

# Fairfax Station ♦ Clifton ♦ Lorton CONNECTION

DeAndre Clayton and the South County football team will take on Lake Braddock on Friday in a matchup of the last two undefeated teams in the 6A North region.

## Matchup of Region's Top Teams

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### Election Night Winners, Losers

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PHOTOS BY ANDREA WORKER/THE CONNECTION

After much mingling and anxiously watching the election numbers as they came in, the crowd at the Democratic election watch party finally had the chance to cheer for those they were supporting.

## Dems Claim Wins

General Assembly stays in the red column.

BY ANDREA WORKER  
THE CONNECTION

**“W**e didn’t win the war tonight, but we did come out ahead in some of the important local battles, and that’s a good start.” That was Roger Kline’s take on the results of the elections for Virginia’s General Assembly, Fairfax County Board of Supervisors, and School Board members. Kline was one of hundreds that gathered at The Waterford at Fair Oaks for the Fairfax Democratic Committee’s Election Watch Party on Tuesday night.

Although the doors to the Watch Party opened at 7 p.m. just as the polls were closing, things didn’t really get underway until closer to 9 p.m. when the faithful and those they supported began to arrive in earnest.

Monitors in the corners of the room were constantly surrounded by attendees checking the latest results.

“It’s enough to give you an ulcer,” said Aida Lee, referring to the see-sawing numbers that were coming in early on for Del. Kathleen Murphy (D-34) whose district includes part of Loudoun County, and Great Falls, McLean, Wolftrap and Langley in Fairfax County. When 100 percent of the votes were finally reported, Murphy was leading her opponent Craig Parisot, whom she had previously defeated for the seat in a special election. But with a winning margin of less than 200 votes, less than one percent, election officials plan to review the votes on Wednesday to determine if a recount will be called for.

**THE “WAR”** that was not won on Tuesday was the Democrats’ fight to gain control of the Virginia Senate. Prior to the election, Republicans held the majority, 21-19. Because of the tie-breaking powers of democratic Lt. Gov. Ralph Northam, the Democrats only needed one more seat to gain control.

Democratic candidates prevailed in sev-



**A pair of re-elected and newly-elected Democrats gets a wild welcome from the gathering at the Democratic election watch party. From left, Sheriff Stacey Kincaid and Del. Jennifer Boysko (D-86). Boysko’s election brings a Democrat to the district for the first time in many years.**

eral hotly contested races, but at the end of the day the total numbers remained unchanged. With an overwhelmingly Republican House and a continued GOP “tilt” in the Senate, Gov. Terry McAuliffe and his party face uphill battles at every turn in their attempts to press forward their priorities, including gun safety regulations and the expansion of Medicaid in the Commonwealth.

Senate Minority Leader Richard Saslaw (D-35), who defeated his Independent Green Party opponent Terry W. Modglin 73.45 percent to 25 percent, addressed the crowd when he introduced the winning senators and delegates who were present at the Watch, telling them to not lose hope yet.

Saslaw said there’s a chance that results from one Richmond-area race might be reviewed. “There’s something not right with those numbers,” he said, citing “unusually high” Republican turnout in Powhatan County.

SEE DEMOCRATS, PAGE 15

## Fairfax Republicans Celebrate the Victorious

And honor those who were defeated.

BY TIM PETERSON  
THE CONNECTION

**S**upervisor John Cook (R-Braddock) said he much preferred this night to the one when he was elected to his first term. A close race with his opponent meant waiting around until late into the evening. This year, Cook defeated Democrat Janet Oleszek by a more handy margin of about six percent of the vote.

“Local government is about being the level closest to the people,” Cook said, as the first speaker at the Fairfax County Republican Committee election results viewing party. “It’s about getting things done, the right way.” The party was held Nov. 3 at the Fairview Marriott hotel in Falls Church.

Cook attributed his victory to having a full term to “do a lot of work,” including work with Chairman Sharon Bulova and Sheriff Stacey Kincaid on a “Diversion First” program to help prevent people with mental illness from ending up in the Adult Detention Center without prior mental health evaluation, work raising awareness and developing resources for victims of domestic violence, and working with community leaders.

“People have shown appreciation for that, and I’m very thankful,” Cook said.

Incumbent Supervisor Pat Herrity (R-Springfield) recorded a more lopsided victory in his race against Independent Green candidate Corazon Foley. He spoke about continuing to push “the message of transparency from our government” and working with the School Board during his next term.

Arthur Purves was unsuccessful in challenging incumbent Board of Supervisors Chairman Sharon Bulova. At the podium, he described himself as “marching to a different drummer.”

Jennifer Chronis came closer to knocking off her incumbent opponent John Foust for Dranesville District Supervisor, however still trailed by about eight points at the end of the night.

“I’m not going away,” Chronis said she told Foust when she called to congratulate him on the victory. “I’m proud of the race we ran and the issues we discussed.”

The surprise of the night was Fairfax resident and Republican Jeanette Hough finishing ahead of incumbent Ted Velkoff for the third at-large seat on the Fairfax County School Board.

Craig Parisot was shown to have finished about a point behind Democrat Kathleen Murphy for the 34th District House of Delegates seat, but a representative from the Republican committee reminded members of the audience there would be a final tally taking place first thing in the morning.



**Incumbent Supervisor John Cook (R-Braddock) defeated Democrat challenger Janet Oleszek with over 51 percent of the vote.**

PHOTOS BY  
TIM PETERSON  
THE CONNECTION



**Incumbent Supervisor Pat Herrity (R-Springfield) won re-election handily over Independent Green challenger Corazon Foley, who ran a minimalist campaign based on establishing a dedicated center for senior citizens in the Springfield district.**



**Incumbent Del. Tim Hugo (R-40) defeated Democrat challenger Jerry Foltz with over 63 percent of the votes.**

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## NEWS

# 'Steady' Voting in Fairfax Station

While most voters were likely fast asleep, chief election officer Sing Lee of Kingstowne was at Silverbrook Elementary School in Fairfax Station setting up voting stations at 4:30 a.m. An event in the school's gymnasium the night before election day kept his team out until the morning. But it was critical to get the precinct open by 6 a.m. on Nov. 3.

By mid-morning, Lee said the stream of voters had never been heavy, but rather "steady." "That's the common word," he said. "There's been no real break."

Voters cast their ballots on all-paper forms, bubbling in circles next to their chosen candidates, before feeding them into a single electronic counter. Lee said the simplified process made the morning run very smoothly.

In his second year as chief at Silverbrook, Lee called the work his "community service" to "make sure voting goes straightforward."

"I believe in the democratic process," Lee continued. "I believe people should vote on Tuesday. And I like to see neighbors come in and talk."

—TIM PETERSON



PHOTO BY TIM PETERSON/THE CONNECTION

**Voter traffic was steady at Silverbrook Elementary School in Fairfax Station on Nov. 3.**

## NDI Special Event THIS WEEKEND

**Saturday, November 7th from 2 p.m. to 4 p.m.**



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## VIEWPOINTS

### Why was it important to you to come out and vote today?

—TIM PETERSON

#### Carol Ann Martin of Fairfax Station

"I always vote. It's our American right, and if you don't vote, then you can't complain. I voted for candidates who are good for the community, like [Del. Dave] Albo [R-42]."



#### James Moffett of Fairfax Station

"It's America. It's freedom. It's democracy in action. Voting is synonymous with democracy. I'm doing what I can to make a difference, voting for grassroots, American values, fiscal responsibility and core values."



#### Amy Jones of Fairfax Station and her daughters

"I wanted to make sure the school bond passes and have a say in choosing our local school board members. Getting full funding for schools is an important issue for me."

## 2<sup>ND</sup> ANNUAL CLIFTON CHARITY HOME TOUR



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## Is Winter a Good Time to Sell?

You bet it is! The 2015 real estate market was slightly better than 2014, with many of the updated homes receiving multiple offers. According to one survey, the housing market should continue to expand at steady levels through 2017. There are many eager buyers looking to purchase now, as they are concerned about the predicted rise in interest rates.



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# Domestic Violence: Focus on Prevention

Democratic Women of Clifton and Northern Virginia host panel on domestic violence.

BY MARISSA BEALE  
THE CONNECTION

Last month, in recognition of October as Domestic Violence Awareness Month, the Democratic Women of Clifton and Northern Virginia (DWCNV) hosted a panel of experts to discuss trends, causes, treatment and prevention of domestic violence in Northern Virginia.

Melanie Dunn-Chadwick, violence prevention specialist with the Fairfax County Public Schools' FECEP/Head Start Program; Nora Mahoney, Family Law Practice Group Chair for Legal Services of Northern Virginia; Heather Sarmiento, M.Ed., prevention and education coordinator in the Fairfax County Office for Women and Domestic and Sexual Violence Services; and Jacqi Smith, Domestic Violence detective with the Fairfax County Police Department, Sully District Station, made up the panel of speakers.

The discussion took place at Clifton Town Hall and each panelist spoke from different angles about difficulties surrounding domestic violence.

**ONE MAJOR FACTOR** making it difficult to handle the number of domestic violence cases is the number of attorneys available. In Fiscal Year 2015, Legal Services of Northern Virginia handled over 5000 cases of varying types, and about 40 percent of those were family law cases. LSNV provides free legal assistance to families living at or below 200 percent of the federal poverty level. In order to serve more families, the newly-launched Dunn-Chadwick Fellowship funds

a recent law school graduate to provide assistance to domestic violence victims making just over that income limit. However, the Fellowship is funded through private donations and may not continue without additional support.

"Legal services and representation for victims has been proven to reduce the rate of domestic violence," said Mahoney. "There are lots of populations affected, no matter where they are financially."

Domestic violence can come from a cycle of abuse that the victim or even perpetrator might have been exposed to growing up.

"The most important thing is educating the victim," said Sarmiento. "One in three is experiencing teen dating violence and abuse via social media, texting, etc."

The panelists pointed out that we all have either a direct or indirect connection to domestic violence, and even if we are not directly connected, it's important to know warning signs.

