer Alliance Board.

"I'm not sure we can wait five years out, we should consider widening the roads now."

And according to a 2006 study, 42 percent of commuters said they were late to work at least once a week because of heavy traffic flow, and tolls are also expected to increase the use of public transportation.

The Commonwealth of Virginia and the Northern Virginia Transportation Commission (NVTC) will work together to implement the new project.

"In early 2016, NVTC will issue a call for projects and approve criteria for project selection. Priority will be given to projects that have the ability to move more people through the I-66 corridor in 2017," according to VDOT.

Robert Whitfield, a member of the Fairfax County Taxpayers Alliance, expressed concern that the I-66 Multimodal Project will be run by NVTC. NVTC is exempt from House Bill Two (HB2), legislation requiring that the Commonwealth Transportation Board (CTB) make public how they select new projects to fund with tax dollars.

"They are trying to avoid a comprehensive evaluation," said Whitfield.

Improved bus services and metro transportation are other factors to be considered if tolls are added. An increase in parking demand is another issue VDOT expects to look at.

On the current track, tolling construction is expected to begin in 2016, with the new tolls operating by the summer of 2017.

Photos by Marissa Beale/The Connection



Community Open House

Put yourself in this picture • Come Live Your Dream!

Sunday, October 18, 2015, 12:30-4:00

55+ Active Adult Community (20% between 50-54)

- Arrange for a short tour of our golf course (Non-resident Memberships Available)
- Meet a volunteer resident, tour the facilities, obtain an information package, enjoy a relaxed environment!
- Enjoy the Dining Room Brunch (9:30-1:30) Cost: À la carte (Credit Card/Check Only) Reservations required by COB Wed., 10/14. Contact Joan 703-743-1325 (Limited Seating)
- Realtor and FSBO Open Houses 1-4 p.m. (Independent of Community Open House)

www.heritagehunt.net

NewBuyers@heritagehunt.net



6901 Arthur Hills Drive • Gainesville, VA 20155 • 703-743-5490

Area Roundups

Deadline Approaches to Apply for Congressional Nominations to U.S. Service Academies

U.S. Rep. Gerry Connolly (D-11) announced this year's deadline for students wishing to apply for one of the nation's service academies is Friday, Oct. 16. This includes applications to the U.S. Air Force Academy, U.S. Naval Academy, U.S. Military Academy, U.S. Coast Guard Academy and the U.S. Merchant Marine Academy.

In addition to applying to the individual service academy a student must receive a nomination by a qualified nominating source. The deadline to apply for a congressional nomination from Congressman Connolly is Friday, Oct. 16, 2015. Any student who lives in the 11th District of Virginia must submit a completed application packet by the deadline in order to be considered. There are no exceptions to this deadline.

The Nomination Application and Information packets are available on Connolly's website at: <http://connolly.house.gov/academy-nominations/>. Interested students and their parents may also contact his Annandale District Office at 703-256-3071 for additional information.

Fire Prevention Open House Set for Oct. 10

Fire Prevention Open House will be held Saturday, Oct. 10, from 10 a.m. to 4 p.m., at all 38 county fire and rescue stations. The theme for 2015 is: "Hear the Beep Where You Sleep; Every Bedroom Needs a Working Smoke Alarm."

Firefighters will have displays and activities spotlighting fire and life safety, including preventing fires and fire injuries, especially in the home. Residents are encouraged to visit their community fire and rescue station to participate and learn more about fire safety. Firefighters will also offer tours of the station, and educate visitors on various fire apparatus. To learn more about fire prevention, go to www.firepreventionweek.org.

TW PERRY
BUILDING MATERIALS & HARDWARE STORE

TW Perry Springfield
7740 Southern Drive,
Springfield, VA 22150

TW PERRY SPRINGFIELD

NOW OPEN ON SATURDAYS!

Saturday Hours 7:00 a.m. to 3:00 p.m.

Visit our Springfield location and newly remodeled and expanded hardware store, plus a brand new 3800 sq. ft. showroom! Our hardware store has a full paint line with color matching and Stihl power tools! The showroom is filled with beautiful windows, doors, and custom millwork for discerning clientele.

• Valspar Paint	• Power Tools	• Architectural Millwork	• Doors & Windows
• Paint Matching	• Hardware	• Custom Cabinetry	• Lumber
• Over 400 Moulding Profiles in Stock!	• Re-Key Locksets	• Stihl Products	• Stairs & Railing

Open Monday - Friday 6:00 a.m to 5:00 p.m. & Saturday 7:00 a.m. to 3:00 p.m.
TW Perry Springfield: 7740 Southern Drive, Springfield, VA 22150 703-451-6500 - www.twperry.com

Opinion

Vote Now to Avoid the Earthquake

Early voting available for most voters now; vote by Nov. 3.

The news is all about Donald, Hilary, Bernie, Carlie, Joe and Jeb. That's next year, November 2016. The election in less than a month matters here in Northern Virginia. What are your priorities? Do you think quality schools are essential? Do you wish for better transportation and traffic solutions? Is protecting the environment important to you? Do you care about police transparency? Do you think gerrymandering is a problem? Are you worried about how public money is being spent? These are all local concerns, and these and many, many others are the issues that will be affected by next month's election.

Especially in a Dillon Rule state such as Virginia, where localities have only the powers specifically granted by the state General Assembly, who is elected at the state level is critical.

An earthquake, hurricane, early snow, or just one of those cataclysmic traffic days could make it hard to vote on Election Day, Nov. 3. On that day, virtually every state and local office is on the ballot. In-person absentee voting begins is underway, and is a good way to ensure you have your say in this critical local election.

Virginia Law allows voters to vote absentee 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. If you qualify, you can vote early in-person, see sidebar.

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.

Editorial

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, Fairfax County School Board at Large (vote for 3); District School Board member; 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>

It's also worth noting that new, more restrictive voter identification regulations took effect last year. Voters arriving to the polls without required 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. 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 U.S. 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 identifica-

In-Person Absentee Voting: Vote Early

In-Person Absentee Voting Fairfax County Government Center

♦ Fairfax County Governmental Center Location, Conference Room 2/3, 12000 Government Center Pkwy., Fairfax, VA 22035
Through Oct. 9, Monday, Tuesday, Wednesday and Friday 8 a.m. - 4:30 p.m.; Thursday 8 a.m. - 7 p.m.
Oct. 13 - Oct. 30: extended hours: Monday - Friday 8 a.m. - 7 p.m.
Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

Closed on Monday, Oct. 12 in observance of Columbus Day

♦ In-Person Absentee Satellite Voting

Oct. 13 - Oct. 30 - Weekdays: Monday - Friday, 3:30 p.m. - 7 p.m.
Saturdays: Oct. 10, Oct. 17, Oct. 24 and Oct. 31: 9 a.m. - 5 p.m.

(Closed on Monday, Oct. 12 in observance of Columbus Day)

Satellite Locations:

♦ **Franconia Governmental Center** - 6121 Franconia Road, Community Room B, Alexandria, 22310

♦ **Mason Governmental Center** - 6507 Columbia Pike, Conference Room, Annandale, 22003

♦ **West Springfield Governmental Center** - 6140 Rolling Road, Community Room, Springfield, 22152

tion 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.

Putting an End to Domestic Violence in Fairfax County

By John C. Cook
Supervisor (R-Braddock)



Commentary

Domestic violence is the leading cause of homicide in Fairfax County. Every month, there are over 160 domestic violence related arrests, 65 victims file for family abuse protective orders, 260 calls are made to domestic violence hotlines and 14 families take shelter at emergency domestic violence homes across Fairfax County. Last year, 467 children were homeless in our community, primarily because they and a parent fled their homes due to domestic violence. However, for every family that flees, several stay in the home out of fear that if they leave, their abuser will track them down and harm them. Consequently, thousands of children are impacted by domestic violence, and the scars do not heal easily, if ever. Many victims feel there is no way out of the situation, but Fairfax County offers a variety of different resources to help victims and their families, and there is an increasing chorus of voices standing up to say this is unacceptable.

In recognition of Domestic Violence Aware-

ness Month this October, Fairfax County is asking the community to "look again" at domestic violence. When we think of domestic violence, an image of a particular victim might immediately come to mind. However, oftentimes a domestic violence victim isn't whom we might think. In fact, domestic violence usually does not just involve one victim, but often affects an entire household. Children in homes where domestic violence occurs often struggle the most. Studies show that the 3 million children who witness domestic violence in their homes each year will suffer significant emotional and cognitive harm, even if they are not on the receiving end of the physical abuse.

The harm goes beyond what we might even typically think of when conversations of domestic violence occur. In fact, issues surrounding family pets may sometimes prolong instances of domestic violence. Oftentimes, fear of abandoning pets is a major reason why many women feel as though they cannot escape domestic violence. More than seventy

percent of women who entered shelters reported that their family pet had also been threatened, injured, maimed, and even killed by the batterer.

On Oct. 15, my office is raising awareness by hosting the 3rd Annual Stop Domestic Violence Event. My co-hosts for this event, and champions in domestic violence prevention, are Sheriff Stacy Kincaid and Mayor Scott Silverthorne. The event will take place from 5 p.m. until 7 p.m. at Chuy's Mexican Restaurant, 11219 Lee Highway in Fairfax, and will feature information tables and support opportunities for nonprofit organizations involved in domestic violence prevention, treatment and awareness.

Whether you are attempting to flee abuse, are a witness to abuse, or simply want more information on how to address the issue if you encounter it, please come out to the event on Oct. 15. If you are not able to attend you can call the Fairfax County 24-hour hotline at 703-360-7273 for assistance. We hope to put an end to domestic violence in Fairfax County by assisting victims and raising awareness in the community regarding the services available in Fairfax County.

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:
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

ADVERTISING:

For advertising information

e-mail:

sales@connectionnewspapers.com

703-778-9431

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

debfunk@connectionnewspapers.com

David Griffin

Marketing Assistant

703-778-9431

dgriffin@connectionnewspapers.com

Editor & Publisher

Mary Kimm

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

jtheismann@connectionnewspapers.com

@TheismannMedia

CIRCULATION: 703-778-9426

Circulation Manager:

Ann Oliver

circulation@connectionnewspapers.com



Cansler Lawyer Calls for More Investigations into Rose Hill Taser Incident

Elton Cansler of Alexandria was arrested on Sept. 24 for committing larceny and assaulting a police officer, an incident captured on two independent witnesses' mobile phones during which the Fairfax County Police Officer used a taser to force him to comply with orders.

Cansler had been approached by an officer and admitted to stealing a pair of sunglasses from the employee break room of SunTrust Bank in the Rose Hill area of Alexandria.

Cansler's lawyer Victor M. Glasberg submitted a letter to Fairfax Chief of Police Edwin Roessler on Oct. 1, demanding an internal affairs investigation of the incident. In his letter, Glasberg explained that Cansler had cerebral palsy and mental difficulties.

Following the incident, Roessler announced such an investigation would be taking place. On Sept. 28, an expanded release from Roessler concluded, "The officer's discretion was appropriately used to deploy a form of a less-lethal force and in compliance with all policies and laws in this matter." The report explained Cansler kept his arms straight against the police cruiser while the officer was initiating the arrest and pushed back against him.

According to a Fairfax County police spokesperson, the Internal Affairs investigation is still under-way.

Glasberg responded to the Sept. 28 statement in his letter to Roessler by calling for another investigation "into your and your department's public, on-line, full-throated defense of what the officer did before your investigation has even gotten off the



Photo courtesy of Fairfax County Police Dept/
Video provided by independent witness

One of two cell phone videos of the incident shows a Fairfax County police officer use a taser on Elton Cansler and then handcuff him, with help from another officer.

ground." (Mr. Cansler has not even been interviewed).

"An apparent police thug is bad enough," Glasberg continued. "A knee-jerk departmental stonewall and cover-up are worse."

Roessler has not responded to Glasberg's letter, the police spokesperson said.

—Tim Peterson

King's Jewelry

Made in the USA

KingsJewelry.NET **703-549-0011**
Open Mon-Sat 10am-6pm **609 King Street**
Closed Sundays **Old Town Alexandria**

Over 40 years on Pickett Street

Come Celebrate our Grand Re-Opening

October 14th 5pm-7pm
Ribbon Cutting - 6pm

Save up to \$500 on select hardwood, vinyl, tile, luxury vinyl tile and more. *Applies to material only.

ALEXANDRIA
CARPET ONE
FLOOR & HOME

WORRY
Free
FLOORING
SALE

SAVE
50%
tigrissa

SOMETIMES LIFE GETS MESSY. STOP WORRYING AND START LIVING DURING OUR WORRY FREE FLOORING SALE.

Tigrissa carpets feature a one-of-a-kind blend of softness and strength that offers superior performance year after year.

Our New Address: 851 South Pickett Street, Alexandria, VA 22304
www.carpet1alexandria.com 703-212-6383

Refreshments • Giveaways • Gift Cards • 6x9 Area Rug Drawing
18 Months Special Financing Available - See Store for Details

The Most Popular Art & Craft Show and Family Festival in the Greater Metropolitan Washington DC area!

Fall Festival

39th Annual

Saturday

October 10, 2015

(Rain date October 11)

10 AM-5 PM

Old Town Fairfax

Over 400 Vendors & Artisans

Lumberjack Shows

Amusement Rides

4 Stages of Entertainment

Beer Gardens

FREE Admission!

Parks & Recreation
City of Fairfax

#TGIFairfax

703-385-7858 • www.FairfaxFallFestival.com

Lee District Candidates Meet at John Marshall Library

By Tim Peterson
The Connection

They may not be old enough to vote, but twin sisters Madelyn and Miranda Khoury paid as much attention to the presentations as anyone in the audience at an Oct. 5 Meet the Candidates event hosted by the League of Women Voters of Fairfax.

The eighth graders at Mark Twain Middle School are part of the school's "news crew" and wanted to report back to their student body after meeting the people running for Lee District supervisor, Fairfax County School Board representative and Virginia State delegate.

"It's a good opportunity to get to know how things work in local politics," said Miranda. "We want to educate students, and maybe they'll be more likely to vote when they're older."

And though they can't vote yet, they still have concerns about school, especially the projected deficit looming in the 2016-2017 school year for Fairfax County. "That does affect me," Miranda said.

"We want to know what issues we're facing," Madelyn said.

