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**COMMONWEALTH'S ATTORNEY STEVE DESCANO ANNOUNCES  
RAMI EL-SAYED CONVICTED OF 2023 BURKE LAKE MURDER**

Fairfax County, VA — Commonwealth's Attorney Steve Descano announced today that Rami El-Sayed was convicted by a jury of first-degree murder for killing his girlfriend, Cara Abbruscato, on September 24, 2023, and hiding her body before fleeing to New Jersey. El-Sayed was also convicted on an additional charge of concealing Ms. Abbruscato's body.

Prosecutors showed at trial that El-Sayed, 36, and Ms. Abbruscato, 40, were camping together in a tent in Burke Lake Park. El-Sayed stabbed Ms. Abbruscato 17 times with a knife, including six times in her neck, killing her, while receiving scratches on his face. El-Sayed then attempted to conceal her body by placing Ms. Abbruscato fully inside the tent and zipping it up. El-Sayed then drove Ms. Abbruscato's car to his hometown of Patterson, New Jersey. Campers found Ms. Abbruscato's body on September 30, 2023, after noticing a foul smell coming from the tent. El-Sayed was arrested in New Jersey on October 2, 2023, and extradited to Fairfax County on November 9, 2023.

Forensic evidence showed El-Sayed's DNA under Ms. Abbruscato's fingernails, and witnesses heard both Ms. Abbruscato's screams and a male voice shouting soon afterward. El-Sayed had made no attempt to contact police in the aftermath of the killing.

"For someone who loved life as much as Cara did, this is maybe the most cruel ending imaginable," said CA Descano. "Today, her murderer was held accountable. Nothing can bring Cara back, but to her family and friends: I hope this allows you to begin to heal."

El-Sayed's sentencing date is March 20, 2026. He faces up to life in prison for the first-degree murder charge and up to 5 years for the concealing-the-body charge.

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