"We all try to do things around issues we think we have connections to," said Dunn-Chadwick. "But all of us have connections to [domestic violence], either directly or indirectly. And we have to take responsibility as a community."

Signs of domestic violence can include isolation, psychological and physical abuse, threats, and controlling many aspects of victims' lives.

Victims have many reasons for remaining in an abusive relationship. Some reasons include lack of money, fear and simply not knowing where to turn.

"I have worked with victims who wanted to stay because they had horses they didn't want to leave behind," said Mahoney.



PHOTO BY MARISSA BEALE/THE CONNECTION:

(From left) Panelists Melanie Dunn-Chadwick, Nora Mahoney, Heather Sarmiento and Jacqui Smith were hosted by the Democratic Women of Clifton and Northern Virginia for a public meeting discussing domestic violence in Northern Virginia. The panel took place at Clifton Town Hall on Oct. 18.

"[Other victims] didn't have transportation."

Detective Smith, who sits on the Fatality Review Committee, which reviews domestic fatalities in Fairfax County to better improve response to domestic violence calls, investigates domestic violence cases.

"Victims, offenders and sometimes children will call," said Detective Smith. Using a new Lethality Assessment Program, the Fatality Review Committee is able to quickly identify victims of domestic abuse who are at higher risk of serious injury or death at the hands of their spouses.

"Certain answers trigger a call to a LAP Line. The purpose is to get the victim in touch with services immediately," said Detective Smith.

"Domestic violence is 100 percent preventable," said Sarmiento in closing.

**THOSE AT RISK**, or those who know someone who could be at risk should contact the Fairfax County Police Department, Legal Services of Northern Virginia or the Northern Virginia Domestic Violence Action Center (DVAC) at [fairfaxcounty.gov/domesticviolence/dvac](http://fairfaxcounty.gov/domesticviolence/dvac) and check out <http://fairfaxdvcommunity.org>.

For more information about the Democratic Women of Clifton and Northern Virginia, visit [democraticwomenofclifton.org](http://democraticwomenofclifton.org) or write to them at [cliftonwomendems@aol.com](mailto:cliftonwomendems@aol.com). The organization welcomes all democratic women in Northern Virginia.

## Albo Urges for Grant Funding to Remove Abandoned Ship

The 50-foot, steel-hulled landing craft resting in shallow water about 110 feet offshore in Belmont Bay once hauled materials for construction of the nearby Fairfax Yacht Club in the 1980s. When the job was completed, the WWII-type landing craft was abandoned. Over the years, the name of the company responsible for the barge was lost.

The National Oceanic and Atmospheric Association (NOAA) Marine Debris Program completed a survey of the ship in 2009 and filed a 38-page report to U.S. Rep. Gerry Connolly (D-11) that recommended cutting up the estimated 20 tons into scrap and hauling the ship out in pieces.

To this date, however, there's been little movement on removing the barge. However in early October 2015, Del. Dave Albo (R-42) took a step by writing to the

Virginia Department of Conservation and Recreation. He urged them to apply for the National Oceanic and Atmospheric Association "Marine Debris Removal Department of Commerce Grant."

The deadline for the grant application was Nov. 2.

—TIM PETERSON

PHOTO CONTRIBUTED  
**The abandoned barge in Belmont Bay was last used to haul materials for constructing the Fairfax Yacht Club in the 1980s.**



## AREA ROUNDUPS

### Fall Food Drives

Fairfax-based nonprofit Our Daily Bread is partnering with Combined Properties to host Fall Food Drives in Fairfax City on Saturdays, Nov. 7 through Dec. 12. The food drives will be held at 10382 Willard Way, Fairfax, in the Courthouse Plaza Shopping Center in Fairfax City, 10 a.m.-4 p.m. A different local nonprofit will collect food and donations of funds or grocery store gift cards each Saturday. In addition to charities that provide assistance to local individuals and families in need, local schools that provide weekend backpacks of food to students in need will be collecting to assist children in their school. Combined Properties has donated a store space to host the food drives each week, and organizations will collect at that space and at the Safeway at Courthouse Plaza.

The organizations that will hold food drives are:

♦ Nov. 7: Cunningham Park Elementary School Weekend Backpack Program

♦ Nov. 14: Marshall Road Elementary School Food4Thought Program

♦ Nov. 21: Our Daily Bread

♦ Nov. 28: Daniels Run Elementary Food4Thought Program

♦ Dec. 5: FACETS

♦ Dec. 12: Lorton Community Action Center

More information about the Fall Food Drives is available at [www.ODBFairfax.org](http://www.ODBFairfax.org), or contact [info@odbfairfax.org](mailto:info@odbfairfax.org) or 703-273-8829.

### Nov. 7: Scouting for Food Starts

Cub Scout Troop 1346 will distribute plastic shopping bags to Burke Centre residences. The bags are in support of Scouting for Food 2015. Help those less fortunate by filling the bags with non-perishable food items and leave the bag out for collection a week later by Boy Scout Troop 1346 the morning of Nov. 14. Email [ctp198@yahoo.com](mailto:ctp198@yahoo.com).

### Sponsoring Families in Need

Fairfax-based nonprofit Our Daily Bread, Inc. (ODB) is seeking individuals, families, companies and community groups to "sponsor" needy individuals and families who reside throughout the Fairfax County area for Thanksgiving and the December holidays. For more information about the Holiday Program, contact Our Daily Bread at 703-273-8829 or [hpassist@ODBfairfax.org](mailto:hpassist@ODBfairfax.org).



## Thanksgiving Buffet

Thursday, November 26 • 11:00 A.M.-4:00 P.M.

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- Shrimp and Scallop Fettuccini
- Homemade Stuffing
- Sweet Potatoes with Honey and Cinnamon
- Three-Potato Smash
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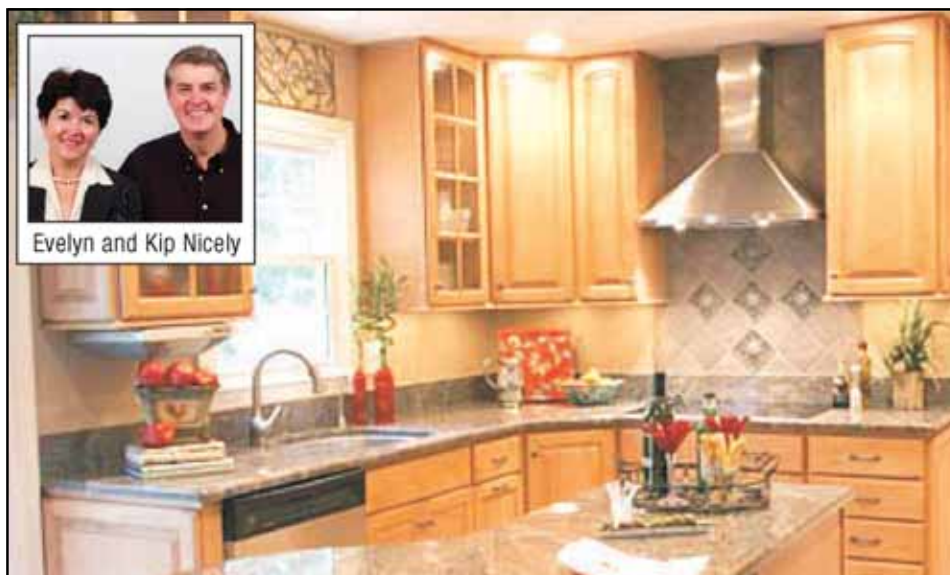


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# OPINION

## Coming: Children's Connection 2015

### Get ready to send your submissions soon.

**D**uring the last week of each year, The Connection devotes its entire issue to the creativity of local students and children. The results are always remarkable. It is a keepsake edition for many families. And even readers without children of that age spend time admiring and chuckling over the issue. The annual Children's Connection is a tradition of well over a decade.

We publish artwork, poetry, essays, creative writing, opinion pieces, short stories, photography, photos of sculpture or gardens or other creative efforts.

#### EDITORIAL

We ask that all submissions be digital so they can be sent through email or delivered on CD or flash drive. Writing should be submitted in rich text format (.rtf). Artwork should be photographed or scanned and provided in jpeg format.

Some suggestions:

- ❖ Drawings or paintings or photographs of your family, friends, pets or some favorite activity. These should be photographed or scanned and submitted in jpeg format. Photos of sculpture or larger art projects are also wel-

### Send Your Children's Edition Submissions

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Submissions are due no later than Friday, Dec. 4.

Email submissions to editors@connectionnewspapers.com. To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail to Children's Connection, 1606 King Street, Alexandria, VA 22314.

come.

- ❖ Short answers (50 to 100 words) to some of the following questions: If you could give your parents any gift that didn't cost money what would that gift be? What are you most looking forward to in the upcoming year? What is one thing that you would change about school? What do you want to be when you grow up? What is your favorite animal? What is your favorite toy? What makes a good parent? What makes a good friend? What is the best or worst thing that ever happened to you? What is the best gift you've ever given? Ever received?

- ❖ Your opinion (50 to 100 words) about traf-

fic, sports, restaurants, video games, toys, trends, politics, etc.

- ❖ Poetry or other creative writing.
- ❖ News stories from school newspapers.
- ❖ Photos and text about activities or events.

We welcome contributions from public and private schools, individuals and homeschoolers. To be published, we must have first and last name of the student. Please include the student's age and/or grade, school attended and town of residence.

Email submissions for the Children's Connection to editors@connectionnewspapers.com.

Identify each piece of writing or art, including the student's full name, age, grade and town of residence, plus the name of the school, name of teacher and town of school location. Please provide the submissions by Friday, Dec. 4.

To send CDs or flash drives containing artwork and typed, electronic submissions, mark them clearly by school and hometown and mail the CD or flash drive to Children's Connection, 1606 King Street, Alexandria, VA 22314.

Please send all submissions by Dec. 4. The Children's Connection will publish the week of Dec. 28, 2015.