When addressing what is now being ad-

vertised as a projected \$70 million budget deficit for the 2016-2017 school year, incumbent School Board representative from Lee District Tammy Derenak Kaufax reminded the audience a chronic source of financial challenge to the school system is its growth.

She said in the last eight years, the student population has risen by 23,000 while state and county funding hasn't kept up. Kaufax is running unopposed for re-election.

"We can't raise the funds ourselves," Kaufax said, going on to reference the possibilities of partnering with other local and state organizations. "How can you help us? I don't want to have cuts anywhere that interfere with our students' education."

ANOTHER UNOPPOSED candidate is supervisor Jeff McKay (D-Lee). During his remarks, McKay said school class size in schools is a "major concern" of his, along with continued robust revitalization in the Springfield and Mount Vernon areas of Lee District.

McKay also said that progress needs to be made in how the county treats individuals with intellectual or physical disabilities. "We're far behind the times," he said. "Virginia's record on mental health is an embarrassment. The place for offenders with mental disabili-



Community members filled the meeting space at the John Marshall Library in Franconia to meet candidates running to represent Lee District at the Board of Supervisors, Fairfax County School Board and Virginia State House of Delegates.

ties is not in the jail to begin with."

The race for 43rd District delegate is between incumbent Mark Sickles (D), Director of the Virginia Procurement Technical Assistance Program and Belarus native Anna Urman (R), and Paul McIlvaine, a professional opera singer, retired government employee and author.

Sickles, Urman and McIlvaine all agreed that the current, politicized boundaries of senatorial districts is a problem. Sickles called redistricting "one of the root causes

of issues in our country."

"I would not have created my district the way it is now," he added.

On gun control and treatment of individuals with mental disabilities or health problems, Urman asserted that "reducing gun violence and shootings starts with proper mental health education, upbringing and teaching respect for life and weapons." She continued by saying she thought it was important for individuals to be able to protect themselves at all times.

Sickles responded to the effect that Urman was inferring everyone carry a gun, and referenced the most recent mass shooting in Oregon. "We don't need to have college campuses become the Wild Wild West," he said.

McIlvaine agreed in part with Urman, saying with regards to reducing gun violence "there needs to be equal emphasis on mental health. You're not going to yield a solution addressing one without the other." If elected, McIlvaine said he would go back and review Virginia's gun laws for opportunities to improve.

At the conclusion of the evening meeting, pushing



Photos by Tim Peterson/The Connection

Mark Twain Middle School students Madelyn (center) and Miranda Khoury (right) interview Fairfax County School Board Lee District representative Tammy Derenak Kaufax (left), who is running for re-election, following the League of Women Voters of Fairfax meet the candidates event.

it for a school night, the Khoury sisters said they were still interested in finding out more about the candidates and planned to research their individual websites.

"We like learning how this all fits together," they said, "figuring out who to go to when you have a problem."

FOR MORE INFORMATION about future candidates events from the League of Women Voters of Fairfax, or to view video of previous events provided through Fairfax Public Access Inside Scoop, visit www.lwv-fairfax.org/2015MeetandGreet.html.



From left — Jacqueline Mattingly, Oakton; Romina Fincher, Dunn Loring; Susan Murphy, Potomac, Md., and Laurel Booth, Springfield, all celebrated West Springfield High School's Class of 1985 30-year reunion on Saturday, Oct. 3.



Photos by Marissa Beale/The Connection

From left — Wendi Lindler, with two of her friends at the West Springfield Class of 1985 30-Year Reunion. Lindler talked about going to football games at T.C. Williams High School.



From left — Michelle Krisko, Oakton; Tanya Tolpegin, Vienna and Courtney Ingersoll, Charlotte, N.C. were good friends at West Springfield and attended this year's 30-year reunion.

At West Springfield, 30 Years Later High school's class of 1985 returns for reunion.

By Marissa Beale
The Connection

Jacqueline Mattingly helped decorate the halls during Homecoming. Susan Murphy remembers how Paul Dzierski always had after-parties following the football games, and, if you ask, Jeffrey Lin will say that the cinnamon rolls in the cafeteria were one of his fondest high school

memories. Together, these individuals make up the West Springfield High School Class of 1985.

"It's very exciting to see so many classmates," said Raquel Hickman, a former Spartan. "[It] shows how close we are. It's just like picking up right where we left off."

Members of the Class of 1985 celebrated their 30th year reunion on Saturday, Oct. 3, at the Springfield Golf and Country Club. The event brought together 150

former Spartans, some of whom traveled from Alabama, and even one who returned to town from Germany.

"My fondest West Springfield memory is probably the football games," said Laurel Booth, who returned to Springfield after being overseas for work. "I was a major-ette."

"I remember the principal was mad because I juggled five knives on school property," said former

Spartan Scott Dineen. "I was very good at juggling and was part of the junior class night club."

Members of the 1985 Spartan Class excelled in the arts. Aaron Cole transferred to West Springfield High School specifically for its art department and currently works as a professional artist.

"I won Governor's awards for art. There was a really strong art department at West Springfield," he said.

Other Spartans went on to own businesses, and some made Springfield their homes for many years after graduating.

"[This] was a fantastic place to grow up," said Scott Hutchinson, who traveled from Texas to make it to this year's reunion. "We didn't think anything about getting on a bus to D.C."

The reunion's coordinating committee included Maureen Robbins, Bruce Sedlak, Mary Mahoney, Lisa

Chickering, Lisa Kincaid, Dave Nemer, Janet Dugan and Whitney Whiteside.

Music included songs from the number one albums of 1985, including "Purple Rain" by Prince and the Revolution; "Born in the USA" by Bruce Springsteen; "Like a Virgin" by Madonna; and, "Centerfold" by John Fogerty.

"It was absolutely worth it to be back," said Hutchinson.

DR. GENE SWEETNAM DR. GRACE CHANG O P T O M E T R I S T S



TWO
CONVENIENT
LOCATIONS

- Family & Pediatric Vision Care
- Comprehensive Eye Exams • Treatment of Eye Diseases
- 21 years Naval Service, 6 years Active Duty
- Laser Vision Consultants • Over a thousand frames in stock
- We carry all major brands of contact lenses • In-house lab

Most Insurances Accepted:

Anthem Blue Cross/Blue Shield, Care First, Medicare, Tricare In-network
Doctor, Vision One Discount, Avesis, Aetna HMO/PPO/POS, PHCS,
VSP® Network Doctor, EyeMed Vision Care, United Healthcare, VA Medicaid

WE WELCOME YOUR DOCTOR'S PRESCRIPTION

5204A Rolling Rd. 8951 Ox Rd., Suite 100
Burke Professional Center Shoppes at Lorton Valley
Burke, VA 22015 Lorton, VA 22079
703-425-2000 703-493-9910
www.drsweetnam.com • www.sightforvision.com

We hope to see you at the 2015 Annual
Burgundy Fall Fair
Saturday, October 17, 11 a.m. to 3 p.m.

Free Admission • Rain or Shine
3700 Burgundy Road, Alexandria

Family fun for everyone!

Games & Prizes • Haunted House • Live Music
Craft & Artisan Mart • Barnyard Visits
Food Tent • Used Book & Kids' Closet Sale
Pumpkin Painting • Moon Bounce
Alumni Reconnection ... *and more!*

Burgundy alumni from 2012, 2013, 2014 &
2015 are invited to join us early at 10 a.m.!

Special dedication of our new
Outdoor Classroom &
Discovery Playground at 11 a.m.

25 Years of Dave's
Famous Chili!

Activity tickets, merchandise, and
food available for purchase.
Proceeds benefit student financial aid,
so spread the word—
we'll see you there!



Burgundy Farm Country Day School
3700 Burgundy Road, Alexandria VA
703.960.3431 www.burgundyfarm.org

Calendar

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. 8

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

FRIDAY/OCT. 9

Romance Lovers. 7 p.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Join this new book group to discuss Start Me Up by Victoria Dahl. Read every romance subgenre, from historical to paranormal to contemporary.

FRIDAY-SUNDAY/OCT. 9-18

Point A to Point B. Workhouse Arts Center, 9601 Ox Road, Lorton. It's just another day at the Lab, but today's particular assignment has the two employees scratching their heads: a ball keeps appearing from a spot labeled "Point A" and needs to travel to "Point B." The catch is that the ball can never travel the same way twice! Tickets are \$9 for children and adults and can be purchased online at www.ArtsOnTheHorizon.org or at the door on the day of the performance.

SATURDAY/OCT. 10

Fall Festival in Old Town Historic Fairfax. 10 a.m.-5 p.m. 10209 Main Street, Fairfax. What started out as a



The Bunnyman returns at Clifton's Haunted Trail on Oct. 24, a terrifying annual event that winds through Clifton's 8 Acre Park.

Ongoing

Paintings of the Potomac Valley Watercolorists. Through Nov. 7 at McQuire Woods Gallery, Bldg 16, The Workhouse Arts Center, 9518 Workhouse Way, Lorton. Gallery hours: Wed.-Sat.: 11 a.m.- 6 p.m.; Sunday: 12-5 p.m. The exhibition brings together some of the area's top painters in watercolor, acrylic and mixed media, presenting 100 original works including landscapes, florals, still life and abstracts.

small market for artisans has grown to a festival with over 400 arts, crafts and food vendors, children's activities and entertainment for all ages. Visit <http://www.fairfaxva.gov/about-us/special-events/fall-festival>.

Burke History Day. 10 a.m. - 4 p.m. Burke Fire and Rescue Department, 9501 Old Burke Road, Burke. Burke's "Famous, Infamous, and Persons of Interest" will be featured at the annual Burke History Day. Join for exhibits, talks and children's events to learn about the rich history of this vibrant community.

Fairfax Ferns Garden Club Flower Shop. 12:30-4 p.m. Fairfax City Regional Library, 10360 North Street, Fairfax. The Fairfax Ferns Garden Club will have a Small standard Flower Show that will have flower design and horticultural exhibits.

SUNDAY/OCT. 11

Clifton Day. 9 a.m. - 6 p.m. Town of Clifton, corner of Main Street and Chapel Road. The town's annual arts and crafts fair. Informative luncheon, along with door prizes, delicious food, complementary child care and new friendships. Reservations call 703-922 6438 or e-mail: SpringWmConn@yahoo.com.

T-TRAK Model Train Show. 1-4 p.m. The Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Table Top N gauge model trains will be on display and running.

TUESDAY/OCT. 13

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/OCT. 14

Springfield Christian Women's Connection Luncheon. 11:30 a.m. Springfield Golf & Country Club, 8301 Old Keene Mill Road, Springfield.

Harvest Time. 11 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Songs, stories and fingerplay about harvest. Age 2-3 with adult.

Don Hakenson to Present a Civil War Forum. 7:30 p.m. The Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Noted Civil War Historian, Donald Hakenson will present a Forum titled, "Col. John Singleton Mosby's Most Successful Combat Operations and His Worst Defeat."

THURSDAY/OCT. 15

Navy Band Concert. 7:30-8:45 p.m. Lake Braddock Secondary School Little Theatre, 9200 Burke Lake Road, Burke. The Navy's Premiere Concert Band will be performing a wide variety of musical selections, including wind ensemble standards, soloists, marches and patriotic favorites.

Filmmaker Series: Back on Board:

Greg Louganis. 4:30 p.m. GMU Johnson Center Cinema, 4400 University Drive, Fairfax. Back on Board: Greg Louganis tells the life story of four-time Olympic Champion as he returns to diving after a long period of absence. The documentary follows Louganis' evolution from childhood diving prodigy to Olympic champion, and from pioneering openly gay athlete with HIV. Discussion with filmmaker follows.

Mother Goose Storytime. 10:30 a.m. See Calendar, Page 11

BURKE NURSERY

Presents Our 21st 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 \$10.00 M-F; \$14.00 SAT/SUN & Oct. 12 • 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
Mon-Thu 9-8
Fri-Sun 9-9
(Weather Permitting)

SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

OCTOBER

10/21/2015..... A+ Camps & Schools
Halloween is October 31

10/28/2015..... Election Preview

NOVEMBER

11/4/2015..... Wellbeing

11/11/2015..... HomeLifeStyle

11/18/2015..... A+ Camps & Schools

11/19/2015..... Holiday Entertainment & Gift Guide I

Thanksgiving is November 26

11/25/2015..... Celebrating Gratitude, Thanksgiving

DECEMBER

12/2/2015..... Wellbeing

12/9/2015..... Holiday Entertainment & Gift Guide II

12/9/2015..... HomeLifeStyle; Home for the Holidays

12/16/2015..... A+ Camps & Schools; Holiday Entertainment & Gifts Pages

12/23/2015..... Special Issue - Safe for the Holidays

12/30/2015..... Children's Connection

E-mail sales@connectionnewspapers.com for more information.



THE CONNECTION

Newspapers & Online

703-778-9431

www.ConnectionNewspapers.com

Reaching Suburban Washington's Leading Households

• Alexandria Gazette Packet • Fairfax Connection • Oak Hill/Herndon Connection
• Arlington Connection • Fairfax Station/Clifton/Lorton Connection • Potomac Almanac
• Burke Connection • Great Falls Connection • Reston Connection
• Centre View • McLean Connection • Springfield Connection
• Chantilly Connection • Mount Vernon Gazette • Vienna/Oakton Connection



Adopt/Donate/Volunteer

www.lostdogandcatrescue.org

Calendar

From Page 10

Fairfax City Regional Library, 10360 North Street, Fairfax. Come enjoy stories, songs and fingerplays and lay a foundation of early literacy skills for your baby. Birth to 23 months with adult.

THURSDAY/OCT. 15 -18.

Vincent. Time varies. 9518 Workhouse Way, Lorton. In this 75-minute performance written by Leonard Nimoy and directed by Paul Stein, the story looks into the mind of a misunderstood genius Vincent Van Gogh and rumors flying in Paris after his death. Tickets: \$25. www.workhousearts.org.

FRIDAY/OCT. 16

Alphabet Soup. 10:30 a.m. Burke Centre Library, 5935 Freds Oak Road, Burke. Stories and activities about letters in the alphabet. Ages 3-5 with adult.

SATURDAY/OCT. 17

K-9 Krawl 5K. 9 a.m. Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. A free walk to help increase awareness between domestic violence and the link to animal cruelty. Register at <https://www.surveymonkey.com/r/2015K9Krawl>

Trivia Night. 6:30-8:30 p.m. St. Stephen's United Methodist Church, 9203 Braddock Road, Burke. Have fun while providing funds for projects for children in our community. Bring friends and form a team.