You can see last year's editions by visiting [www.connectionnewspapers.com/PDFs/](http://www.connectionnewspapers.com/PDFs/) and scroll down to Children's Edition.

#### COMMENTARY

## Real Solutions for Real Problems on Roads

### The truth behind I-66 inside the Beltway.

BY AUBREY LAYNE  
SECRETARY OF TRANSPORTATION FOR THE  
COMMONWEALTH OF VIRGINIA

**V**irginians deserve a healthy public discussion about how best to improve our transportation system. But that discussion must also be grounded in fact, not political rhetoric. Unfortunately, the leadership of the House Republican Caucus is engaged in a campaign of misleading and flatly incorrect information on the McAuliffe administration's proposal to improve I-66 inside the Beltway. So in the interest of good public policy, here are the facts.

- ❖ Fact 1: Despite unfounded claims to the contrary, dynamic tolling on I-66 will reduce congestion.

In 2013 the McDonnell Administration released a study on reducing traffic congestion in the I-66 corridor. It was the third such study in 15 years.

The study stated that dynamic tolling and multi-modal improvements could move 40,000 more people a day through the I-66 corridor, which is equivalent to 10 additional interstate lanes in the morning and another 10 in the evening. The proposal would increase travel speeds from today's low of 5 miles per hour to a more reliable pace of 45 miles per hour or

faster.

The tangible congestion alleviation benefits this proposal will generate have led the Fairfax and Loudoun County Chambers of Commerce to express support for the proposed improvements. We are working collaboratively with Fairfax, Arlington and Falls Church on the proposed project. Just recently the Washington Metropolitan Council of Governments' Transportation Planning Board approved adding this project to the region's Constrained Long Range Plan.

- ❖ Fact 2: The McAuliffe administration's proposed changes will only add more choices for I-66 commuters without impacting current HOV commuters.

If you currently carpool through the corridor, you will ride free as you always have. If you are a solo driver who used to have to exit I-66 and take secondary roads to and from work, you will now have the option to pay a toll and remain on I-66 all the way into the city. Despite the disinformation political opponents are disseminating, tolling would only be in effect during peak hours, and this proposal offers more drivers the option of a fast and reliable trip without impacting current HOV commuters.

- ❖ Fact 3: Travel times on parallel routes will either improve or stay the same.

Studies show dynamic tolling will manage traffic more efficiently on I-66 inside the Beltway and parallel roads. In fact, this proposal will reduce traffic on parallel routes heading to D.C. in the morning, by offering more

solo drivers the choice of paying a toll and staying on I-66.

VDOT has conducted a detailed analysis that shows no impacts on parallel routes, meaning that drivers who take Route 50 can expect roughly the same travel times in 2017 as they can today.

- ❖ Fact 4: Toll revenues will be used to help move even more people through the corridor.

Studies reveal that dynamic tolling itself is a mechanism for managing congestion and reducing travel times – and every cent from that tolling on I-66 will be used to even further reduce congestion in that corridor. This is a self-financing project and will not take funding away from other transportation improvements.

Again, contrary to what House Republicans have conjured, it would be against the law to use those revenues for bike paths in the woods or road improvements in other parts of Northern Virginia or the state.

Since the state will own and operate the facility and collect tolls, excess revenues will not go to the profit of large corporations. All monies will directly benefit the corridor to enhance motorist through-put.

- ❖ Fact 5: Widening I-66 inside the Beltway will take place – if necessary.

It is the Secretary of Transportation's job to ensure that transportation funds are spent wisely. In the case of I-66, that means implementing the most cost-effective solutions first, before we consider spending over \$100 mil-

SEE REAL SOLUTIONS, PAGE 9

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# News

## Students Compete in Siemens National Finals

Six students in the Northern Virginia area are competing in the 2015 Siemens Foundation STEM Competition. These regional finalists recently advanced through the semifinal round, and now have a chance to compete at the National Finals, Dec. 4-8 in Washington, D.C. Grand prizes are \$100,000 scholarships.

The Siemens Competition is a signature program of the Siemens Foundation; it promotes STEM education and encourages young students to push their academic boundaries through hands-on projects.

The students all have projects for the Siemens Competition, and they also participate in many other pursuits outside of STEM related projects. Local finalists include:

❖ Michael You, of Alexandria, Thomas Jefferson High School for Science and Tech-

nology, researched SONAR-related whale beachings and how bubbles in blood vessels can contribute to the injuries of whales exposed to SONAR;

❖ Christina Oh and Edward Oh, of Lorton, TJHSST and South County High School, found a potential method to mitigate the attachment of the barnacle, that could help with drastically improving marine vessels' efficiency;

❖ Kelly Cho of McLean and Harriet Khang of Great Falls, TJHSST, found an inexpensive and uncomplicated method for a biosensor for breast cancer that could potentially be slightly modified for other diseases;

❖ Daniel Chae, of Alexandria, TJHSST, found a way to develop more cost-effective and improved bone implants through 3-D printing.

## Real Solutions

FROM PAGE 8

lion to perform even a limited widening of I-66.

The Governor's proposals for I-66 will better manage traffic flow at a fraction of the cost of widening the road. We owe it to taxpayers to exhaust low-cost solutions, but, if after 5 years, vehicles are not traveling at free flow on I-66 during rush hour, then toll revenues will be used to widen the road.

❖ Fact 6: Doing nothing is not an option.

Opponents of the Governor's proposal for I-66 have a host of complaints. What they have yet to put forward are facts to back those claims, or real ideas for moving Virginians through the I-66 corridor more quickly.

I am confident that this plan meets the transportation and political realities of this corridor – and that allowing campaign gamesmanship to block progress is not an option.



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Special thank you to **THE CONNECTION**  
NEWSPAPERS

# Gearing up for Thanksgiving Turkey Trots

BY MARILYN CAMPBELL  
THE CONNECTION

**W**hen many of us are still in bed early Thanksgiving morning, Susan Colarco will be lacing up her shoes, joining a group of friends and getting ready to hit the road for the Arlington Turkey Trot as she has done for many years past. "I've run this race more times than I can count and it's always a great time," said Colarco, a Road Runners Club of America certified running coach.

On a day as notorious for sloth and gluttony as it is for gratitude and family, hundreds of thousands of runners across the country pound the pavement to raise money for charity, burn off calories and spend time with friends in what have become known as turkey trots. Running USA, a nonprofit organization for the running industry, reports that the number of people entering races on Thanksgiving Day now surpasses those who race on July 4th.

"[These races] are a great opportunity to get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes," said Colarco, who also works as a coach for True Health and Wholeness in Ar-



PHOTO CONTRIBUTED

Arlington running coach Susan Colarco will run in the Arlington Turkey Trot on Thanksgiving Day.

lington.

While Colarco and her running mates train year-round, there's still time to get in shape and choose a turkey trot this year.

"Many competitive and enthusiast runners start with 3 or 5K races," said Richard L. Steele, assistant dean of physical education at Northern Virginia Community College in

Alexandria. "I tell most people to pick race that is conveniently located ... or has special meaning to them personally, [like] a charity."

Preparing for a turkey trot usually consists of dietary retooling, aerobic exercise and strength training.

"Typically, the folks I work with run between three and five times a week with some weight training and ... cross-training worked into the schedule," said Colarco. "The distance and intensity vary based on the experience and fitness level of the runner, the goal they are aiming for and any injuries they may be working through."

**"Up your training distance each week, but do it in small amounts."**

— Richard L. Steele, assistant dean of physical education, Northern Virginia Community College

Colarco tailors her training regiment to the environment of the chosen race. "For example, if it's a hilly race, we'll definitely

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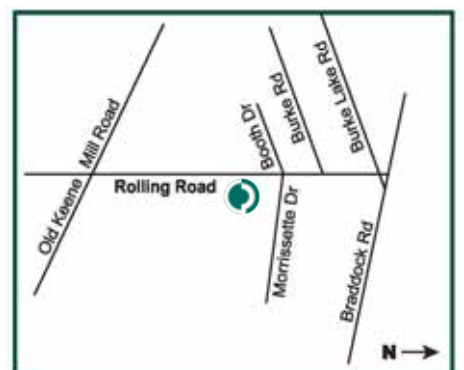
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## Local fitness experts suggest a training plan that will get you off the couch in time for Turkey Day.

work some hills into the training plan," she said. "If it's a trail race, we'll leave the nice paved running routes behind and head off road."

"Up your training distance each week, but do it in small amounts," said Steele. "A new runner should aim for three to five days per week of training," he said.

Creating a realistic training schedule that works in harmony with one's daily schedule is the key to becoming race-ready on Turkey Day, says Colarco. "I really try to take into account the fact that most of the runners in this area are working professionals with a lot on their plates. I work with my clients to determine not just what they should be doing, but realistically, what they can do given the stresses of everyday life."

Diet, both on the day of the race and the days and weeks leading to it, is an often-overlooked component of race training. "Eat a high-energy meal about an hour before the race," said Steele.

"Eating within an hour can lead to upset stomach. ... You may need to increase your calories, but don't go crazy. If you are eating natural foods, free of artificial fats, added sugars and other chemicals, your body will respond in an amazing way."

Protecting against injuries that can be sustained from the unrelenting pounding of the pavement, is another important, but often overlooked part of running. "You get an average of about 4,500 blows to your joints over the course of a 5K," said Christian Elliot, a personal trainer and founder of True Health and Wholeness. "Strength training helps your body handle the blows, and there's no downside to having strong muscles."

Weight training exercises for the legs should be

## Locate a Local Turkey Trot

[www.runningintheusa.com](http://www.runningintheusa.com)  
[www.runnersworld.com/race-finder](http://www.runnersworld.com/race-finder)

done two to three days per week, advises Steele. "You can hit the weights at the gym, do Pilates or use body weight, whatever you enjoy. Focus on light to medium resistance with higher repetitions to build

muscle endurance; 12 to 15 repetitions, two to three sets for each exercise works well."