Paws to Read. 11 a.m. Lorton Library, 9520 Richmond Highway, Lorton. Practice reading aloud to a trained therapy dog. 15-minute sessions available.

Ballroom Social Dance. 7:30-10:30 p.m. 9518 Workhouse Way, Lorton. Come join the evening to learn some new dance moves. Mini-lesson takes place from 7:30-8 p.m. followed by open dance from 8-10:30 p.m. Tickets: \$10-15. www.workhousearts.org.

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 congregation of the **Greater Little Zion Baptist Church in Fairfax** will be celebrating its 124th Anniversary on Oct. 18. The theme for this 124th Anniversary is Faith, Family and Friends: Building Faith, Uniting Family, and Fellowshiping with Friends, Galatians 6:10. In advance of that service, they have scheduled a night of Revival and a Pre-Anniversary Praise and Worship Concert.

♦ **Revival** – Thursday, Oct. 15 at 7:30 p.m.
Rev. Dr. Vernon C. Walton-Guest

preacher (First Baptist Church of Vienna)

♦ **Pre-Anniversary Praise and Worship Concert** – Friday, Oct. 16 at 7:30 p.m.

Featuring local and regional music groups and praise dancers.

Zion Day Service – Sunday, Oct. 18 at 9:45 a.m.

Rev. Dr. Robert F. Cheeks, Jr. –Guest preacher (Shiloh Baptist Church, McLean)

Location: Greater Little Zion Baptist Church, 10185 Zion Drive.

Rev. Dr. James T. Murphy, Jr., Pastor. For more information, call the Church Administration Office at 703-764-9111

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 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.

SHILLELAGHS
THE TRAVEL CLUB

Celebrating
our 50th
Anniversary

Sunny Florida By Motorcoach From Vienna! • January 8 – 19.....\$2599
Includes deluxe coach from Vienna, Tysons Metro or Rockville, 11 Nights Hotel with Daily Breakfast, 2 Lunches, 3 Dinners, Sightseeing, Portage, Down East Coast, Return up West Coast, 4 Nights Key West, 3 Nights Ft. Myers – ESCAPE THE COLD!

Savannah, Ga. For St. Patrick's Celebration • March 15 – 18.....\$1086
2nd Largest St. Pat's Parade in USA! Includes motorcoach from Vienna, Tysons Metro or Rockville, 3 Nights at Hotel Tybee with Daily Breakfast, 3 Dinners, Portage, Sightseeing, Private Reserved Seating at Parade with Bloody Mary Brunch, Dinner & complimentary beer & wine all day! JOIN THE FUN!

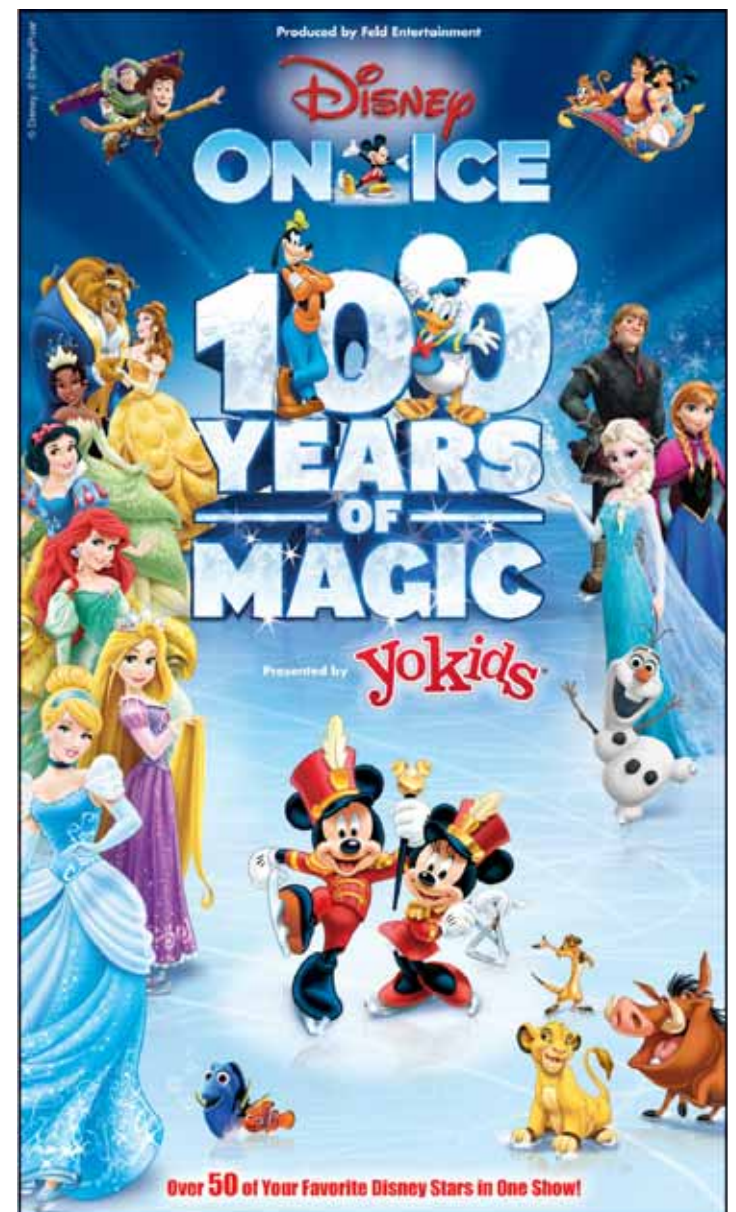
Azalea Festival In Norfolk • April 21 – 24.....\$650
Includes coach from Vienna, Tysons Metro or Rockville, 3 Nights Hotel in VA. Beach with Breakfast, 3 dinners, Sightseeing, Reserved Seats at Parade – Call for Details

SHILLELAGHS TRAVEL CLUB

100 East Street SE, Suite 202 • Vienna, Virginia 22180

703-242-2204 1-800-556-8646

Please visit our Web site at: www.shillelaghtravelclub.com
for a listing of all our upcoming trips and socials.



**SAVE \$6 on Tickets
for a Limited Time!**

Restrictions and exclusions may apply. Subject to availability. No double discounts. Excludes premium seats. Additional charges may apply. Limit of eight (8) tickets per order. Ticket prices do not include \$2.50 facility charge.

**OCT.
21 – 25**

EAGLEBANK ARENA
GEORGE MASON UNIVERSITY
Formerly Patriot Center

Redeem Offer: Bring this ad to the venue box office

Ticketmaster.com • 800-745-3000

Use offer code: PRINT • Expires 10/16/15



DisneyOnIce.com

Bathroom Remodel Special \$6,850

Celebrating 15 Years in Business!

TWO POOR TEACHERS

Kitchen and Bathroom Remodeling



Free Estimates
703-999-2928



Visit our website: www.twopoorteachers.com

Select your
products from
our Mobile
Showroom
and Design
Center

Fully Insured &
Class A Licensed
Est. 1999



COMMUNITIES OF WORSHIP

**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



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

Wolverines to Host Spartans in Pivotal Conference 7 Matchup

West Potomac, West Springfield each 1-1 in conference play.

By Jon Roetman
The Connection

Through five games, it appears four teams — Lake Braddock, South County, West Springfield and West Potomac — have a legitimate shot at winning the Conference 7 championship.

On Sept. 25, South County edged West Springfield 42-40, and Lake Braddock held off West Potomac 24-21, leaving the Spartans and Wolverines a small margin of error when it comes to competing for the conference title. This week, West Springfield will travel to face West Potomac at 7 p.m. on Friday, Oct. 9 in a contest that could eliminate one of the two from conference championship contention.

After winning its first three games, West Springfield's loss to South County dropped its conference record to 1-1. Last week, the Spartans were blown out at home by Stone Bridge in a non-conference matchup, 41-10, dropping their overall record to 3-2.

The Stone Bridge game was originally scheduled for Friday, Oct. 2, but was moved to Oct. 1 due to potential inclement weather. Eldredge said the scheduling change affected his players, and Stone Bridge's physical running game was too much for the Spartans to overcome.

Now, West Springfield, which shared the conference title with Lake Braddock and South County last season, needs to find a way to bounce back against West Potomac on Friday.

"Right now, it honestly means everything to our season," West Springfield head coach Jason Eldredge said. "If we lose, we can obviously still recover, have a good season ... but I think for us, we came in with high expectations as a group and unfortunately, we've been battling a lot of issues. We're really been decimated with injuries and we're not very deep."

"... We need this win to get our confidence back. I think our guys' confidence is a little shaken from [the] Stone Bridge [game]."

West Springfield quarterback Peter Muskett has been slowed by an ankle injury he suffered against Mount Vernon on Sept. 11. When healthy, Muskett is a dual threat, but the junior has not been able to run effectively in recent weeks. Eldredge said Muskett is not 100 percent, but is much improved entering Friday's game, which



Photo by Will Palenscar/The Connection

West Springfield quarterback Peter Muskett has been slowed by an ankle injury he suffered against Mount Vernon



Photo by Richard Maple

West Potomac quarterback Mark Ellis has passed for 1,383 yards, with 14 touchdowns and two interceptions in five games this season.

could give the Spartans more options on offense.

Muskett completed 13 of 25 passes for 192 yards and a touchdown against Stone Bridge. For the season, he has completed 58 percent of his passes for 1,136 yards and 14 touchdowns, with one interception.

When he was healthy in the season opener against Robinson, Muskett carried 19 times for 139 yards and a touchdown.

"Offensively, obviously they've got some good skill players," West Potomac head coach Jeremiah Ross said. "It starts with the

quarterback ..."

Eldredge said receiver Darean Robertson has played well of late. He has 25 receptions for 536 yards and five touchdowns this season, including seven catches for 142 yards and a score against Stone Bridge.

"He's a game breaker," Eldredge said. "He's kept us in games this entire year."

Defensively, Eldredge said West Springfield is focused on stopping West Potomac receiver CJ Burch.

"The guy who wears No. 1 at receiver ... he is a danger any time he touches the ball,"

Eldredge said. "It's not just his speed. He's got a stature about him. You can have him guarded and he's still going to make a play."

Burch caught four passes for 152 yards and a touchdown during last week's 45-26 win over Woodson, which improved West Potomac's record to 4-1, including 1-1 in the conference. Burch has 30 catches for 651 yards and four touchdowns in five games.

"If you're going to play him 1 on 1," Ross said, "chances are you're going to get beat."

Ross said when opponents put more than one defender on Burch, it opens things up for the Wolverines' other offensive weapons. Khalil Williams Diggins had four catches for 145 yards and two touchdowns against Woodson, and Brandan Lisenby has 15 receptions for 253 yards and two scores this season.

"Right now, it honestly means everything to our season."

— West Springfield football coach Jason Eldredge

Running backs Justine Annan and Daiimon Cleveland each scored two touchdowns against Woodson.

The player in charge of getting the ball to West Potomac's playmakers is quarterback Mark Ellis, who completed 14 of 23 passes for 379 yards, with three touchdowns and one interception against Woodson. For the season, Ellis is completing 57 percent of his passes for 1,383 yards and 14 touchdowns, with two interceptions.

Ellis said the narrow loss to Lake Braddock, a game West Potomac led at halftime and had a chance to win in the fourth quarter, left the Wolverines feeling confident.

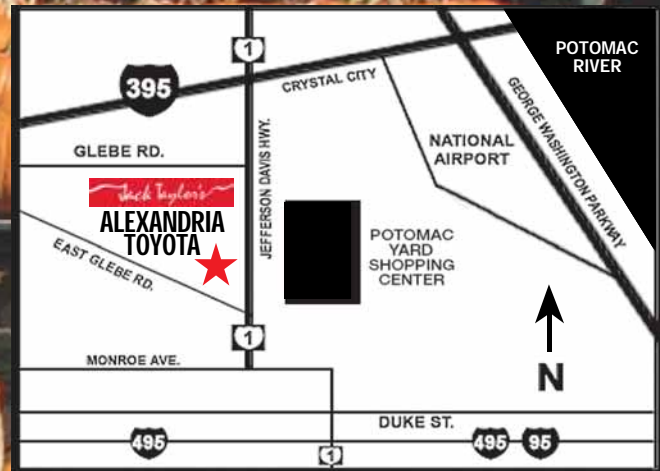
"We definitely think we can play with teams like that," he said. "We've got a chip on our shoulder. ... We think we could have won, we think we blew it ourselves."

Ross said he was pleased with how the Wolverines played against Woodson. Now, West Potomac faces its next big test of the season.

"To take that next step in our program, we've got to win games like this," Ross said. "... It's a big game for both programs, sitting at 1-1 in the conference."

Jack Taylor's ALEXANDRIA TOYOTA

3750 Jefferson Davis Hwy.
Alexandria, VA 22305
703-684-0710
www.alexandriatoyota.com



NEW! Extended Service Department Hours:
Monday - Friday, 7 am to 9 pm
Saturday, 8 am to 5 pm
Sunday, 10 am to 4 pm
Sunday by appointment only.

Make your next service appointment at:
alexandriatoyota.com



29 YEARS OF
RECEIVING
THIS
HONOR
1 OF 4
DEALERSHIPS
IN THE NATION
TO RECEIVE THIS HONOR



ServiceCenters
Keep Your Toyota
a Toyota

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.

**BONUS: ADD A 4 WHEEL
ALIGNMENT FOR \$39.95**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**FALL MAINTENANCE
SPECIAL
\$59.95**

Includes: Genuine Toyota oil filter, up to 5 qts of conventional oil*, inspect windshield wipers, tire rotation, check tire condition, check battery (with print-out), inspect and adjust all fluid levels, inspect air & cabin air filters

*SYNTHETIC OIL \$149.95 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**4 WHEEL ALIGNMENT
\$79.95**

**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 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**ROTATE & BALANCE
SPECIAL
\$59.95**

Includes: Rotate and balance all
4 wheels and inspect brakes and tires.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**FALL
SAVINGS**



**New RAV4s, Priuses
Scion IMs and IAs**

**ALL ON SALE
LIKE NEVER BEFORE**

Fall is here and so are the SAVINGS!

**Ask one of our sales managers.
George, Mike, Yared or Rocky
703-684-0700**

**WE ARE HERE
TO MAKE DEALS!**

**LUBE, OIL & FILTER
SERVICE SPECIAL**

\$34.95 **\$44.95**
NON-SYNTHETIC SYNTHETIC

Includes: Change oil (up to 5 qts.), 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 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TRUE START BATTERY SPECIAL
\$99.95**

FROM
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.

EXPIRES 10/31/15. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE
BRAKE SPECIAL**

\$99.95
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 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

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

TRANSMISSION FLUSH \$189.95
POWER STEERING FLUSH \$139.95
BRAKE FLUSH \$139.95
FUEL INDUCTION FLUSH \$139.95

FOR TRANSMISSION FLUSH, TYPE 1 OR WS FLUID ADD \$50.00. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**15% OFF
SITE LINE WIPER BLADES
WITH FREE INSTALLATION**

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**15% OFF
ANY ACCESSORIES**

• Apparel • Window visors
• I-pad adaptors • All weather floor mats
• Toyota bedliners

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**TOYOTA GENUINE SERVICE
30000 MILES FACTORY
RECOMMENDED
SERVICE**

\$159.99
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 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**FALL DETAIL
SPECIAL
\$249.95**

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.
By Appointment Only

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

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 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

**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 10/31/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

Jack Taylor's
ALEXANDRIA
TOYOTA / SCION

ALEXANDRIA TOYOTA/SCION
3750 JEFFERSON DAVIS HWY. | ALEXANDRIA, VA 22305
703-684-0700 | ALEXANDRIATOYOTA.COM
JUST MINUTES FROM REAGAN NATIONAL AIRPORT!



**Let's
Go
Places**

Zone 2: • Burke
• Fairfax • Springfield
• Fairfax Station/Clifton/Lorton

Home & Garden

connectionnewspapers.com

CONTRACTORS.com

703-778-9411

Zone 2 Ad Deadline:
Tuesday Noon

Employment

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!

IMPROVEMENTS

IMPROVEMENTS

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

LANDSCAPING

A&S CONSTRUCTION
Bathrooms, Kitchens,
Flooring, complete
remodeling.
703-863-7465

PAVING

**Joseph Sealcoating
Specialist**
PAVING
40 Years
Experience! Free
Estimates!
703-494-5443

Pediatric Nurse PT LPN/RN

in busy Pediatric office, Burke, VA.
703-503-9100

HANDYMAN

HANDYMAN

SPRINGFIELD HANDYMAN
► Small Home Repairs
► Good Rates
► Experienced
703-971-2164

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

MASONRY

MASONRY

ALBA CONSTRUCTION INC.
CONCRETE WORK
Licensed • Insured
Driveways • Patios • Exposed Aggregate
Sidewalks • Carports • Pool Decks • Garages
Flagstone • Brick • Stonework
703-204-0733

RCL HOME REPAIRS

Handyman Services
Springfld • Burke • Kingstowne
Light Electrical • Plumbing •
Bathroom Renovation • Ceramic Tile •
Drywall Repair
703-922-4190
LIC. www.rclhomerepairs.com INS.

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

Potomac Masonry

703-498-8526
New Installations & Repairs
Stone - Flagstone - Brick - Concrete
FREE ESTIMATES!!
Lic. & Ins
potomac-masonry.com

Alfredo's Construction Company, Inc.

• Concrete Driveways
• Patios • Sidewalks
• Stone • Brick
Phone:
VA: (703) 698-0060 • MD: (301) 316-1603
www.alfredosconstructioncompany.com

PAVING

PAVING

**GOLDY BRICK
CONSTRUCTION**
Walkways, Patios, Driveways,
Flagstone, Concrete
FREE ESTIMATES
Licensed, Insured, Bonded
703-250-6231

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

Picture Perfect Home Improvements

(703) 590-3187
Remodeling Bathrooms, Kitchens & Basements
Exterior & Interior Repair, Painting, Carpentry,
Wood Rot, Drywall, All Flooring, Decks
• FREE Estimates • EASY To schedule
• FAST & Reliable Service • NO \$\$\$ DOWN!
Handyman Services Available
<http://www.pphionline.com/>
"If it can be done, we can do it" **BBB**
Licensed - Bonded - Insured

LAWN SERVICE

LAWN SERVICE

J.E.S. Services
Your neighborhood company since 1987
703-912-6886

Landscaping & Construction
Free Estimates - Fully Licensed & Insured
• Planting & Landscaping Design
• Drainage & Water Problems
• Concrete Driveways, Replacement or New
• Patios and Walks • Masonry Work or Dry Laid
• Paver, Flagstone, Brick, any style you choose
• Retaining walls of all types
All work Guaranteed

CRESCENT HOME SERVICES
Handyman & Home Improvement
Free Estimates ✂ Licensed & Insured
703-953-7309
www.crescenthomeservices.net

CHS DOES:
• Home Repair & Maintenance
• Pressure Washing
• Gutter Cleaning / Repair
• Carpentry
• Water Damage Repair
• Rotten Wood Repair
• Drywall / Painting
• Light Plumbing & Electrical
• Kitchen & Bath Remodeling
• and so much more!
100% A-Rated on Angie's List & Washington Consumer Checkbook
Local references available too!
5% discount on labor with this ad
Good thru 11/30/2015

No Job Too Small

Professional ✂ Affordable ✂ Reliable

www.crescenthomeservices.net

Email: info@crescenthomeservices.net

TREE SERVICE

TREE SERVICE

Pit bull Tree Choppers

We take a bite out of your bark.
Call: Lee Lohan **703-400-5005**
Licensed and insured. We accept all major credit cards.
• Complete tree removal, stumps and limbs.
• Clearing of deadwood,
• Landscaping and design,
• Ponds and waterfalls,
• Trimming and pruning.
Division of Lohan Construction, LLC.

TREE SERVICE

TREE SERVICE

Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured.

Summer 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**

Zone 2: • Burke
• Fairfax • Springfield
• Fairfax Station/Clifton/Lorton

Classified

703-778-9411

Zone 2 Ad Deadline:
Tuesday Noon

THE CONNECTION
NEWSPAPERS

CLASSIFIED

For Local...

• Employment
• Employees
• Services
• Entertainment
• Announcements
• Real Estate
• Cars
• Trucks
• Vans
• RV's
• Boats
• Pets
• Yard Sales
• Crafts
• Hobbies
• And More!

For All
Your
Advertising
Needs...

It Works
Week
After Week.

703
917-6400

Place
Your
Ad
Today!

THE CONNECTION
to your community

21 Announcements

21 Announcements

TRUSTEE'S SALE OF VALUABLE IMPROVED REAL ESTATE

Improved by the premises known as
2665 Prosperity Avenue, #402, Fairfax, Virginia

In execution of a Deed of Trust from Don Michael Stoops, dated September 29, 2006, and recorded October 2, 2006, in Deed Book 18803 at page 60 among the Land Records of Fairfax County, Virginia, the undersigned substitute trustee will offer for sale at public auction at the front entrance of the Court House for Fairfax County, at 4110 Chain Bridge Road, Fairfax, Virginia, on

Wednesday, October 14, 2015 at 10:00 a.m.

the following property being the property contained in said Deed of Trust, described as follows:

Unit 402, HALSTEAD AT THE METRO II, A CONDOMINIUM, and the limited common elements appurtenant thereto, including limited common element garage space/parking space G4-050, established by condominium instruments recorded in Deed Book 18395 at page 1876 and any supplemental declarations and/or amendments recorded subsequent thereto among the Land Records of Fairfax County, Virginia.

Commonly known as 2665 Prosperity Avenue, #402 Fairfax, Virginia 22031.

TERMS OF SALE: A deposit of \$15,000.00 or ten percent (10%) of the sale price, whichever amount is less, in the form of cash or its equivalent will be required of the purchaser at the time and place of sale; the balance of the purchase money being due and payable within fifteen (15) days after sale, time expressly being of the essence, with interest at the rate of 2.625 percent per annum from date of sale to date of settlement. Provided, however, that if the holder of the secured promissory note is the successful bidder at the sale, no cash deposit shall be required, and part of or the entire indebtedness, including interest and costs, secured by the Deed of Trust, may be set off against the purchase price.

Any defaulting purchaser shall forfeit the deposit and stand the risk and cost of resale.

Sale shall be made subject to all existing easements and restrictive covenants as the same may lawfully affect the real estate. Sale is further subject to mechanic's and/or materialman's liens of record and not of record. The property will be sold subject to all conditions, covenants, restrictions, rights of redemption of federal lienholders or encumbrances, and agreements of record affecting the same, if any.

In the event the undersigned trustee is unable to convey to the purchaser good title, then purchaser's sole and exclusive remedy shall be in the refund of the deposit paid at the time of sale.

The subject property and all improvements thereon will be sold in "as is" condition without warranty of any kind. Purchaser shall be responsible for any and all building and/or zoning code violations whether of record or not of record, as well as for all unpaid and enforceable homeowners' or condominium owners' association dues and assessments, if any. Purchaser also shall be responsible for obtaining possession of the property at his/her expense. Purchaser shall assume the risk of loss and shall be responsible for any damage, vandalism, theft, destruction, or the like, of or to the property occurring after the time of sale. Conveyance will be by special warranty deed. Conveyancing, recording, transfer taxes, notary fees, examination of title, state stamps, and all other costs of conveyance are to be at the expense of purchaser. State and local taxes, public charges, and special or regular assessments, if any, shall be adjusted to the date of sale and thereafter shall be assumed by the purchaser.

Sale is subject to post-sale confirmation that the borrower did not file for protection under the U.S. Bankruptcy Code prior to the sale, as well as to post-sale confirmation and audit of the status of the loan with the loan servicer including, but not limited to, determination of whether the borrower entered into any repayment agreement, reinstated or paid off the loan prior to the sale. In any such event, the sale shall be null and void, and the Purchaser's sole remedy, in law or equity, shall be the return of his deposit without interest. Additional terms may be announced at the time of sale. This is a communication from a debt collector and any information obtained will be used for that purpose.

DAVID N. PRENSKY
Substitute Trustee

FOR INFORMATION CONTACT:
David N. Prenskey
5225 Wisconsin Avenue, N.W. #500
Washington, D.C. 20015
(202) 244-4000

THE CONNECTION
NEWSPAPERS

CLASSIFIED

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

Employment: 703-917-6464

E-mail: classified@connectionnewspapers.com

16 RE Services

16 RE Services

FREE BOOK:

Selling Goods due to
downsizing/estate settlement.
Only 80 available.

Contact MaxSold Downsizing/Estate Services:
202-350-9388, easy@maxsold.com or
MaxSold.com/book by Nov.15

26 Antiques

26 Antiques

We pay top \$ for STERLING,
MEN'S WATCHES,
JEWELRY, COSTUME JEWELRY,
FURNITURE, PAINTINGS AND CLOCKS.
Schefer Antiques
703-241-0790
theschefers@cox.net

21 Announcements

21 Announcements

LEGAL NOTICE

Inova Medical Group Endocrinology welcomes

Michael J. Horwath, M.D.
To make an appointment or
To request medical records, please contact:

703-709-6116
11901 Baron Cameron Ave.
Reston, VA 20190

To move your records to a provider
Outside our network, customary fees apply.

21 Announcements

21 Announcements

LEGAL NOTICE

According to the Lease by and between Kristina Carrigan of unit 1075 and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: clothes, luggage, a blender, ect. Items will be sold or otherwise disposed of on Friday October 23, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

According to the Lease by and between Marleny Sandoval of unit 1114 and TKG-StorageMart and its related parties, assigns and affiliates in order to perfect the Lien on the goods contained in their storage unit, the manager has cut the lock on their unit and upon cursory inspection the unit was found to contain: furniture, boxes, a painting, ect. Items will be sold or otherwise disposed of on Friday October 23, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030 to satisfy owner's lien in accordance with state statutes.

21 Announcements

21 Announcements

SAVE \$500*

*Any job over \$2,000. Good only when presented at time of free inspection. Not to be combined with any other offer.

Foundation & Structural Repair • Concrete Lifting
Crawl Space Moisture Control • Basement Waterproofing

FREE INSPECTION & ESTIMATE

888-876-3113
www.jeswork.com

JES
Foundation Repair
Crawl Spaces • Waterproofing

I believe the future is
only the past again, entered
through another gate.
-Arthur Wing Pinero

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

101 Computers

101 Computers

HDI COMPUTER SOLUTIONS

JENNIFER SMITH ♦ Serving the Area Since 1995

- Speed Up Slow Computers
- Virus Removal
- Computer Setup
- Help with Windows 8

571-265-2038

Jennifer@HDIComputerSolutions.com



21 Announcements

21 Announcements

21 Announcements

LIFETIME METAL ROOFING

by VA CAROLINA BUILDINGS VACarolinaBuildings.com

40 Year Warranty - Financing Available W.A.C - Local Contractor



WE ALSO BUILD SHOPS, GARAGES & BARNS!

MetalRoofover.com
Call For Your Free Roof Inspection! **1-800-893-1242**

21 Announcements

21 Announcements

21 Announcements

Outer Banks, North Carolina - Vacation Rentals

- Over 600 vacation homes in all price ranges!
- Kitty Hawk, Kill Devil Hills, Nags Head, and Southern Shores to Corolla
- Fall Weeks... Still feels like summer - Discounts!!!



Reserve your family vacation today!

**Brindley
Beach**
VACATIONS & SALES

877-642-3224 . www.brindleybeach.com

21 Announcements

21 Announcements

21 Announcements

ONLINE ONLY AUCTION

COMPLETE LIQUIDATION

Remaining items from Central Fidelity Bank

Large selection of items to include floor safes, desks, chairs, file cabinets, book cases, cubicle sections, pictures, commercial kitchen equipment, chandeliers, & much more.