"It has been proven that runners who do strength training have fewer knee injuries," added Chance

Heare, of Koko FitClub in Herndon, Reston and Great Falls. "Strength training builds the stabilization muscles to support the joints and runners who strength train tend to get fewer injuries and have better endurance."

The most common injuries associated running are ankle and knee sprains, shin splints, stress fractures, runner's knee and plantar fasciitis. "Sprains and blisters are very common during races," said Steele.

Running shoes play an important part of injury prevention, but "by itself can't prevent all injuries," said Nelson Cortes, Ph.D., an associate professor in the Sports Medicine Assessment, Research & Testing Laboratory at George Mason University in Fairfax.

"Everyone has different foot and lower body morphology and it's important that running shoes are appropriate."

In addition, a daily full-body stretching routine "will help with injury prevention and performance," said Steele. "You'll be surprised how much better you feel in general after doing this for about a week or two."

**"Get outside, do something in the community and stay active to counter the cold weather and extra helpings of mashed potatoes."**

— Susan Colarco, certified running coach

## VOLUNTEER EVENTS & OPPORTUNITIES

**Northern Virginia Caregivers Conference** — "Prepare to Care: Getting Your Ducks in a Row," Wednesday, Nov. 11, 8 a.m.-3:30 p.m. at the Korean Central Presbyterian Church, 15451 Lee Highway, Centreville. Speakers share their extensive knowledge on topics

important to caregivers of persons with dementia. \$30 includes continental breakfast, lunch, and materials. Register at <http://states.aarp.org/nov11/>. For more information call **703-324-5425**, TTY 711.

Fairfax County is offering a free pre-

sentation on **Medicare 101** on **Wednesday, Nov. 18, 11:30 a.m.-1:30 p.m.** at McLean Community Center, 1234 Ingleside Ave., McLean. To register call Sydney Duberstein at **703-790-0123**, TTY 711. Visit [www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm](http://www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm).

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## 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.

**Book Fest.** Through Nov. 10. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Visits from Elyssa Friedland ("Love and Miss Communication"), Jennifer Rosner ("The Mitten String"), Dion Nissenbaum ("A Street Divided: Stories from Jerusalem's Alley of God") and William V. Madison ("Madeline Kahn: Being The Music - A Life"). 703-537-3000. [www.jccnvarts.org](http://www.jccnvarts.org).

**Inaugural Workhouse Glass National 2015.** Nov. 7-Jan. 17. W-16, Vulcan Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join for the family-friendly exhibitions of glass art and the opening reception on Tuesday, Nov. 10, 6-8 p.m. [workhousearts.org](http://workhousearts.org), 703-585-2900.

**FCPS Art Teachers Exhibition.** Nov. 14-Dec. 6. W-16 McGuireWoods Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Join for the exhibitions by the FCPS best art teachers. Discover the breadth of talent found in FCPS as you view works by art teachers. The exhibit will feature various media, unified by the artist's passion to educate. [workhousearts.org](http://workhousearts.org), 703-585-2900.

### FRIDAY/NOV. 6

**Compania Flamenca Jose Porcel.** 8 p.m. George Mason University's Center for the Arts, 4400 University Dr, Fairfax. Passionate rhythms and enchanting movement of flamenco dancing. 888-945-2468. [cfa.gmu.edu](http://cfa.gmu.edu).

### SATURDAY/NOV. 7

**Rang de Nila.** 8 p.m. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike, Fairfax. Performance piece that combines music and dance with the art of Siona Benjamin. Dancers assume the roles of the subjects of Benjamin's paintings. Through movements infused with elements of traditional Indian dance, modern dance, and jazz, the dancers explore themes of identity and what it means to be a Jewish Indian woman. \$14-\$24. <http://www.brownpapertickets.com/profile/190347>.

**Munich Symphony Orchestra with The Romeros.** 8 p.m. George Mason University's Center for the Arts, 4400 University Drive, Fairfax. This important orchestra has enriched the cultural life of Bavaria with its unparalleled performances of symphonic concert pieces, opera and operettas, musicals, ballets, oratorios and church music. The orchestra is joined by Spanish classical guitar virtuoso Pepe Romero for solo work. \$42-\$70. 888-945-2468. [cfa.gmu.edu](http://cfa.gmu.edu).

**Singles Dinner and Movie Night.** 5 p.m. PF Chang's, 4250 Fairfax Corner Ave., Fairfax. Fixed price dinner followed by movie of your choice at Fairfax Corner 14. Sponsored by New Beginnings, a support group for



PHOTO BY SEAN HAVEX

**Jewish Community Center of Northern Virginia presents "Rang de Nila," a performance piece that combines music and dance with the art of Siona Benjamin on Saturday, Nov. 7 at the JCCNV in Fairfax. Through movements infused with elements of traditional Indian dance, modern dance, and jazz, the dancers explore themes of identity and what it means to be a Jewish Indian woman.**

separated/divorced men and women. \$30. RSVP 301-924-4101.

### SUNDAY/NOV. 8

**Railroad Collectibles Special Sale.** 1-4 p.m. Fairfax Station Railroad Museum, 11200 Fairfax Station Road. Railroad collectibles, antiques, railroad memorabilia, toys and art.

**Cabaret Series: Dueling Divas!** 1 p.m. and 6 p.m. W-16, Vulcan Muse, Workhouse Arts Center, 9518 Workhouse Way, Lorton. The Divas are back to take over the Workhouse Cabaret Stage and will battle it out in a spectacular showcase of showstopping vocals. Dueling Divas will perform songs made famous by the Broadway Stars, with a good dose of laughter. \$20-\$25. [workhousearts.org](http://workhousearts.org), 703-585-2900.

### WEDNESDAY/NOV. 11

**Veterans Day Luncheon.** noon-2 p.m. NOVA-Medical Education Campus, 6699 Springfield Center Drive, Springfield. Veterans, dependents and active duty military are invited to the Medical Education Campus of Northern Virginia Community College for a Veterans Day Luncheon in honor of those who have served in the United States Armed Forces. Free. Register by Friday, Nov. 6 at <http://mecveteransdayluncheon.eventbrite.com/>. Park first or 5th floor of garage. [dhitzeman@nvcc.edu](mailto:dhitzeman@nvcc.edu).

### FRIDAY/NOV. 13

**Small Plates: Choreography Festival.** 8-10 p.m. 9518 Workhouse Way, Lorton. At the festival, a

curated dance showcase features groups and solo pieces from regional dance companies, one of them being Beth Elliott Dance Group. \$10-\$15. [www.workhousearts.org](http://www.workhousearts.org).

### SATURDAY/NOV. 14

**Hula Performance & Dinner.** 2-4 p.m. 9518 Workhouse Way, Lorton. Hula has been featured at many festivals and events throughout the region. The evening's program features the Hulau group performing songs and dance of the Islands as well as dinner of Hawaiian chili and rice to enjoy. Tickets: \$10-\$15. [www.workhousearts.org](http://www.workhousearts.org).

**FCPS Teachers Exhibition Reception.** 6-9 p.m. W-16 McGuireWoods Gallery, Workhouse Arts Center, 9518 Workhouse Way, Lorton. Discover the breadth of talent found in FCPS as you view works by art teachers. Features various media, unified by the artist's passion to educate. The exhibition runs from Nov. 14-Dec. 6. Free. [workhousearts.org](http://workhousearts.org), 703-585-2900.

**Little River Glen Senior Center and Community Day.** 10 a.m.-2 p.m. Little River Glen Senior Center, 4001 Barker Court, Fairfax. Call 703-503-8703 for more information.

### SATURDAY-SUNDAY/NOV. 14-DEC. 6

**FCPS Art Teachers Exhibition.** 9518 Workhouse Way, Lorton. Artworks by art teachers in Fairfax County are exhibited. The exhibition give a great opportunity to discover the talent found in the county by viewing their work. [www.workhousearts.org](http://www.workhousearts.org).



PHOTOS COURTESY OF SOUTH COUNTY HIGH SCHOOL THEATER

**Wearing early 20th-century costumes, South County seniors Paulina Pham (left) and Samantha Sharrett (right) are double-cast in the role of General Littlefield's daughter Georgiana in "Jabberwock."**

## 'Jabberwock' at South County High

South County High School Theatre department prepares to bring the community more comic relief at the start of this festive season, with the presentation of its fall production of "Jabberwock" at Dale S. Rumberger Auditorium, Nov. 12-14.

The title of this comedic play comes from the poem "Jabberwocky" by Lewis Carroll. Written by Jerome Lawrence and Robert E. Lee in 1974, the play is based on the early 20th-century writings of American humorist James Thurber. Set in the fictional city of Columbus, Ohio, Jabberwock tells the story of teenager Jamie Thurber and one evening in the life of his crazy family, just as the country was preparing to enter World War I. "The play was chosen because it offers a large number of roles and is just plain fun for everyone involved," said South County drama teacher and show director Kathie McCormally. Each of the main characters is double-cast "to allow more stage time for the students," she added.

The production includes the comedic talents of juniors Ian

Welfley and Matt Wixted (double-cast as Jamie Thurber), senior Anastasia Kalil and junior Anna Luczynski (Jamie's mother Mary Agnes), seniors Kyle McKnight and Joe Bright (father Charley), senior Anthony Korkolis and sophomore Zach Schuneman (older brother Ray), sophomores Nick Ferlazzi and Spencer Kipps (younger brother Herman), and senior Ethan Schulze and junior Ray Martin (grandfather).

McCormally utilizes an experienced student tech crew to pull off some "tricky technical requirements," including turning an electric golf cart into a car to be driven on stage and a three-story house set that changes from gas to electric lighting at intermission.

The show runs Nov. 12 and 13 at 7 p.m., and Nov. 14 at 2 p.m. and 7 p.m. General admission is \$10 and \$8 for senior citizens and students. Advanced tickets can be purchased at [www.southcountytheatre.org](http://www.southcountytheatre.org).

The Dale S. Rumberger Auditorium at South County High School is located at 8501 Silverbrook Road, Lorton.