Items at **828 Main St (15th Floor), Lynchburg, VA 24504**

Bidding Ends October 15 at 6pm

12% Buyer's Premium with 2% discount if paying with cash or check VAAF93

Counts Realty & Auction Group

800-780-2991 • CountsAuction.com

21 Announcements

21 Announcements

21 Announcements

Estate Sale - 2nd Release

LOG HOME KITS

AMERICAN LOG HOMES IS ASSISTING LIQUIDATION
OF **NEWLY RELEASED** ESTATE & ACCOUNT SETTLEMENT ON HOUSES
3 Log Homes selling for **BALANCE OWED, FREE DELIVERY**

- Model # 303 Little Rock \$38,525 — **BALANCE OWED \$15,900 ★**
- Model # 402 St. Louis \$40,850 — **BALANCE OWED \$17,000 ★**
- Model # 403 Augusta \$42,450 — **BALANCE OWED \$16,500 ★**
- **NEW - HOMES HAVE NOT BEEN MANUFACTURED**
- **Make any design changes you desire!**
- Comes with Complete Building Blueprints & Construction Manual
- Windows, Doors, and Roofing not included
- **NO TIME LIMIT FOR DELIVERY**

BBB
A+ Rating

View at www.loghomedream.com - Click on House Plans
SERIOUS ONLY REPLY: Call 704-602-3035 ask for Accounting Dept.



LONG & FOSTER® # 1 in Virginia

703-425-8000



Carol Hermendorfer
703-216-4949

Expect Personal Service & Experienced Negotiation

C.A.R.O.L. Hermendorfer Associates



Historic Town of Clifton - \$649,000

Own a piece of VA history! The McDaniel House, built in 1895, has been lovingly maintained and updated!

View more photos at www.hermendorfer.com



Burke Centre - \$674,500

Beautifully updated colonial on pipestem backing to woods in terrific community



David Levent

703-338-1388

davidshomes@lnf.com

Selling Virginia's Finest Homes

Member, NVAR Multi Million Dollar Sales Club



Arlington \$445,000

Rarely offered 1 BR + Den Condo with 1 Full and 1 half bath on 8th Flr in Heart of Ballston. Great Views From Balcony.

Unit Has SXS Fridge, Corian Counters, Hardwood Flrs, Gas FP, Gas Cooking, Storage, & 1 Garage Pkg. Space in Luxury Bldg Amenities Incl Pool, Fitness Cntr, party Rm. Washer Dryer in Unit. Close to Metro, Trans, & Shopping. Call for details and pricing.



MARSHA WOLBER

Lifetime Member NVAR Top Producers
Top 5% of Agents Nationally

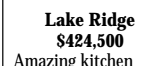
www.marshawolber.com

Cell: 703-618-4397



South Riding \$650,000

Gorgeous! Top of the line kitchen reno, private 0.39 acres, move in perfect. Great community!



Lake Ridge \$424,500

Amazing kitchen reno, gorgeous hardwoods, walk to Lake Ridge ES. Great community!



JUDY SEMLER

703-503-1885

judyd@lnf.com

www.JudysHomeTeam.com



Burke

\$2,150

Beautiful 6 level townhome with 3 bedrooms & 3.5 baths * Updated eat-in kitchen * Walkout recreation room to patio & deck in fenced back yard * Fresh paint throughout * Great location near VRE Station, commuter routes, shopping.

Call Judy at 703-927-7127



STEVE CHILDRESS

"Experience...with Innovation!"

Life Member NVAR Top Producers

Buyer Broker since 1973!

703-981-3277



Burke \$517,000 COMMUTERS' DREAM!!!

3 bedrooms, 2 1/2 baths, with main level Library/Study/Den. On quiet cul de sac with

many tall trees! Sought after Burke Station Square Community within 1/2 mile of the Virginia Railway Express (VRE) & Pentagon bus stop. Beautiful Patio & Fenced Back Yard. Lake Braddock School District!

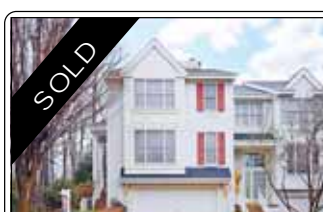
CALL STEVE CHILDRESS NOW 703-981-3277

Pep Bauman

"Put Pep's Energy to Work for You"

703-314-7055

PepLnF.com



Reston \$619,000

Beautiful main level master, spectacular end unit on premium lot, freshly painted, beautiful

hardwood floors, gourmet kitchen, stainless steel appliances with granite counters, rec. room, large deck, in a park-like setting, 2-car garage, close to pools, tennis, picnic pavilion, walking paths and Reston Town Center. Must See!!



Ann Witherspoon, CRS

Associate Broker

703-503-1836

ann.witherspoon@LNF.com

Life Member NVAR Top Producers

Life Member NVAR Multi-Million Dollar Sales Club



Fairfax Station/Canterberry Estates \$749,500

DON'T MISS OUT WHEN THE RATES GO UP! Immaculate, updated & beautifully landscaped on cul-de-sac lot - 1st Floor Master BR + 3 FULL BA - Master BR with Sitting Room - Large Custom Screen Porch, Butler's Pantry, Built-ins & Much More! CALL TODAY BEFORE THE RATES CHANGE!



JON SAMPSON

jon.sampson@longandfooster.com

jonsampsonrealtor.com

703-307-4357

Beat mortgage rate increases. Sell while the market is hot/buy while rates are still low. Call me for dedicated professional service.



FOR SALE IN SOUGHT-AFTER CARDINAL FOREST

Updated, 2-Bedroom, 2-Bath
TOWNHOUSE-STYLE CONDOMINIUM
8527 Milford Court | Springfield, VA



Just a Few of the Fabulous Amenities:
■ 2 Clubhouses
■ 2 Pools
■ 4 Tennis Courts
■ 4 Playgrounds
■ Sauna
■ Boat Lot

Call Cheryl for More Information on this Outstanding Home



Sheila Adams

703-503-1895

Life Member, NVAR Multi-Million Dollar Sales Club

Life Member, NVAR TOP PRODUCERS



Alexandria \$469,900

Next Door to Van Dorn Metro
Lovely 3 BR + Loft, Garage Townhome, next door to Metro, hardwood floors thru-out except kitchen, GSD's step you out to private deck, perfect for entertaining - finished lower level w/fireplace. Call Sheila Adams for private appointment, 703-503-1895.



Carol L. Manning, Associate Broker

NVAR Multi-Million Dollar Club

NVAR Top Producer

703.517.1828

or Contact Carol@LNF.com

Exceeding Your Expectations is my #1 Priority

Thinking of Selling?

CALL TODAY for a seller consultation

on how to prepare your home to **SELL**.

In this ever changing real estate market,

choose an agent who **TELLS IT LIKE IT IS.**

Don't be caught off guard!

SOLD

Don't be caught off guard!



BARBARA NOWAK & GERRY STAUDTE

"My Virginia Home Team"

703-473-1803, 703-309-8948

gerry.staudte@longandfooster.com

www.MyVirginiaHomeTeam.com

Woodbridge \$500,000

Beautiful 4 BR, 3.5 BA home w/open flrpln. New HW floors on ML. Gourmet Kit w/SS appliances. Gas FP. Fin. Rec Rm w/WO from Lower Level. Backs to Trees.



Stylish Updates

Beautiful 4 BR, 3.5 BA home w/open flrpln. New HW floors on ML. Gourmet Kit w/SS appliances. Gas FP. Fin. Rec Rm w/WO from Lower Level. Backs to Trees.



Richard Esposito

703-503-4035

Richard@LNF.com

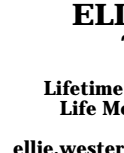
Service is the difference I provide.



Centreville

\$749,000

This spacious colonial has 3 finished levels, 4 bedrooms, and 3 1/2 baths. Gourmet kitchen, master suite is more of a spa and walk up lower level.



ELLIE WESTER

703-503-1880

L&F Founder's Club

Lifetime NVAR Top Producer

Life Member, NVAR Million Dollar Sales Club

ellie.wester@longandfooster.com



Lake Front Royal

Weekend Retreat

\$215,000

Get away from it all and enjoy the peace of the mountains in this 3BR-2BA ranch home on a 3/4 acre lot. Updates include roof, baths, HVAC, and more. Short hike to Appalachian Trail and nearby Smithsonian Conservation Center.

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



Senior Living

OCTOBER 2015

Springfield
CONNECTION
Franconia ♦ Kingstowne ♦ Newington

Senior Living: Senior Olympics Results

Bridge, Cribbage, Mah Jongg, Scrabble, Wii and Ten Pin Bowling

Gold medal winners in duplicate bridge, cribbage, Mah Jongg, scrabble, Wii bowling and ten pin bowling, which took place during the 2015 Northern Virginia Senior Olympics, Sept. 12-25: **Duplicate bridge** winners of gold medals are (North-South Pairs), Lucy McCoy, Annandale, Martha Lackey, McLean; (East-West Pairs), Carol Aitken, Sterling, Fern Wallmer, Potomac Falls. Winner of a gold medal in **cribbage** was Mark Weber, Springfield, and in **scrabble**, Jennifer Frum, Arlington.

Wii bowling gold medalists were (women) 60-69, Fran Dudick, Arlington, 70-79, Sara Mason, Springfield, 80-89, Helen Mool, Springfield, 90-99, Vivian Mitchell, Springfield; (men) 60-69, Joseph Simpson, Alexandria, 70-79, Ed Ladd, Potomac Falls, 80-89, Lawrence Earl, Springfield, and 90-99, Henry Stawicki, Burke. (Note: 99-year-old Ray Kaminski, Springfield, won a silver medal.)

Gold medalists in **10 pin bowling** were (women), 65-69, Audrey Huthwaite, Springfield, 70-74, Sandra Graves, McLean, 75-79, Lourdes Rosales, Reston, 80-84, Barbara Williams, Herndon, 85-89, Winnie Tegge, Alexandria, 90-94, Eve Sorensen, Alex; (men) 60-64, Allan Dosik, Arlington, 65-69, Edward Dizon, Springfield, 70-74, Jesse Barron, Woodbridge, 75-79, Marvin Smyth, Woodbridge, 80-84, Robert Layne, Springfield and 85-89, Leonard Kalkwarf, Springfield.

Basketball, Eight & Nine Ball Pool

Basketball free throws, field goals and 3 on 3 games took place at the Thomas

Jefferson Community Center in Arlington as part of the 2015 Northern Virginia Senior Olympics. Eight ball pool and nine ball pool (new event) were held at The Revolution Darts & Billiards Grille in Fairfax.

Gold medalists in **free throws** were (women) 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Sheila Gildea, McLean; (men) 50-59, Philip Martinson, Fairfax, 60-69, Robert Smith, Gainesville, 70-79, Peter McGuirk, Arlington, 80-89, George Arvan, Fairfax. **Field goals** gold medalists were (women), 50-59, Erin McKenney, Annandale, 70-79, Mary Lou D'Alessandris, Falls Church, 80-89, Peter Martinson, Fairfax, 60-69, Sam Slowinsky, Gainesville, 70-79, Allan Kellum, McLean, 80-89, George Arvan, Fairfax.

Four men's **basketball teams** competed. Winning gold medals were 50-59, Metro All Stars, Richard Suggs, Alexandria, Charles Harris, Alexandria, George Hall, Woodbridge, Adrian Lewis, Quantico, Eugene Thomas, Woodbridge, Jose Lechuga, Dumfries; 70+, Virginians, Paul Peck, McLean, Peter Stackhouse, Alexandria, Sam Kountoupes, McLean, Peter McGuirk, Arlington and Leonard Upson, Washington.

Winning gold medals in **eight ball pool** were (women) 50-59, Danita Moses, Alexandria, 60-69, Shelly Wade, Arlington, 80-89, Elizabeth Roadcap, Ashburn; (men) 50-59, Mike Moon, Fairfax, 60-69, Carroll Howard, Leesburg, 70-79, Clifford Nolan, Bristow, 80-89, Joseph Clement, Springfield;

nine ball pool, (women) 60-69, Shelley Wade, Arlington, 80-89, Edwina Shelahl, Arlington; (men) 50-59, Kevin Cooper, Fairfax, 60-69, Vic Bukowski, Fairfax, 70-79, James Westray, Arlington and 80-89, Joseph Griffin, Springfield.

Handball, Racquetball and Pickleball

The Audrey Moore Recreation Center, Annandale, was the site of the 2015 **handball and racquetball** competition in the 2015 Northern Virginia Senior Olympics. Three days of pickleball competition was held at the Thomas Jefferson Community Center in Arlington. Gold medalists in **handball singles** were, 60-64, David Fleming, Alexandria, 70-74, Karl Lady, Alexandria, 75-79, Lewis Moore, Fairfax; **doubles, all ages** David Fleming, Alexandria, and Leven Gray, Fairfax. **Racquetball** gold medalists were (women), 50-54, Bethany Grigsby, Lorton; (men), 60-69, William Bouie, Reston, 70-79, Melvin Jones, Woodbridge.

Pickleball, which is similar to tennis with a shorter net, singles (women), 60-69, Judy Aw, Falls Church, 70-79, Sun Y. Yang, Arlington, 80-89, Betty De La Cruz, Arlington; (men) 50-59, Franz Roland, Arlington, 60-69, Michael Thayer, Arlington, 70-79, Donald Tomb, Arlington, 80-89, Horacio Reyes, Arlington. **Pickleball doubles medalists**, women, 50-59, Carolyn Mobley and Roxanne Tigh, Arlington, 70-79, Jo Ferry, Alexandria and Sun Y. Yang, Arlington, 80-89, Alease Brooks and Betty De La Cruz, Arlington; (men) 50-59, Corey Chamness, Falls Church, Stephen

Nurre, Annandale, 60-69, Michael Knight, Falls Church, Michael Thayer, Arlington, 70-79, Donald Tomb, Arlington and Jerry Bigenho, Arlington. **Pickleball mixed doubles**, gold medalists, Mary Rousselot and Corwin Umbach, Arlington, 70-79, Sun Y. Yang, and Herb Levitan, Arlington, 80-89, Alease Brooks and Horacio Reyes, Arlington.

Volleyball, Golf, Mini Golf

Seven women's and five men's **volleyball** teams competed in the 2015 Northern Virginia Senior Olympics, held recently at the Chinn Aquatics and Fitness Center in Woodbridge.

Gold medalists were, women, 50-54, Keep Swinging team members Bertha Otoy, Sterling, Maritza Serrano, Falls Church, Maria Barrientos, Alexandria, Olga Navarro, Alexandria, Gloria Ruiz, Springfield, Elizabeth Taylor, Alexandria, 55-59, Play To Win members, Berdette Colbert, Berlin, Sara Abarca, Falls Church, Betty Sifuentes, Centerville, Constance Lindsley, Arlington, Maria Dodd, Vienna, Jean Zamora, Woodbridge, 60-64, VB-Diggers members, Melanie Morton, Reston, Gloria Pinto, Falls Church, Judy Olson, Fairfax, Laura Ponder, Manassas, Kristi Nickerson, Reston, Carmela Miller, Arlington; men, 50-54, Dewey Burns team members, Michael Ryan, Annandale, Peter Silins, Darnestown, William Hazard, Alexandria, Gregory Sadosuk, Fairfax, Lamar Dougherty, Fairfax, Keith Pierce, Gainesville, Kim Grubbs, Annandale; 55-59, Hawkeye team, Andrew Levy, Crofton, Erik Johnson, Arlington, Paul White, Centerville, Rodney Anderson, Manassas, William Bell, Alexandria, David Moss, Arlington

and Glenn King, Springfield.

The Montclair Country Club in Dumfries hosted the NVSO **golf competition** for the first time and players competed in five year age groups by gender. Gold medalists were women, 60-64, Becki Davis, Sumerduck, 65-69, Kathryn Chandler, Falls Church, 75-79, Nancy Huff, Woodbridge; men, 55-59, Mark Wuckovich, Springfield, 65-69, Gary Usrey, Arlington, 70-74, Craig Olson, Arlington, 75-79, Lawrence Dawson, Dumfries, 80-84,

Larry Lasik, Herndon and 85-89, Marvin Reed, Oak Hill.

Miniature golf gold medalists were women, 50-59, Sheila Beard, McLean, 60-69, Judy Landolt-Korn, Clifton, 70-79, Barbara Klementz, Annandale, 80-89, Patricia Gallagher, Springfield; men, 50-59, Jon Woodyatt, Fairfax, 60-69, Steve Ferguson, Vienna, 70-79, Erwin Stierle, Vienna and 80-89, Charles Toftoy, Arlington.

Field Events, Tennis and Table Tennis

Field events were held at the Stone Bridge High School in Ashburn. Gold medalists in the **high jump** were (men), 60-64, Steven Kopp, Arlington, 65-69, Gerard Nezet, Arlington, 70-74, Parviz Youseffi, Gainesville, 75-79, Bernard Stamm, Ashburn; **standing long jump**, (women) 50-54, Bethany Grisby, Lorton, 55-59, Keg Good, Woodbridge, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 80-85, Alease Brooks, Arlington; (men) 60-64, Douglas Hill, Woodbridge, 65-69, Douglas Hastings, Alexandria, 70-74, Parviz Youseffi, Gainesville, 75-79, Carlos Rodriguez, 80-84, Elmer Primo, Arlington. See Results, Page 3

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



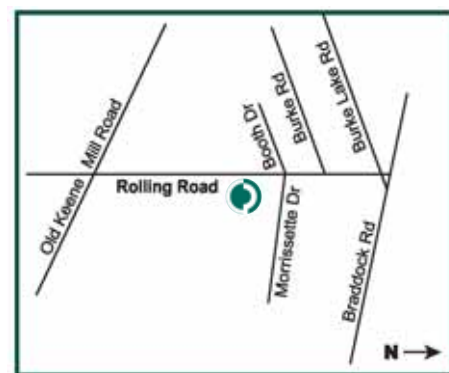
Washingtonian magazine, Drs. Cocolis and DaSilva exceed industry standards in the time they dedicate to continuing education and service. Our skilled and compassionate team pairs patient education with the latest dental techniques and technology, offering an extensive array of dental services including 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



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

703-912-3800 • www.smiles4va.com



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

Senior Living

819 Compete in Local Senior Olympics

Pickleball closes out two-weeks of Olympic events

By Emily Rabbit
The Connection

With more than 40 events ranging from Scrabble to shotput, the Senior Olympics was conducted across Northern Virginia at two dozen locations ranging from Loudoun County to Arlington and around Fairfax; 819 Northern Virginia seniors participated in this year's games.

Volunteers met with parks and recreation staff in Arlington County, the City of Alexandria, the City of Fairfax, Fairfax County, Falls Church, Loudoun County, Fauquier County, and Prince William County nearly year-round to plan and execute the games.

Pickleball singles at the Thomas Jefferson Recreation Center in Arlington was one of the final events concluding the two-week Northern Virginia Senior Olympics on Sept. 25.

Volunteer Irene McDonnell explained the appeal of pickleball: "Tennis players love to switch to pickleball when they've had a few joints replaced."

Judy Aw started that way: "I was a tennis player, but after I had rotator cuff surgery I wasn't able to serve overhead. My neighbor plays pickleball, so that's how I started." Aw took first prize in the over 60 age group, and talked with her opponent, Charlotte Hicks, at length after their match, trading information on their favorite places to play. Pickleball combines the challenge and athleticism of tennis in a badminton-sized court with wooden paddles similar to table tennis. The ball used is akin to a wiffle ball. Depending on the players, it can look like leisurely volley, or a heated court battle.

Alease Brooks and Betty de la Cruz, both of Arlington, faced off for the 80 and up singles competition, but earlier in the week they took the gold for doubles together.



Judy Aw of Falls Church takes gold as Charlotte Hicks looks on for 60-plus pickleball singles.

Photos Contributed

Brooks loves pickleball, walking, and anything else that gets her out and moving around. On exercising into her golden years Brooks said, "It's done wonders for me — it keeps my mind clear, gets me doing things for other people. I don't take any medication but an aspirin. Exercise is the key to everything. Do it while you can, that's what I say."

USA Pickleball Association Mid-Atlantic Ambassador Helen White can't say enough



Alease Brooks (left) and Betty de la Cruz, both of Arlington, take the gold medals in 80-plus pickleball singles.

Record-Breaking Registration

"For the fourth year in a row, the Northern Virginia Senior Olympics can report a substantial increase in registration," said Northern Virginia Senior Olympics chairman David Jerome of Burke.

The total registration is 815, up from 772 in 2014 and up from 75 in 1982, when the event first started.

The opening ceremony of the 2015 Northern Virginia Senior Olympics, Saturday, Sept. 12, took place at the Thomas Jefferson Community Center, in Arlington. Taking part in the opening ceremonies were T.C. Williams High School Army JROTC Color Guard, Alexandria; Debbi Miller, 2013 Ms. Senior America-Virginia, who sang the National Anthem; and torch bearer, Dr. Charles Toftoy, Arlington.

Mary Hughes Hynes, Arlington County Board chairman, welcomed athletes from the sponsoring jurisdictions. Jerome recognized William Bouie, chairman, and Ken Quincy, vice chairman, Fairfax County Park Authority and Jennifer Collins, acting program manager, Office of Senior Adult Programs, Arlington's Department of Parks and Recreation plus gold and silver sponsors who support and promote NVSO throughout the year.

about the game. A court sport enthusiast who splits her time between facilitating pickleball and basketball for all ages and especially the 50 and up set, White is passionate about finding ways for mature adults to play — from piloting a seated pickleball league for patients at Walter Reed to lobbying to get underutilized outdoor courts lined for pickleball use. She's always advocating that senior citizens and pickleball are a great match.

"It's a great way to stay active, have fun, get some fitness, and make friends," White said, pointing out that it's a relatively low cost sport to get involved with, with paddles costing \$15 and up, depending on the seriousness of one's level of play. Senior centers and community centers across Northern Virginia include accessible options for people to participate in pickleball and other activities.

Get in touch with the Northern Virginia Senior Olympics Committee through its website at www.nvso.us to find out how to participate in or contribute to next year's event.

NVSO Gold Medalists

RESULTS From Page 2

ton, 85-89, Leonard Kalkwarf, Springfield; **running long jump**, (women) 50-54, Sheila Beard, McLean, 55-59, Kathleen Wilson, Springfield, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 80-84, Alease Books, Arlington; (men) 65-69, Douglas Hastings, Alexandria, 70-74, Donald Meli, Annandale, 75-79, Carlos Rodriguez, 80-84, Elmer Primo, Arlington and 85-89, Leonard Kalkwarf, Springfield.

In the **mini javelin event**, gold medalists were (women) 50-54, Maureen Pan, Alexandria, 55-59, Sue Hedges, Ashburn, 60-64, Hannah Phillips, Alexandria, 70-74, Gail Johnson, Gainesville, 75-79, Angela Fernandez; (men) 50-54, Mark Abbott, Delaplane, 60-64, Douglas Hill, Woodbridge, 65-69, Douglas Hastings, www.ConnectionNewspapers.com

Alexandria, 70-74, Thomas Sullivan, Oakton, 75-79, Bernard Stamm, Ashburn, 85-89, Leonard Kalkwarf, Springfield; **shot put**, (women) 50-54, Maureen Pan, Alexandria, 55-59, Kathleen Wilson, Springfield, 75-79, Angela Fernandez, Burke; (men) 50-54, Mitchell Frid, Broadlands, 55-59, Craig Day, Falls Church, 60-64, Douglas Hill, Woodbridge, 70-74, Thomas Sullivan, Oakton, 75-79, Roger Webb, Ashburn, 80-84, Jerry Bradley, Oakton, 85-89, Harold Mueller, Oakton; **discus**, (women) 50-54, Maureen Pan, Alexandria, 55-59, Sue Hedges, Ashburn, 65-69, Margaret Rodriguez, Dumfries, 70-74, Gail Johnson, Gainesville, 75-79, Angela Fernandez, Burke, 85-89, Elizabeth Martin, Falls Church; (men) 50-54, William Johnson, Arlington, 55-59, Craig Day, Falls Church, 60-64, Douglas Hill, Woodbridge, 65-69, Eiji Yasuhara, Sterling, 70-74, Thomas Sullivan, Oakton, 75-79, Carlos Rodriguez,

Dumfries, 80-84, Jerry Bradley, Oakton and 85-89, Leonard Kalkwarf, Springfield.

The Charles Houston Recreation Center in Alexandria was the site of the **table tennis** competition. Gold medalists were (women) 50-59, Jenny Lang, McLean, 60-69, Jieying Shi, Chantilly, 70-79, Sun Y. Yang, Arlington, 80-89, Betty De La Cruz, Arlington; (men) 50-59, Larry Kirk, Woodbridge, 60-69, Shaw Zee, Fairfax Station, 70-79, John Papp, Nokesville and 80-89, Edward Scccio, Dumfries. Wakefield District Park, Annandale, hosted three days of **tennis competition, singles** 70-79 (women), Sun Y. Yang, Arlington; (men) 70-79, John Lisack, Woodbridge, 80-89, Robert Shellhouse, Alexandria; **doubles** (women), 50-59, Luanne Lohr, Arlington, 60-69, Jacqueline Lawrence, Arlington, 80-89, Kelly McCaffery, Springfield; (men) 50-59, Mark Matsko and James Callan, Arling-

ton, 60-69, John Lisack, Woodbridge and Gary Scavongelli, Burke, 70-79, Al Grossi and Don Tomb, Arlington and 80-89, Phil Doherty, Burke and Neil Lane, Reston **mixed doubles**, 50-59, Brian Boichiccho, Vienna and Barbara Heard, Oakton, 60-69, Albert and Suellen Grossi, Arlington, 70-79, Bob Howe and Sharon Timmons, Alexandria, 80-89, L. Wayne Bell, Annandale and N. Shaila Zadd, Vienna.

Swimming

Gold medals were awarded and 12 records broken in six swimming events at the Northern Virginia Senior Olympics held at the Claude Moore Recreation Center in Sterling. In the **half-mile freestyle**, gold medalists were women, 50-54, Maureen Harp, Annandale, 55-59, Sharon O'Neill, Annandale, 60-64, Jieying Shi, Chantilly, 65-69, Carol Mackela, 70-74, Joan Jackson, Lake Ridge, 75-79, Springfield Connection ♦ Senior Living Fall 2015 ♦ 3

Gertruida DeRosa, Springfield; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 65-69, Bruce Fisher, Fairfax (new record), 70-74, James Leimkuhler, McLean, 75-79, David Nicholas, Oakton, 80-84, Lawrence Cohen, Sterling (new record) and 85-89, Loren Mead, Falls Church.

Freestyle, 100 yards, medalists were women, 50-54, Ellen Rotchford, Arlington (new record), 60-64, Bobbe Duquette, Herndon (new record), 65-69, Charlotte Miller, Ashburn (new record), 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Frank Millikan, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean (new record), 75-79, David Nicholas, Oakton (new record), 80-84, Lawrence Cohen, Sterling (new record)

See RESULTS, Page 5
Springfield Connection ♦ Senior Living Fall 2015 ♦ 3

Senior Living

It Takes a Village

Local groups help seniors socialize, manage everyday tasks.

BY MARILYN CAMPBELL
THE CONNECTION

When Penelope Roberts, 73, of Alexandria, Virginia, had knee replacement surgery last month, she knew she would be out of commission for several weeks. Although Roberts is divorced and doesn't have any children, she had a network of support in place to drive her to medical and physical therapy appointments, pick up prescriptions and even return a library book.

Several years ago Roberts joined At Home In Alexandria (AHA), a local not-for-profit group, built on the "village" model of community-based aging. Villages are membership-based, nonprofit organizations, run by both volunteers and paid staff, that offer access to services from a network of volunteers like technical support, household maintenance and repairs, social activities and educational opportunities.

Need a new light bulb in your dining room chandelier? Want to see a play or discuss Jane Austen? A village volunteer can help.

"I bought patio furniture and after I struggled for an hour-and-a-half putting together one chair, a volunteer came out and put together all of my patio furniture in almost no time," said Roberts. "These are small things, but if you can't do them for yourself, you want to feel that you can call upon somebody and not feel embarrassed about it."

AHA is one of more than 48 villages around the Washington, D.C., area, according to the Washington Area Villages Exchange (WAVE). The movement, which began in Boston in 2002 with Beacon Hill Village, is on the rise as more seniors express desires to remain in their homes and communities as long as possible.

Volunteers offer services like home repairs and maintenance, transportation, social health and wellness programs, social and educational activities, and fulfill other day-to-day needs, enabling individuals to remain connected to their communities throughout the aging process.

Patricia Sullivan, interim operations manager for Arlington Neighborhood Villages, reports that the organization is growing and

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs."

— Cele Garrett, executive director of AHA

adding services at a slow but steady and deliberate pace. In fact, two new services were added in August, "Walking Buddies" and "Friendly Visitors."