**South County students prepare a piece of furniture for the three-story house set of the comedic play "Jabberwock."**

# FAITH NOTES

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

Accotink Unitarian Universalist Church, at 10125 Lakehaven Court, Burke, will hold **Soundscapes Healing Meditation** at 2 p.m. on Sunday, Nov. 8. Bring a blanket or yoga mat for lying on the floor, and enjoy the gift of letting go and being connected to deeper peace. Healthy snacks will be provided afterward during Fellowship time. Free to church members, \$15. 703-503-4579.

The Paschal Lamb will hold a **Book Reading of "Blessed are You"** from noon to 3 p.m. The Paschal Lamb is located at 11214 Lee Highway, Fairfax. Author Melanie Rigney will read from her new book. Free. 703-863-3940.

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

**The Guhyasamaja Buddhist Center**, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism.

The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. Visit <http://www.guhyasamaja.org> for more information.

**Lord of Life Lutheran** offers services at two locations, in Fairfax at 5114 Twinbrook Road and

in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or [www.Lordoflifeva.org](http://www.Lordoflifeva.org).

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or [www.fbcspRINGfield.org](http://www.fbcspRINGfield.org).

**Clifton Presbyterian Church**, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

**St. Andrew the Apostle Catholic Church**, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or [www.st-andrew.org](http://www.st-andrew.org).

**Prince of Peace Lutheran Church**, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m.

Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or [www.poplC.org](http://www.poplC.org).

**Kirkwood Presbyterian Church**, 8336 Carleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register. 703-451-5320.



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## SPECIAL CONNECTIONS CALENDAR

Advertising Deadlines are the previous Thursday unless noted.

### NOVEMBER

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](mailto:sales@connectionnewspapers.com) for more information.



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## SPORTS



PHOTO BY RICHARD MAPLE

Kyle Edwards and the Lake Braddock football team will face South County on Friday, with the winner taking home the Conference 7 championship.

### Lake Braddock Hosts South County in Match of 9-0 Teams

The 6A North region's last remaining undefeated teams will face one another at 7 p.m. on Friday, Nov. 6 when the Lake Braddock Bruins host the South County Stallions.

Up for grabs: an outright Conference 7 championship and the No. 1 seed in the 6A North region playoffs.

South County sits at No. 1 in the latest VHSL 6A North region power rankings with a rating of 34.77778. Lake Braddock is No. 2 with a rating of 33.88889. Both teams are 9-0.

South County defeated West Potomac 53-20 on Oct. 30, after leading just 21-20 at halftime.

Stallions quarterback DeAndre Clayton completed 11 of 18 passes for 230 yards and three touchdowns. He also carried 12 times for 48 yards. South County running back DeMarcus Ramsey had 19 carries for 68 yards and two scores. Michael Salisbury had six receptions for 150 yards and a touchdown.

Lake Braddock is coming off a 63-0 beat down of Mount Vernon. Nine different ball carriers totaled 271 yards and seven touchdowns on the ground for the Bruins. Lamont Atkins led the way with three carries for 58 yards and a score.

### Woodson Football Knocks off West Springfield

The Woodson football team defeated West Springfield 35-28 in overtime on Oct. 30, giving the Cavaliers back-to-back wins after a 1-6 start.

Woodson quarterback Jojo Heisley completed 23 of 36 passes for 232 yards and two touchdowns. Jack Caldwell had 13 re-

ceptions for 173 yards and two scores.

Woodson (3-6) will conclude the regular season with a road game against T.C. Williams at 3 p.m. on Saturday, Nov. 7. The Cavaliers are No. 15 in the latest VHSL 6A North region power rankings. The top 16 teams make the playoffs.

West Springfield (5-4) will host Annandale. The Spartans are No. 10 in the VHSL 6A North power rankings.

— JON ROETMAN



PHOTO BY WILL PALENSCAR

DeAndre Clayton and the South County football team will take on Lake Braddock on Friday in a matchup of the last two undefeated teams in the 6A North region.

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### Aquinas and Old Town Montessori Schools

Upcoming Events at Aquinas Montessori School in November:

#### OPEN HOUSE

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#### PARENT INFORMATION SESSION

"ELEMENTARY OVERVIEW"

Thursday, November 19, 7 – 8:30 p.m.

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# Democrats Claim Victories in County-wide Elections

FROM PAGE 3

**VICTORY BY** Jennifer Boysko in the 86th district was one of the “important local battles” that attendee Kline cheered. Boysko replaces retiring Republican Del. Tom Rust, defeating Danny Vargas (R). Boysko was greeted by thunderous applause as she joined her Assembly colleagues on stage. “It’s already been an incredible learning experience,” said Boysko, in an interview after the formal election result announcements had been made. “I’ve talked to literally thousands of people in my district, listening to what they need, what are their concerns,” she added. “There’s a lot to do, but education kept coming up as a real priority.” Boysko said she is looking forward to the challenge ahead and hoped to become a part of a “civility caucus.” “I think a lot more can be accomplished when we treat each other with dignity and respect.”

Vargas, Boysko’s opponent received large, late infusions of campaign money from Republicans, and had a total of \$705,323, which he spent mostly on mailers and TV commercials that were unflattering and critical of Boysko.

All eyes were also following the race in neighboring Prince William County between Harry “Hal” Parrish II and Jeremy McPike. McPike, who received personal support from Gov. McAuliffe at the polls on election day, beat Manassas Mayor Parrish by a margin of more than 16 percent.

Democrats also took the upper hand in the results for the Fairfax County Board of Supervisors. By re-electing all eight incumbents, including Chairman Sharon Bulova, and adding the Democratic candidates for the vacant seats in the Mount Vernon and Sully districts, the voters gave the board one more Democratic member than they had

originally. When the new board takes office in January, incumbents Pat Herrity of the Springfield District and John C. Cook from the Braddock District will be the only Republican members of the governing body of Virginia’s largest jurisdiction. The Sully District seat, formerly held by Supervisor Michael Frey (R), was won by School Board member Kathy Smith (D) over Republican John Guevara. Another School Board member, Dan Storck, took the Mount Vernon Supervisor contest over Jane Gandee (R), replacing the retiring Gerry Hyland (D).

Democratic Fairfax County School Board election winners were also on hand at the event and took to the stage when introduced by Board of Supervisors Chairman Bulova. Ryan McElveen and Ilryong Moon retained their At-Large positions, while Ted Velkoff lost his seat to Republican-backed Jeanette Hough of Fairfax. Pat Hynes remains as the School Board member in the Hunter Mill District. Jane Strauss retains the position she has held for two decades for her Dranesville constituency. In the Sully District contest for School Board, Republican Tom Wilson was ahead of Karen Keys-Gamarra by about 200 votes.

**POLITICAL NEWCOMER** Dalia Palchik, the Providence District School Board member winner over incumbent Patty Reed, received the evening’s most enthusiastic reception. When asked if it was possible that she knew every single person in the room in order to receive such a welcome, Palchik laughingly replied, “Could be.” The young teacher said she “made a pilgrimage in the streets of Providence District” likening her journey to her experience on the famous pilgrimage route from France to the cathedral in Santiago de Compostela, Spain. Humbled by the response from the crowd,

Palchik says she truly loves people and tries to show it when she meets them. “Less testing and more teaching” are battles cries for Palchik, who said she was ready to repre-

sent a diverse community “after I get just a little bit of sleep.”

See a full list of all races and results in Virginia at [results.elections.virginia.gov](http://results.elections.virginia.gov).

## Fairfax County Election Results

Unofficial results as of Wednesday morning, Nov. 4, 2015.  
\* indicates incumbent

Candidate	Votes	Percentage
<b>Fairfax County Commonwealth’s Attorney</b>		
Raymond F. Morrogh* (D)	141,601	96.78%
Unopposed		

<b>Fairfax County Sheriff</b>		
Stacey Ann Kincaid (D)*	107,610	57.96%
Bryan A. “B. A.” Wolfe (R)	77,609	41.80%

<b>Fairfax County Clerk of the Court</b>		
John T. Frey (R)*	86,623	48.01%
Bettina Mary Lawton	83,111	46.07%
Marisa R. Wissar (I)	10,252	5.68%

<b>Soil and Water Conservation Director Northern Virginia District</b>		
Top three take office		
George W. Lamb IV*	94,260	30.71%
Gerald O. “Jerry” Peters*	93,140	30.35%
Scott John Cameron	90,714	29.55%
Stephen L. Pushor	26,640	8.68%

<b>Fairfax County Chairman of the Board of Supervisors</b>		
Sharon S. Bulova (D)*	111,124	59.84%
Arthur G. Purves (R)	63,209	34.04%
Glenda Gail Parker (I)	10,890	5.86%

<b>Fairfax County Public School Bond</b>		
\$310 million for new sites, new buildings or additions, renovations and improvements to existing buildings, and furnishings and equipment, for the Fairfax County public school system.		
Yes	138,296	74.27%
No	47,911	25.73%

<b>Fairfax County Public Safety Facilities Bond</b>		
\$151 million for construction, reconstruction, enlargement, renovation and equipment of civil and criminal justice facilities, police training facilities and stations, fire and rescue training facilities and stations.		
Yes	136,176	73.20%
No	49,850	26.80%

<b>Board of Supervisors, District Members</b>		
Braddock District		
John C. Cook (R)*	12,082	51.60%
Janet S. Oleszek (D)	10,675	45.59%
Carey C. Campbell (I)	610	2.61%

<b>Dranesville District</b>		
John W. Foust (D)*	14,807	53.92%
Jennifer C. Chronis (R)	12,615	45.94%

<b>Hunter Mill District</b>		
Catherine M. Hudgins (D)*	17,235	94.33%
Unopposed		

<b>Lee District</b>		
Jeffrey C. McKay (D)*	12,792	96.89%
Unopposed		

<b>Mason District</b>		
Penelope A. “Penny” Gross (D)*	9,196	57.22%
Mollie A. Loeffler (I)	6,785	42.22%

<b>Mount Vernon District</b>		
Daniel G. “Dan” Storck (D)*	11,714	56.85%
Jane R. Gandee (R)	8,841	42.91%

<b>Providence District</b>		
Linda Q. Smyth (D)*	13,134	95.46%
Unopposed		

<b>Springfield District</b>		
Patrick S. “Pat” Herrity (R)*	18,204	80.56%
Corazon S. Foley (I)	4,226	18.70%

<b>Sully District</b>		
Kathy L. Smith (D)	11,200	51.76%
John P. Guevara (R)	10,382	47.98%

<b>Fairfax County School Board at Large</b>		
Top Three Take Office		
Ilryong Moon*	83,983	17.13%
Ryan L. McElveen*	83,051	16.94%
Jeanette M. Hough	80,006	16.32%
Theodore J. “Ted” Velkoff*	74,803	15.26%
Robert E. “Bob” Copeland	74,509	15.20%
Manar A. Jean-Jacques	57,102	11.65%
Peter M. Marchetti	12,903	2.63%
Omar M. Fateh	11,822	2.41%
Burnette G. Scarboro	10,617	2.17%

<b>School Board District Candidates Braddock District School Board</b>		
Megan O. McLaughlin*	14,147	75.38%
Katherine A. Pettigrew	4,205	22.41%

<b>Dranesville District School Board</b>		
Jane K. “Janie” Strauss*	14,075	54.29%
Peter Kurzenhauser	11,781	45.44%

<b>Hunter Mill District School Board</b>		
Pat M. Hynes*	12,951	61.30%
Mark S. Wilkinson	8,116	38.41%

<b>Lee District School Board</b>		
Tamara J. Derenak Kaufax*	11,759	96.34%
Unopposed		

<b>Mason District School Board</b>		
Sandra S. Evans*	11,975	96.60%
Unopposed		

<b>Mount Vernon District School Board Open Seat</b>		
Karen L. Corbett Sanders	11,915	61.81%
W. Anthony Stacy	7,319	37.97%

<b>Providence District School Board</b>		
Dalia A. Palchik	9,293	58.22%
Patricia S. “Patty” Reed*	6,594	41.31%

<b>Springfield District School Board</b>		
Elizabeth L. Schultz*	18,933	97.60%
Unopposed		

<b>Sully District School Board Open Seat</b>		
Thomas A. Wilson	10,242	50.38%
Karen A. Keys-Gamarra	10,041	49.39%

## Hough Edges Velkoff

BY TIM PETERSON  
THE CONNECTION

Fairfax resident Jeanette Hough said her race for the Fairfax County School Board started with a phone call to Springfield District representative to the board Elizabeth Schultz. “What are we going to do about the school board?” Hough remembers asking. “We’re being ignored as parents and taxpayers.”

Hough recalled Schultz saying some fresh faces on the board might make a difference. “I said I would host an interest meeting,” Hough said, while standing victorious at the podium of the Fairfax County Republican Committee election results viewing party. “And here we are.”

With 80,006, or 16.32 percent of the unofficial results vote, Hough finished behind incumbents Ilryong Moon with 17.13 percent and Ryan McElveen with 16.94 percent, but ahead of the third incumbent Ted Velkoff, who ended up with 15.26 percent of the vote. The top three of a field of nine candidates will serve on the School Board.



PHOTO BY TIM PETERSON

**Jeanette Hough and her children celebrated her win.**

“I’m going to make sure we protect parents’ rights,” Hough said, “to be the primary educators of their children, and to get the fiscal house in order, so that we live within our means.”

School Board candidates finished as follows: Moon, McElveen and Hough, then Velkoff, Robert Copeland - 74,509 - 15.20 percent, Manar Jean-Jacques - 57,102 - 11.65 percent, Peter Marchetti - 12,903 - 2.63%, Omar Fateh - 11,822 - 2.41 percent, Burnette Scarboro - 10,617 - 2.17 percent, Write-in - 1,442 - .29 percent.



PHOTO BY CRAIG STERUTZEL/THE CONNECTION

Jillian Creel and the Fairfax field hockey team suffered a season-ending loss to T.C. Williams on Tuesday.

## Fairfax Field Hockey Falls in Region Semifinals

Rebels fall one win shy of state tournament berth.

BY JON ROETMAN  
THE CONNECTION

It started as a pass with the hope that a teammate would score via deflection. As it turned out, T.C. Williams senior Philomena Fitzgerald didn't need any help finding the back of the cage.

Fitzgerald received a corner insertion near the top of the circle in the second half before blasting a pass-turned-shot past the Fairfax goalkeeper. Fitzgerald's goal proved to be the difference as the T.C. Williams field hockey team defeated defending region champion Fairfax 1-0 during the 6A North region tournament semifinals on Tuesday night at Minnie Howard.

The Titans secured a state tournament berth and will face Westfield in the region championship game at 7 p.m. on Thursday, Nov. 5 at Westfield High School.

After a scoreless first half, Fitzgerald capitalized on a corner, scoring with 20:21 remaining in the contest.

Senior Alex Milliken inserted the corner before moving over to the near post. Fitzgerald sent the ball from the top of the circle, sneaking it inside the near post for a goal.

"I was actually looking to pass near post and hopefully someone would deflect it in," Fitzgerald said. "... I was like, 'Wait, was that me?' because I thought Alex might have hit it in. And then when everyone looked to me, I was just like, 'Oh, my pass is a shot and now it's a goal! I'll take it! I'll take it!'"

T.C. Williams head coach William Heresiak said the corner didn't play out

as designed, but Fitzgerald, the Conference 7 Player of the Year, made something happen.

"They just didn't play their 'A' game and they really decided to only play the last 9 minutes of the game," Fairfax head coach Amber Beaudoin said about her team. "I think if they had played with that kind of fire and intensity throughout the game, it would have been a different story. You saw them turn it up and then the other team was just backpedaling and reeling from the pressure — and some of that was me. I should have changed the scheme sooner than I did. I waited too long and that's on me. But some of it's on [the players]. They need to know when to ratchet up the intensity."

Beaudoin said T.C. Williams fans had an impact on the game.

"It's a tough fence-line to play here and I warned my kids: it's a tough place to play when their community is behind a team because they've never been some place," Beaudoin said. "It's a tough thing to surmount. I thought that [Fairfax players] were able to do it to some extent, but it was difficult. They came off the field at halftime really saying, 'I can't hear; it's too loud. [We] can't hear each other; it's too loud.' I really think their fans were a real 12th man and a factor in today's game."

T.C. Williams goalkeeper Sarah Leckman finished with five saves.

Fairfax ended its season with a 15-5-1 record. The Rebels won their seventh consecutive Liberty District/Conference 6 championship along the way.

T.C. Williams, which recently won its first conference/district title since 1995, improved its record to 21-1 and extended its win streak to 17 games. A victory over Westfield on Thursday would result in the program's first region championship.

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Fredericksburg Van Runs.  
CDL-A w/1yr Exp. Req.  
Estenson Logistics. Apply:  
www.goelc.com 1-866-336-9642

## Pediatric Nurse (PT)

LPN/RN or MA/CNA,  
needed in Busy Pediatric Office,  
Burke, VA  
703-503-9100

## HEAVY EQUIPMENT OPERATORS:

JK Enterprise Landscape Supply, LLC is one of the largest producers of mulch and soil products in Northern Virginia. We make it, sell it and distribute it! JK is looking for experienced Heavy Equipment Operators to work in our northern Virginia locations. Must have experience operating wheel loader, track loader, excavator, grinding and chipping equipment.

Make \$55,000 to \$70,000 a year, depending on experience level.

We offer full time, year-round employment, competitive pay, health and dental insurance, life insurance, paid leave, 401(k) and profit sharing.

Email resume to zach@lumberjake.com.  
No phone calls please.

## Educational Internships

Unusual opportunity to learn many aspects of the newspaper business. Internships available in reporting, photography, research, graphics. Opportunities for students, and for adults considering change of career. Unpaid. E-mail internship@connectionnewspapers.com

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The Mount Vernon Gazette  
**Zone 4:** Centre View North  
Centre View South  
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The Vienna/Oakton Connection  
The McLean Connection  
The Great Falls Connection

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• FAIRFAX STATION/CLIFTON/LORTON

# HOME & GARDEN

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### GUTTER

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Gutters and Downspouts Cleaned  
Small Repairs • Gutter Guards  
**PINNACLE SERVICES**  
lic/ins 703-802-0483 free est.  
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Friendly Service with a Friendly Price!

### HANDYMAN

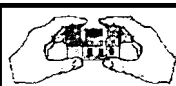
### HANDYMAN

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- Small Home Repairs
- Good Rates
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## Hand and Hand Handyman

### General Remodeling Residential & Commercial Specializing in:

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### IMPROVEMENTS

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- FREE Estimates
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- NO \$\$\$ DOWN!

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### IMPROVEMENTS

### IMPROVEMENTS

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Remodeling Homes, Flooring,  
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www.rncontractors.com

### LANDSCAPING

### LANDSCAPING

## JUAN'S LANDSCAPING Since 1987

- COMPLETE TREE SERVICE • MASONRY • LEAF REMOVAL
- GUTTER • CHIMNEY CLEANING • HAULING • POWER WASHING
- HANDYMAN • PAINTING • TRASH REMOVAL • DRYWALL

Res./Com. • Free Estimates

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## J.E.S. Services

Your neighborhood company since 1987

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### 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

### MASONRY

### MASONRY

## BRICK AND STONE

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Patios, Walkways, Stoops, Steps, Driveways

Repairs & New Installs • All Work Guaranteed

## ALBA CONSTRUCTION INC.

### CONCRETE WORK

Licensed • Insured

Driveways • Patios • Exposed Aggregate  
Sidewalks • Carports • Pool Decks • Garages  
Flagstone • Brick • Stonework

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New Installations & Repairs  
Stone - Flagstone - Brick - Concrete

FREE ESTIMATES!!

Lic. & Ins

potomac-masonry.com



Angie's list

Results! Why, man, I have gotten a lot of results. I know several thousand things that won't work.