"With the friendly visitors service, a volunteer goes over to someone's house to spend time with them," Sullivan said. "There was one instance where a volunteer went over to a member's house to watch a football game with him."

The Fairfax County Long Term Care Coordinating Council provides guidance to those in the county who are interested in setting up villages. Interest in the village

concept is on the rise in the county.

"We're definitely seeing growth," said Patricia Rohrer, Village Liaison with the Fairfax County Health Department. "I'm seeing a kind of shift where at one time people came together on their own to form a village, now community associations and other similar groups are becoming interested in the village concept and adding it on as a component of their existing organizations."

"We can work on a leaky faucet or short-term pet care, we can take care of short-term plant watering needs," said Cele Garrett, executive director of AHA. "If they need IT support or if they're trying to get their DVR set up ... we can help with that." Garrett says the Washington-area has the highest concentration of villages in the country.



PHOTO COURTESY OF AT HOME IN ALEXANDRIA
Tom Crowley, Christena Nielsen and Jack Clopper enjoy an At Home in Alexandria picnic.



PHOTO COURTESY OF AT HOME IN ALEXANDRIA
Ruth Arnold and May Adams join other At Home in Alexandria members at a recent luncheon at a local Virginia restaurant.

Details

For more information about local aging villages:

- Fairfax County: www.fairfaxcounty.gov/hd/ltccc/villages.htm
- Washington Area Villages Exchange (WAVE): wavevillages.org
- Herndon Village Network (HVN): www.herndonvillagenetwork.org
- Lake Barcroft Village: www.lakebarcroftvillage.org
- McLean Community: A Village for All Ages (MCVA): www.mcva.weebly.com
- Braddock District Council Aging in Place Program: wallbdc@gmail.com
- Mount Vernon at Home Village: www.mountvernonathome.org

SOCIAL CONNECTIONS are one of the most vital aspects of village communities. "It's really important for people not become isolated if you want to maintain a healthy outlook on life," said Sheila Moldover, communications chair, Potomac Community Village in Potomac, Maryland. "Social connections add flavor to your life."

In fact, village officials name the social component as one of the most important aspects of their programs. "Our members want to get out and meet people and enjoy themselves," said Roberts. "That is a critically important role that we play."

Activities include trips to local museums, performances, concerts, and lunch and dinner engagements. For example, the Lake Barcroft Village in Fairfax County, Virginia, hosted an author talk with Pulitzer Prize-winning journalist Pat Sloyan, who discussed his book, "The Politics of Deception: JFK's Secret Decisions on Vietnam, Civil Rights and Cuba." Later this month, the Arlington (Virginia) Neighborhood Villages Opera Buffs group is hosting a happy hour and discussion of Verdi's "Othello."

THE SERVICES OFFERED vary from village to village and are tailored to meet the specific needs of the local community. For example, in Mount Vernon, transportation is a concern. Barbara Sullivan, executive director of Mount Vernon at Home says that her volunteer drivers provide an average of 100 rides to seniors each month.

"There are virtually no sidewalks and there are hills," said Sullivan. "Transportation is a huge issue for seniors who want to stay in their homes and remain active."

"One day soon we'll be making requests for the same help that we provide," said Steve Nelson of Del Ray, Alexandria, an AHA volunteer. "We've met such incredibly terrific and fascinating people that we never would have met otherwise. That's a great motivator."

Springfield
CONNECTION

Senior Living

IS PRODUCED BY
CONNECTION NEWSPAPERS
WWW.CONNECTIONNEWSPAPERS.COM
LOCAL MEDIA CONNECTION LLC

FOR MORE INFORMATION,
CALL 703-778-9431 OR EMAIL
SALES@CONNECTIONNEWSPAPERS.COM

Senior Living

NVSO Gold Medalists

RESULTS From Page 3

and 85-89, Phil Case, Springfield.

In addition, gold medalists in the **50 yard freestyle** event were women, 50-54, Elaine Clancy, McLean, 55-59, Margo Lassiter, Lovettsville, 60-64, Bobbe Duquette, Herndon, 65-69, Charlotte Miller, Ashburn, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket, 80-84, Mary Simpson, Manassas; men, 50-54, Bill Conover, Purcellville, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Kevin Culhane, Lorton, 70-74, James Leimkuhler, McLean, 75-79, John Dineen, Springfield, 80-84, Lawrence Cohen, Sterling and 85-89, Phil Case, Springfield.

In the **50 yard breaststroke** competition, gold medalists were women, 50-54, Elaine Clancy, McLean (new record), 55-59, Margo Lassiter, Lovettsville, 60-64, Jieying Shi, Chantilly, 65-69 Carol Mackela, Arlington, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Edwin Allen, Arlington, 65-69, Kevin Culhane, Lorton (new record), 70-74, James Leimkuhler, McLean, 75-79, John Dineen, Springfield (new record) and 80-84, Lawrence Cohen, Sterling (new record).

Gold medalists in the **50 yard backstroke** event were women, 50-54, Ellen Rotchford, Arlington, 55-59, Margo Lassiter, Lovettsville, 65-69, Carol Mackela, Arlington, 70-74, Gail Johnson, Gainesville, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean, 75-79, Leo Deege, Vienna, 80-84, Neil Sween, Vienna and 85-89, Phil Case, Springfield.

In the **100 yard backstroke** event, women, 50-54, Elaine Clancy, McLean (new record), 65-69, Carol Mackela, Arlington, 75-79, Jane Geison, Haymarket; men, 50-54, John Leahy, Springfield, 55-59, Ralph Swiger, Leesburg, 60-64, Douglas Hill, Woodbridge, 65-69, Bruce Fisher, Fairfax, 70-74, James Leimkuhler, McLean, 75-79, Leo Deege, Vienna, 80-84, Neil Sween, Vienna and 85-89, Phil Case, Springfield.

Mexican Train Dominoes, Bunco, Horseshoes and Bocce

Mexican Train dominoes, bunco, horseshoes and bocce were among the events taking place the first week of the 2015 Northern Virginia Senior Olympics. Gold medalists in the bocce and horseshoe competition held at the Fairfax Senior Center were, **bocce**, women, 70-79, Dona Hobbs, Lake Ridge, 80-89, Nancy Van Scoyoc; men, 60-69, John Murphy, Fairfax Station, 70-79, Ralph Tapp, Warrenton, 80-89, Lucio D'Andrea, Lake Ridge; horseshoes, women, 60-69, Jackie Peyton, Herndon, 80-89, Margie Miller, Herndon; men, 50-59, Jay Lerch, Manassas, 60-69, Jerome Jackson, Fairfax, 70-79, Carlos Rodriguez, Dumfries and 80-89, Leonard Kalkwarf, Springfield.

Goodwin House Bailey's Crossroads was the site of the **Mexican Train dominoes** event. There are no age or gender divisions. Fran Dudick of Arlington was awarded a gold medal.

Bunco is another event where both men and women of all ages over 50 compete together. Winning gold medals at Hollin Hall Senior Center, Alexandria, were 83-year-old Joan Fogarty of Burke and 86-year-old Audrey Drzemiecki of Herndon.

Cycling

Men and women cyclists over the age of 50 competed in the 2015 Northern Virginia Senior Olympics, held at the Northern Fauquier Community Park in Marshall. There were both 10K and 20K time trial races in five year age groups and divided by gender.

Gold medalists in the **10 K race** were (women) 50-54, Susan Lengel, Fairfax, 55-59, Karen Sullivan, Arlington, 65-69, Lynn Saunders, Gainesville, 70-74 Rosemary Schwartzbard, Arlington, 75-70, Joyce Tobias, Haymarket; (men) 50-54, Eric Lengel, Fairfax, 55-59, Jim Crowley, Alexandria, 60-64, Thomas Tice, Centreville, 65-69, James Degoe, Reston, 70-74, Giulio Porta, Annandale, 75-79, Stephen Forman, McLean, 80-84, Thomas Tobias, Haymarket and 85-89, Otto Gercken, Gainesville.

Gold medalists in the **20 K race** were (women) 55-59, Karen Sullivan, Arlington, 60-64, Apharat Siler, Manassas, 65-69, Lynn Saunders, Gainesville, 70-74, Rosemary Schwartzbard, Arlington, 75-79, Joyce Tobias, Haymarket; (men) 50-54, Eric Lengel, Fairfax, 55-59, Jim Crowley, Alexandria, 60-64, Jim Gleason, Reston, 65-69, James Degoe, Reston, 70-74, Giulio Porta, Annandale, 75-79, Charles Nelson, Arlington, 80-84, Thomas Tobias, Haymarket and 85-89, Otto Gercken, Gainesville.

Track, Rowing and Diving

Nine track events and a 2K rowing competition took place at Thomas Jefferson Community Center, Arlington, on Sept. 12 plus a diving competition in late afternoon at the Yorktown High School aquatic center in Arlington.

Track competition was held in five year age groups and divided by gender. The first event was a **three mile walk**.

Gold medalists were (women) 50-54, Monica Hill, Woodbridge (new record), 55-59, Heather Ketron, Leesburg, 60-64, Maureen Ruel, Ashburn, 65-69, Jennifer Welti, Leesburg, 70-74, Anne Stewart, Falls Church, 75-79, Mandy Whalen, Falls Church (new record), 80-84, Diane Hill, Springfield; (men) 55-59, Arthur Skaer, South Riding, 60-64, Albert Arcand, Woodbridge, 65-69, Thomas Augustine, Woodbridge, 70-74, Victor Litwinski, McLean, 75-79, Karl Mueller, Alexandria, 80-84, James W.C. Chang, Oakton, 85-89, Leonard Kalkwarf, Springfield and 90-94, Jorge Soler, Falls Church.

In the **400 meter walk** competition, gold medalists were (women) 50-54, Monica Hill, Woodbridge, 60-64, Dawn O'Neill, Arlington, 65-69, Debbi Miller, Fairfax, 70-74, Kristi Krowbein, Falls Church, 75-79, Mandy Whalen, Falls Church, 80-84, Alease Brooks, Arl; (men) 55-59, John Schneider, Falls Church, 60-64, Rob Aaront, Centreville, 65-69, Thomas Augustine, Woodbridge, 70-74, Brian Forst, Reston, 75-79, Karl Mueller, Alexandria, 80-84, Tom Quinn, Arlington and 85-89, Kent Halstead, Arlington.

Gold medalists in the **800 meter walk** were (women) 50-54, Monica Hill, Woodbridge, 60-64, Dawn O'Neill, Arlington, 65-69, Milan Li, Vienna, 70-74, Natividad Medrano, Fairfax, 75-79, Mandy Whalen, Falls Church, 80-84, Alease Brooks, Arlington; (men) 55-59, John Schneider, Falls Church, 60-64, Albert Arcand, 65-69, Thomas Augustine, 70-74, Brian Forst, Reston, 75-79, Ward Morris, Falls Church, 80-84, Tom Quinn, Arlington, 85-89, Kent Halstead, Arlington (new record).

For more results, see
www.connectionnewspapers.com



Better Tomorrows Start with Better Savings Today

GREAT NEWS!
We just raised the yields on many of our savings accounts!

Regular and IRA Certificates
\$2,500 to \$24,999
1.20% APY - 12 months
2.20% APY - 60 months
2.45% APY - 72 months
Jumbo
1.30% APY - 12 months
 More Great Yields and Terms Available

Want to save for retirement, a college education, or just a rainy day? You can feel confident that a savings account with **Fairfax County Federal Credit Union** is the right choice. Don't put off creating your better tomorrow. Start saving today!

Three ways to open your account today:
 Online at www.fairfaxcu.org
 Call us at **703-218-9900** (press option 3)
 Stop by one of our branches (see website for locations)



Almost Done -vs- Nicely Done

VERSUS

COME EXPERIENCE THE DIFFERENCE TODAY. CALL 703-764-3748
NicelyDoneKitchens.com

NICELY DONE KITCHENS

Custom Kitchen & Bath Design, Remodeling and Project Management
Visit Our Showroom at 8934 Burke Lake Rd. in Kings Park Shopping Center
Hours: 9:30 am - 6 pm Mon.-Fri.; 10 am - 3 pm Sat.

Exactly What You Want in Retirement

Kill the living room,
maximize the kitchen.

By John Byrd

There's no doubt that the concept of a family kitchen has been radically altered in the past few decades. Homeowners are comfortable with less enclosure; more visual continuum. They are also embracing zoning ideas that make it easier for a hostess to move between food preparation tasks and entertaining guests.

But suppose the proposed solution for more kitchen space is to "lose the living room?" Unthinkable at first, but then — "really innovative, clever... a huge breakthrough."

Such were the revelations of Joy Green, owner of a 3,000-square-foot residence in Oak Hill, as she contemplated a plan to introduce a gourmet kitchen into the rear of traditional-style three level home.

Joy and husband Helmut, both in their mid-60s, had purchased the house new in 1983; raised three boys in it and, like most homeowners of the period, had happily adapted to what the home had to offer.

What the home offered was a 1,000-square-foot first level template consisting of a front foyer with a living room to the left; a family room, kitchen and dining room (moving from right to left) on the rear of the house.

One could walk directly from the foyer to the family room, but each room was less than 150 square feet. "And," Joy adds, "there was an excess doors." Five in the family room alone.

"The traffic through the kitchen was frequently clogged," she said.

Yet, curiously, the spacious front-facing living room was scarcely used.

"When the kids were small, the living room was a kind of containment area for their games," Joy said. "But as they got



Marcelo Dobrauchi of Terranova Construction K&B combined a former family room and tiny kitchen to create a gourmet kitchen nearly three times the size of the original for seniors Helmut and Joy Green of Oak Hill.



The new food prep island features two baking ovens positioned to help Joy Green enjoy one of her favorite culinary pursuits.



The kitchen's work triangles include a farm sink and custom designed cabinetry supporting spacious work surfaces.

Details

Designers at Terranova Construction K&B periodically offer workshops on home remodeling topics at their Tysons Corner showroom. Call 703-761-0604 or email Info@terranovaCKB.com.

online. She came across kitchen design pro Marcelo Dobrauchi of Terranova Construction K&B and set up meeting in her home.

"I had been experimenting with new space plan ideas for months," Joy said.

"I was kind of stumped. But Marcelo put everything into perspective almost immediately. In the end, he drafted eight floorplan variations. He was very thorough on every issue — and there were many."