-Thomas A. Edison

### PAVING

### PAVING

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

### TREE SERVICE

### TREE SERVICE

## Quality Tree Service & Landscaping

Reasonable prices. Licensed & insured



## Leaf Removal Gutter Cleaning

25 years of experience  
Free estimates

**703-868-5358**

24 Hour Emergency 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.

## 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**

### WINDOWS & GLASS

### WINDOWS & GLASS

## CHESAPEAKE/POTOMAC WINDOW CLEANING

Residential Specialist  
Working Owners Assures Quality  
No Hidden Fees/No Broken Window Springs  
30 yrs Exp in local area Lic./Bonded/Ins.

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## LANDSCAPING

**A&S CONSTRUCTION**  
Bathrooms, Kitchens,  
Flooring, complete  
remodeling.  
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## PAVING

**Joseph Sealcoating  
Specialist**  
**PAVING**  
40 Years Experience! Free Estimates!  
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It Works.  
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Your  
Ad  
Today!

THE CONNECTION  
to your community

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**Burke - 624 sf 2nd floor office**  
space available in thriving mixed use  
shopping center. Perfect for a move from a  
home office. Kevin Allen / Kimco Realty  
410-427-4434

## 26 Antiques

**We pay top \$ for STERLING,  
MEN'S WATCHES,  
JEWELRY, COSTUME JEWELRY,  
FURNITURE, PAINTINGS AND CLOCKS.**  
Schefer Antiques  
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theschefer@cox.net

## 12 Commercial Lease

## 26 Antiques

## 21 Announcements

**LEGAL NOTICE**  
According to the Lease by and between (1077) Khashayar  
Zargham AKA K. Zargham and TKG-StorageMart and its relat-  
ed 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: file cabinet, file boxes, pressure washer, ect.  
Items will be sold or otherwise disposed of on Friday Novem-  
ber 20, 2015 @ 12:00pm at 11325 Lee Hwy Fairfax VA 22030  
to satisfy owner's lien in accordance with state statutes.

## 21 Announcements

**IN THE CIRCUIT COURT OF THE THIRTEENTH JUDICIAL  
CIRCUIT OF THE STATE OF FLORIDA, IN AND FOR  
HILLSBOROUGH COUNTY**

JUVENILE DIVISION IN THE INTEREST OF:  
FFN: 515760 CASE ID:  
T.R. 03/25/2014 14-289  
Child DIVISION: D  
NOTICE OF AN ADVISORY HEARING ON  
A TERMINATION OF PARENTAL RIGHTS  
PROCEEDINGS  
FAILURE TO PERSONALLY APPEAR AT THE ADVISORY  
HEARING CONSTITUTES CONSENT TO THE TERMINA-  
TION OF PARENTAL RIGHTS OF THE ABOVE-LISTED  
CHILD. IF YOU FAIL TO APPEAR ON THIS DATE AND TIME  
SPECIFIED, YOU MAY LOSE ALL YOUR LEGAL RIGHTS AS  
A PARENT TO THE CHILD NAMED IN THE PETITION  
ATTACHED TO THIS NOTICE.

TO: Matthew Francis  
2987 District Avenue  
Apt. 601  
Fairfax, VA 22031  
\*YOU WILL PLEASE TAKE NOTICE \*that a Petition for Ter-  
mination of Parental Rights has been filed in the Circuit Court of  
the Thirteenth Judicial Circuit of the State of Florida, in and for  
Hillsborough County, Florida, Juvenile Division, alleging that  
the above-named child is a dependent child and by which the  
Petitioner is asking for the termination of your parental  
rights and permanent commitment of your child to the Depart-  
ment of Children and Families for subsequent adoption.  
\*YOU ARE HEREBY \*notified that you are required to appear  
personally on \*November 23, 2015 \*  
\*at 9:00 a.m., before the Emily A. Peacock, \*800 E. Twiggs  
Street, Court room 310, Tampa, Florida 33602, to show cause,  
if any, why your parental rights should not be terminated and  
why said child should not be permanently committed to the  
Florida Department of Children and Families for subsequent  
adoption. You are entitled to be represented by an attorney at  
this proceeding.  
DATED this \_\_\_\_\_ day of \_\_\_\_\_, 2015  
PAT FRANK  
CLERK OF THE CIRCUIT COURT  
By \_\_\_\_\_  
Deputy Clerk

## 21 Announcements

## OBITUARY JOHN CARLILE TALBOTT (Age 73)

Of Great Falls, Virginia passed away peacefully among  
family and friends on October 29, 2015. Born in Martins Fer-  
ry, Ohio on September 1, 1942 to John Charles Talbott and  
Elisabeth Carlile Talbott, John quickly gained attention as a  
star athlete and scholar, becoming captain of Poland Semi-  
nary High School's football team, homecoming king, and  
president of the student body. John went on to get his B.A.  
from Amherst College, where he continued to play football  
and rugby, and then got his J.D. from Cleveland State Law  
School on a full scholarship, graduating summa cum laude. A  
prominent lawyer in McLean, VA, John ran his own success-  
ful practice specializing in multifamily housing financing and  
development for over three decades. Throughout his life,  
John's thirst for knowledge never waned. An avid reader of  
history, philosophy, physics, and biographies, John could  
expound on nearly any subject, be it Aristotle's "Poetics,"  
black holes, or why your car's making that weird noise. He  
loved pushing not only his mind, but also his body and took  
up running and biking. He ran several marathons, including  
the Marine Corps Marathon, finished triathlons, and jogged  
religiously with his best friends Jay and Neil every  
weekend for over 20 years by Fletcher's boathouse. In his  
free time, he enjoyed gardening (caring for plants over 40  
years old), collecting Native American pottery, and passion-  
ately cheering on his favorite team, the Ohio State Buckeyes.  
John loved animals and always had one or two canine com-  
panions by his side at home or at the office. A loyal  
and devoted father, he treasured above all else his relation-  
ship with his two daughters, Honora and Eliza. John is sur-  
vived by his daughters Eliza Talbott and Honora Talbott;  
his sister Patricia and husband James; niece Jennifer and  
husband Kevin; nephew James and wife Echo, and four  
grandnieces. A memorial service will be announced at a later  
date next spring. For now, in remembrance of John and his  
love of animals, we invite people to donate to the Washing-  
ton Animal Rescue League or any animal rescue of  
your choice.

## 21 Announcements

## 21 Announcements

## 21 Announcements

**ABC LICENSE**  
Osteria Marzano, LLC trading  
as Osteria Marzano, 6361  
Walker Ln, Ste 140, Alexan-  
dria, VA 22310. The above es-  
tablishment is applying to the  
VIRGINIA DEPARTMENT OF  
ALCOHOLIC BEVERAGE  
CONTROL (ABC) for a Wine  
and Beer on and off Premises  
license to sell or manufacture  
alcoholic beverages. Elena  
Pouchelon, co-owner.  
NOTE: Objections to the iss-  
uance of this license must be  
submitted to ABC no later than  
30 days from the publishing  
date of the first of two required  
newspaper legal notices. Ob-  
jections should be registered  
at [www.abc.virginia.gov](http://www.abc.virginia.gov) or  
800-552-3200.

## 21 Announcements

**Donate A Boat  
or Car Today!**  
BoatAngel  
"2-Night Free Vacation!"  
**1-800-CAR-ANGEL**  
[www.boatangel.com](http://www.boatangel.com)  
sponsored by boat angel outreach centers STOP CRIMES AGAINST CHILDREN

## 21 Announcements

**LIFETIME METAL ROOFING**  
by VA CAROLINA BUILDINGS [VACarolinaBuildings.com](http://VACarolinaBuildings.com)  
Licensed & Insured  
Financing Available WAC  
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Lifetime Warranty •  
Local Contractor •  
Energy Efficient  
**WE ALSO BUILD SHOPS, GARAGES & BARNS!**  
MetalRoofover.com  
Call For Your Free Roof Inspection! **434-645-7411  
1-800-893-1242**

## 21 Announcements

## CDL TRAINING FOR LOCAL/OTR DRIVERS!

**\$40,000-\$50,000 1st Year!**  
**4 Weeks or  
10 Weekends**  
**CDS**  
**Veterans in Demand!**  
Richmond/Fredericksburg 800-243-1600  
Lynchburg/Roanoke 800-614-6500  
LFCC/Winchester 800-454-1400

## 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!!!  
**Brindley  
Beach**  
VACATIONS & SALES  
Reserve your family vacation today!  
**877-642-3224 . [www.brindleybeach.com](http://www.brindleybeach.com)**

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The Fairfax Connection  
The Fairfax Station/Clifton/  
Lorton Connection  
**Zone 3:** The Alexandria Gazette Packet  
The Mount Vernon Gazette

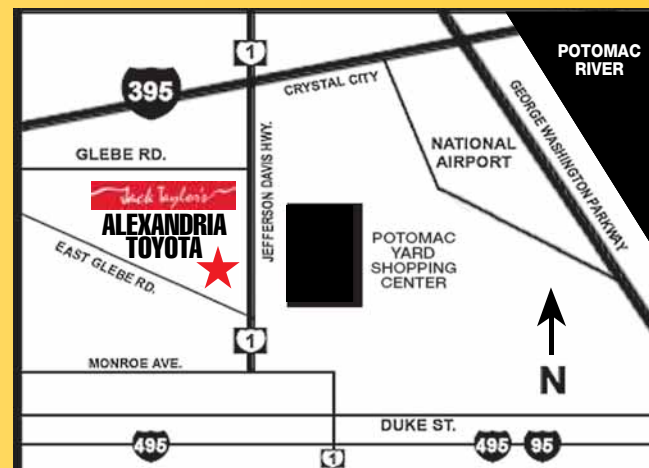
**Zone 4:** Centre View North  
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**Zone 5:** The Potomac Almanac  
The Arlington Connection  
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The McLean Connection  
The Great Falls  
Connection

# Jack Taylor's ALEXANDRIA TOYOTA

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## NEW! Extended Service Department Hours:

Monday – Friday, 7 am to 9 pm

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Sunday, 10 am to 4 pm

Sunday by appointment only.

Make your next service appointment at:

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RECEIVING  
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1 OF 4  
DEALERSHIPS  
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Toyota mufflers, exhaust pipes, shocks, struts  
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when installed by an authorized Toyota dealer.  
See us for full details.



**TOYOTA**  
Let's Go Places



### PRE-WINTER MAINTENANCE SPECIAL

**\$59<sup>95</sup>** GET READY  
FOR WINTER

**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 Alexandria Toyota's  
27 pt. inspection & cabin air filters

\*SYNTHETIC OIL \$10.00 MORE. NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT ALEXANDRIA TOYOTA.

### TOYOTA GENUINE SERVICE BRAKE SPECIAL

**\$99<sup>95</sup>**

**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.  
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EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY  
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### BUY 3 TIRES AND GET 4TH FOR

**\$1<sup>00</sup>**

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**

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EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT  
ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### ROTATE & BALANCE SPECIAL

**\$59<sup>95</sup>**

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

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### TOYOTA GENUINE SERVICE 15% OFF SITE LINE WIPER BLADES WITH FREE INSTALLATION

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ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### 15% OFF ANY ACCESSORIES

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

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ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### TOYOTA GENUINE SERVICE 30000 MILES FACTORY RECOMMENDED SERVICE

**\$159<sup>99</sup>**  
Synthetic \$10 More

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

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER  
EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY AT  
ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

## PRE-WINTER SAVINGS



New RAV4s, Priuses  
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**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!**

### TOYOTA GENUINE SERVICE LUBE, OIL & FILTER SERVICE SPECIAL

**\$34<sup>95</sup>** **\$44<sup>95</sup>**

**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.

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ALEXANDRIA TOYOTA.

### TOYOTA GENUINE SERVICE TRUE START BATTERY SPECIAL

**\$99<sup>95</sup>**

**INCLUDES BATTERY INSTALLATION**

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

Does not apply to Hybrid Batteries.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER  
EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY  
AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### FUEL OPTIMIZATION SERVICE

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

**Includes:** Perform fuel decarbonization to remove carbon deposits from throttle  
body, fuel injectors, combustion chamber, oxygen sensors & catalytic converter.  
Clean throttle body & air/fuel induction system to improve fuel mileage.

NOT VALID WITH ANY OTHER OFFER OR COUPON. TOYOTA VEHICLES ONLY. OFFER  
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AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### TOYOTA GENUINE SERVICE 4 WHEEL ALIGNMENT **\$79<sup>95</sup>**

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

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

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EXPIRES 11/30/15. COUPON MUST BE PRESENTED AT TIME OF WRITE-UP. VALID ONLY  
AT ALEXANDRIA TOYOTA. TAX AND SHOP SUPPLIES ADDITIONAL.

### TOYOTA GENUINE SERVICE DETAIL SPECIAL

**\$249<sup>95</sup>**

Prepare your car's paint for the harsh  
winter road conditions. A full exterior  
buffing, paint sealant and wax, along  
with a vacuuming of the interior.

Vans & SUVs add \$29.00.

By Appointment Only

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

TRANSMISSION FLUSH **\$189<sup>95</sup>**  
POWER STEERING FLUSH **\$139<sup>95</sup>**  
BRAKE FLUSH **\$139<sup>95</sup>**  
FUEL INDUCTION FLUSH **\$139<sup>95</sup>**

FOR TRANSMISSION FLUSH TYPE T OR WS FLUID ADD \$60.00  
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**WE WILL MEET OR BEAT  
ANY LOCAL TOYOTA DEALERSHIP'S  
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### TOYOTA GENUINE SERVICE VARIABLE DISCOUNT

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

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### TOYOTA GENUINE SERVICE COMPLIMENTARY MULTI-POINT INSPECTION

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

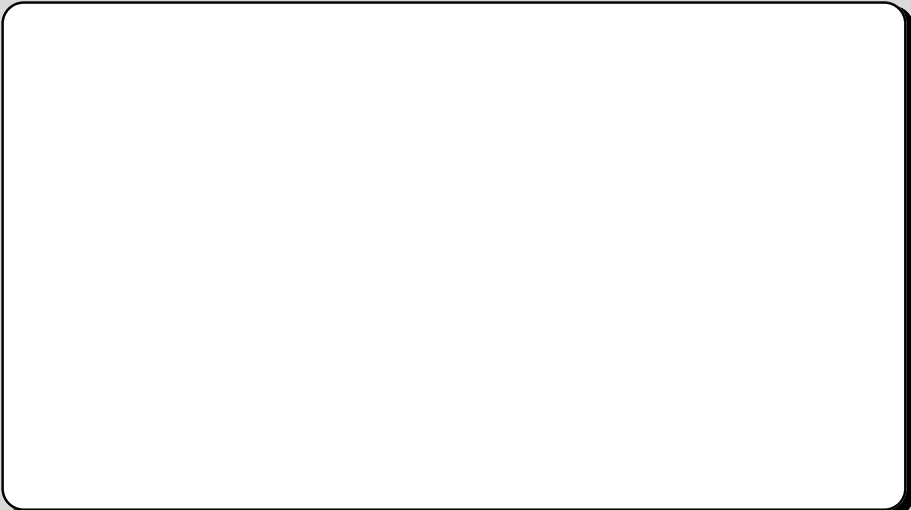
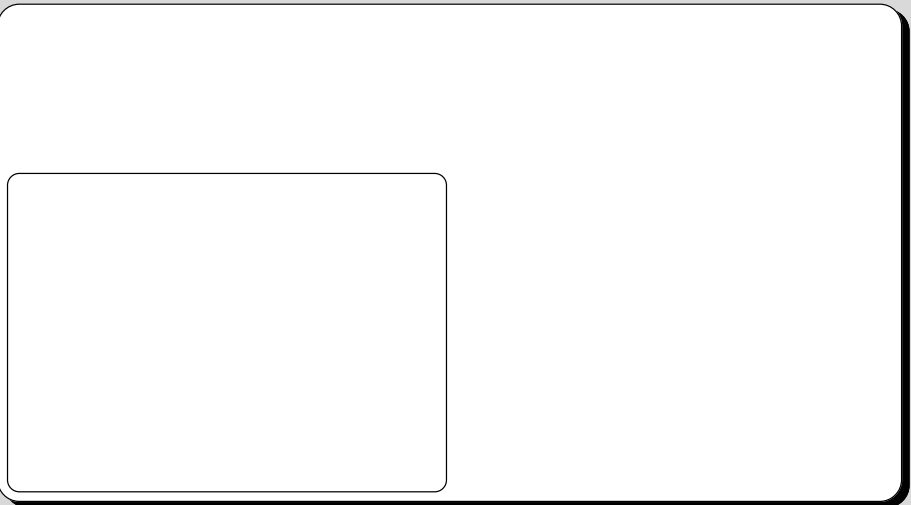
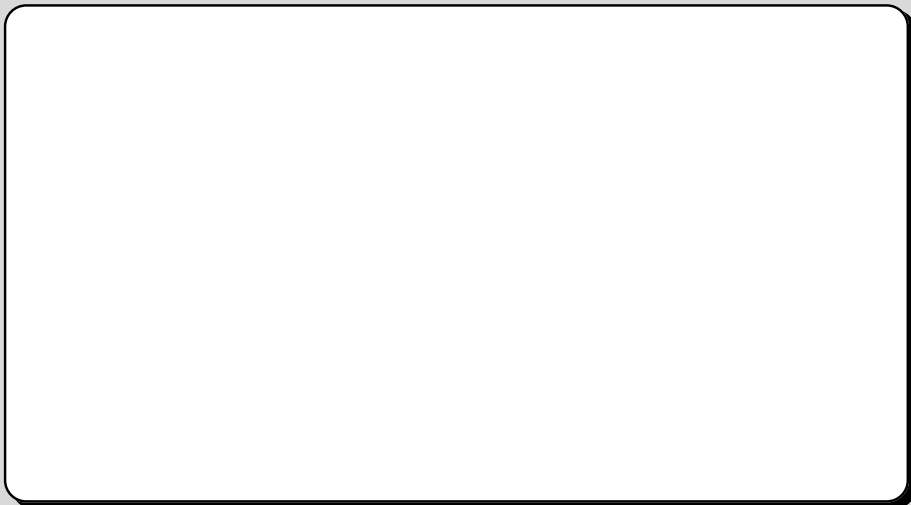
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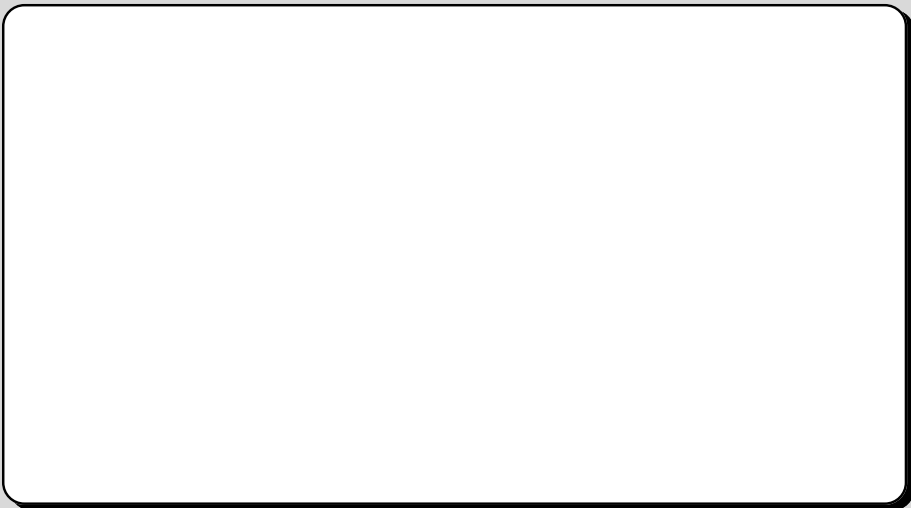

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