"I thought an open plan might be better suited to what Joy and Helmut were looking for," Dobrauchi said, "so I sketched out a concept showing how they could convert the living room to a formal dining room while reconfiguring the adjacent kitchen/family room space as a large open kitchen revolving around a food prep island and dining counter."

Since this would entail deleting three interior walls concealing electrical wiring and plumbing, Dobrauchi devised a way to re-route much of the critical infrastructure into a specially-designed 12-foot-by-8-foot passageway conjoining the kitchen to the relocated formal dining room.

Meanwhile, by rerouting HVAC vents, the designer eliminated the need for ceiling-flush bulk-heading, adding the vital inches needed for higher, more capacious cabinets.

To accommodate a wide assortment pots, pans, cooking utensils, the design team built an L-shaped system of floor cabinets fitted out with custom-designed slots and cubbies.

At 16-feet-by-3-feet, the handsome food prep island and five stool dining counter is the kitchen's focal point. A pair of state-of-the-art baking ovens are within easy reach of the white quartz counter surface — which parallels a black quartz surface that includes a wine refrigerator and a glass-facing stemware cabinet.

The built-in works perfectly for the couple's everyday dining requirements, but is also an ideal staging area for the buffet-style service they generally employ for larger parties.

Jana Neudel, a Terranova interior design expert, worked closely with Joy in developing the kitchen's finish work elevations.

Nordic white mission-style cabinet facings present a pleasing shade contrast to the truffle-colored facings of the food prep island. Natural stone tiles with herringbone detail in a 3-inch-by-6-inch brick pattern, meanwhile, present a softly neutral back splash that ends texture to an open sunny space.

Completing the transitional-style interior design statement, walnut flooring and crown molding create a visual unity. Natural light floods in from all directions.

A perfect space for entertaining, and gourmet cooking pursuits.

John Byrd (byrdmatx@comcast.net) has been writing about home improvement topics for 30 years. See more stories at www.HomeFrontsNews.com.

www.ConnectionNewspapers.com

Senior Living

Senior Calendar

MEDICARE 101

Tuesday, Oct. 13, 2015, 10-11:30 a.m., Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 15, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church - Room 205, 124 Park Street, NE, Vienna, VA 22180; To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Thursday, Oct. 15, 2015, 10 a.m.-12 p.m., Reston Community Center, 2310 Colts Neck Road, Reston, VA 20191. To register: Call Karen Brutsché at 703-390-6157, TTY 711.

SENIOR MEDICARE ENROLLMENT

Friday, Oct. 16, 2015, 9 a.m.-5 p.m., Vienna Presbyterian Church - Room 205, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Monday, Oct. 19, 2015, 10:30 a.m.-12 p.m., Lorton Senior Center - Main Room, 7722 Gunston Plaza, Lorton, VA 22079. To register: Call Kim Frengel at 703-550-7195, TTY 711.

SENIOR MEDICARE ENROLLMENT

Wednesday, Oct. 21, 2015, 12-5 p.m., Vienna Presbyterian Church - Room 317, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

MEDICARE 101

Wednesday, Oct. 21, 2015, 1-2:30 p.m., Braddock District Office, 9002 Burke Lake Road, Burke, VA 22015. Directions: 703-425-9300, TTY 711. (No registration necessary.)

MEDICARE 101

Wednesday, Oct. 21, 2015, 6-7:30 p.m., Vienna Presbyterian Church - Great Hall, 124 Park Street, NE, Vienna, VA 22180. To register: Call Charles Geschiere at 703-938-9050, ext. 151; TTY 711.

SENIOR MEDICARE ENROLLMENT

Friday, Oct. 23, 2015, 10 a.m.-3 p.m., Lorton Senior Center - Computer Room, 7722 Gunston Plaza, Lorton, VA 22079. To register: Call Kim Frengel at 703-550-7195, TTY 711.

SENIOR MEDICARE ENROLLMENT

Tuesday, Oct. 27, 2015, 10 a.m.-2 p.m., Lewinsville Senior Center - Computer Lab, 1609 Great Falls Street, McLean, VA 22101. To register: Call Michelle Ross at 703-442-9075, TTY 711.

MEDICARE 101

Thursday, Oct. 29, 2015, 10-11 a.m., Unitarian Church, 2709 Hunter Mill Road, Oakton, VA 22124. To register: Call the Shepherd's Center of Oakton-Vienna at 703-281-0538, TTY 711.

SENIOR MEDICARE ENROLLMENT

Thursday, Oct. 29, 2015, 11 a.m.-1:30 p.m., WFCM, Chantilly Library, 4000 Stringfellow Road, Chantilly, VA 20151. To register: Call Carrie Brill at 703-324-5456, TTY 711.

SENIOR MEDICARE ENROLLMENT

Wednesday, Nov. 4, 2015, 11:30 a.m.-2 p.m., Mott Community Center, 12111 Braddock Road, Fairfax, VA 22030. To register: Call Carrie Brill at 703-324-5456, TTY 711.

Volunteers Needed

Help urgently needed with the following interesting positions and tasks. Call 703-324-5406, TTY 711

The **Little River Glen Senior Center** in **Fairfax** needs a **Computer Lab Assistant**.

The **Lewinsville Senior Center** in **McLean** needs instructors for the following classes: **Line Dance, Zumba Gold, Certified Arthritis Exercise, Square Dance, Basic Guitar, Art and Basic Spanish**.

The **Hollin Hall Senior Center** in **Alexandria** needs a volunteer to help with once a week **fish aquarium upkeep** and instructors for the following classes: **Basic Guitar, Italian, Pottery and Ballroom Dance**; dance class meets on Thursday afternoons.

The **Herndon Adult Day Health Care Center** needs a **Bingo Caller** on Fridays at 2:00 p.m. and an **Art Therapy Assistant** once or twice a month.

The **Kingstowne Center for Active Adults** in **Alexandria** needs a **Country Western Line Dance Instructor, Hula Hoop Class Leader, African Style Dance Instructor** and an instructor to teach a class in **Mosaic Art or Jewelry Making**.

Fairfax County needs volunteers to **drive older adults to medical appointments** and wellness programs.

Meals on Wheels needs **drivers, coordinators, and co-coordinators** for routes throughout the county. Meals are delivered midday on Monday, Wednesday and Friday.

The **Sully Senior Center** in **Centreville** needs a **certified personal trainer**, preferably with experience working with older adults, for one hour, twice a week.

The **Herndon Senior Center** needs **Social Visitors** daily anytime from 10 a.m.-2 p.m. and a **Baked Goods Table Manager**, Monday, Wednesday and Friday, 8:30-11:30 a.m.

Korean Meals on Wheels needs drivers to deliver meals midday on Monday, Wednesday and Friday. (Speaking Korean not required.)

The **Wakefield Senior Center** in **Annandale** needs an **Art Instructor** and a certified **Pilates** Instructor. Volunteer instructor positions could lead to part-time employment.

The **Mount Vernon Adult Day Health Care Center** in **Alexandria** needs a **Bingo Caller/Assistants** on Thursdays from 2-3 p.m.; **Word Activity Assistants**, Mondays, Wednesdays and Fridays from 11 a.m.-12 p.m.; a **licensed beautician** twice a month; a **front desk volunteer** on Mondays from 11 a.m.-12 p.m. & 3:30-5 p.m. and Thursdays, 3:30-5 p.m.; **social companions** on Mondays, Wednesdays, and Fridays from 3-5 p.m. (English and Spanish-speaking social companions needed).

Vietnamese Meals on Wheels needs drivers in **Annandale** to deliver meals midday on Monday, Wednesday and Friday. (Speaking Vietnamese not required.)

Respite Care volunteers give family caregivers of a frail older adult a well-deserved break so they can go shopping, attend a doctor's appointment or just have coffee with a friend. Volunteers visit and oversee the safety of the older adult for a few hours each month. Support and training are provided. Contact Kristin Martin at 703-324-7577, or Kristin.Martin@fairfaxcounty.gov.

For these and other volunteer opportunities, call 703-324-5406, TTY 711

For a free digital subscription to one or all of the 15 Connection Newspapers, go to www.connectionnewspapers.com/subscribe

Be the first to know - get your paper before it hits the press.

Complete digital replica of the print edition, including photos and ads, delivered weekly to your e-mail box.

Questions?

E-mail: goinggreen@connectionnewspapers.com



THE CONNECTION
NEWSPAPERS



**Best Prices
Guaranteed**

CUSTOM DESIGN



Angie's list

- Kitchens
- Bathrooms
- Counter Tops
- Fireplace
- Custom Floors
- Vanity Tops
- Tile
- Residential & Commercial

GERELI MARBLE & GRANITE

Free
Estimates

KITCHEN & BATH

Free
Sink &
Install

8241-I Backlick Road • Lorton, Virginia 22079
Licensed & Insured • 703.339.0300 • Fax: 703.339.0400 • www.gereli.com

Body, Mind and Free Spirit!



Resident since 2012



Welcome to Westminster at Lake Ridge. This is a community of beautiful apartment and cottage homes nestled among quiet tree-lined streets and walking paths. Here you will find an exciting, joyful and fulfilling experience, shared with active and engaged friends and neighbors who make our community home, all with peace of mind that comes with quality on-site health services.

*Westminster at Lake Ridge is accepting wait list reservations!
Call (703) 496-3440 today to schedule your personal tour!*



www.wlrva.org • (703) 791-1100
12191 Clipper Drive, Lake Ridge, VA



Senior Living



Photos by Andrea Worker/The Connection

Brightview Great Falls executive director Tina Aulakh gave the welcome speech and made the toasts, surrounded by her staff on the stairs above her. Then it was on to leading the gathering in a few rousing tunes before getting the dancing underway.



Porta Nickles is preparing to celebrate her own birthday soon, looking forward to blowing out 100 candles. Surrounded by her grandchildren, (from left) Aletta, Laura, John and Philip, Ms. Porta says that the welcome that family members receive at Brightview Great Falls is one of the reasons she loves her home there. "Family of all ages are always invited and welcome," she said.

BrightView Celebrates One-Year

By Andrea Worker
The Connection

“When you live in a retirement or assisted living community, every birthday is a reason to celebrate – so why not give three cheers to the place itself!” quipped one resident of the BrightView Senior Living community in Great Falls, speaking at the facility’s one year anniversary bash.

The event was a dress-up occasion, and staff, residents and family and friends alike turned out in cocktail attire for the reception, special dinner and entertainment. Guests could tell they were in for an unusual evening when a smiling gentleman greeted them at the front entry on stilts, towering with impressive ease above the crowd. Inside the main lobby, offerings of flutes of champagne and “Vibrant Great Falls Bellinis” (No, we didn’t get the recipe!) ensured that the party really did get started.

Resident John Donahu was one of the first to move in when BrightView Great Falls opened in September 2014. Donahu came to the community because both he and his wife could be accommodated. With the facility’s Wellsprings Village section, which offers secure dementia care in a residential setting, the couple could continue to live in proximity, despite her deteriorating mental health. Sadly, Mrs. Donahu passed away shortly after their arrival, but John has become an active member of the BrightView residents’ gang and was found at the gathering greeting friends and enjoying the delights on the unique dessert tray – served on a floating table surrounding a very well-dressed young lady.

PORTA NICKLES is another resident who thinks birthday parties are “just wonderful!” Nickles attended this celebration surrounded by a table-full of her grandchildren who all live nearby and are frequent visitors. Even her great grandchildren are well



Ann Corsino joined the Brightview Great Falls community about half way into this, their inaugural year. She chose to enjoy her reception treats in one of the several outdoor spaces that surround the campus where she was still able to keep an eye on the action.

known and loved by BrightView families and staff. “They’re around here somewhere,” laughed Nickles granddaughter Aletta. “They are so comfortable here and so welcomed, that they just wander about and mingle with their many friends here.” While Nickles is decidedly happy to celebrate the one year birthday of her new home, she’s even more excited to prepare for her own 100th birthday, coming up early in the new year. “I’m ready! My life here is full and rich and I look forward to every day,” she said, just before heading off to join the group of residents who were preparing to sing a special BrightView ditty written and conducted by their beloved, piano-playing Josh Graf, director of Vibrant Living at BrightView Great Falls.

Brightview Great Falls is part of Brightview Senior Living, LLC, based in Baltimore. To residents like Donahu and Nickles, it’s no wonder the company keeps expanding the number of its communities throughout Virginia, Maryland and beyond. “It’s really all about the wonderful staff,” said Ann Corsino, who has been in residence

for about six months. “There are so many lovely, caring young people here. They really brighten things up.” Donahu and Nickles agreed that the staff is the key ingredient to the community’s success. Both cited numerous staff members for their professionalism, respect, and “just liking to have and share in a bit of fun!”

Once the gourmet buffet dinner, prepared under the direction of Chef Meldo, was reduced to not much more than leftovers, it was time for welcomes, toasts, singing, party favors, and some serious rug-cutting. “That’s ‘dancing’ for you young folks who might not know that expression,” the partygoers were educated by several residents. Executive Director Tina Aulakh made those welcomes and toasts, and then led the introductions and applause for the staff, praising them for their part in “getting us to this wonderful day.” After acknowledging her team, Aulakh told the attendees that the “real reason we are here this evening” is because of the residents, thanking them not only for choosing Brightview Great Falls as their home, but for enriching the lives of



Resident John Donahu chats with the “Floating Desert Lady” – who is actually executive director Tina Aulakh’s daughter Katja Milosevic. Milosevic says that she enjoys interaction with the residents. “It’s really good karma here,” she said.

those “privileged to be part of your family here.”

THE EVENING’S ACTIVITIES were scheduled to conclude at 7:30 p.m., but it was obvious by the numbers hitting the improvised dance floor of the facility’s “great room” that the action was only just getting started. It seemed a given that everyone inside the Brightview Great Falls community are ready to take Porta Nickles’ advice and “live life to the fullest and look forward to every day.”

Tina Aulakh, and Community Sales Director Joanna Banks invite anyone interested in exploring senior living options either for themselves or for family members to contact Brightview Great Falls or any of their other locations. “We do a number of ‘get to know us’ events,” said Banks. “And our residents love to show people around.” The community is located at 10200 Colvin Run Road in Great Falls and can be reached at 703-759-2513 or see their website www.greatfallsva.brightviewseniorliving.com.