

# Great Falls CONNECTION

Joey Zarella, a member of the Langley High School alumni team, pitches against the varsity Sunday, June 2.

Senior Living  
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# Two Races, Four Candidates

Competition in June 11 Democratic primary for lieutenant governor and attorney general.

BY MICHAEL LEE POPE  
GAZETTE PACKET

**N**orthern Virginia will dominate the choices for statewide office when Democrats head to the polls on June 11 for a statewide primary to select candidates for lieutenant governor and attorney general. Former Democratic National Committee Chairman Terry McAuliffe will be unopposed as the party's choice for governor, leaving the longtime McLean resident to face Republican Attorney General Ken Cuccinelli this fall.

"Terry McAuliffe is not the most highly regarded Democrat, and a lot of Democrats are frustrated by that choice," said University of Mary Washington political science professor Stephen Farnsworth. "But he will have some material to paint the Republican ticket as too conservative for Virginia."

Republicans were going to use a statewide primary to select their candidates until Tea Party supporters backing Cuccinelli seized control of the executive committee last year and changed the rules. The party decided to ditch the primary in favor of a convention to determine candidates, a decision that prompted Lt. Gov. Bill Bolling to drop out of the race and condemn the direction of the party as too extreme. When Republicans gathered in Richmond earlier this month to nominate Cuccinelli, they also selected a virtually unknown candidate for lieutenant governor — conservative black pastor E.W. Jackson, who has compared Planned Parenthood to the Ku Klux Klan and called gays "sexually twisted."

"This is further evidence that making decisions like that can have unintended consequences," said University of Virginia Center for Politics analyst Geoff Skelley. "If Jackson proves to be a liability for the ticket, Republicans will probably look back on the decision to shift to a convention with some remorse."

Democrats have two contenders for the lieutenant governor spot, state Sen. Ralph Northam (D-6) and former U.S. Chief Technology Officer Aneesh Chopra. In the race for attorney general, Democrats will select between state Sen. Mark Herring (D-33) and former federal prosecutor Justin Fairfax.

**RALPH NORTHAM** is a Virginia Military Institute graduate and U.S. Army veteran who is currently a pediatric neurologist. Northam is currently an assistant professor of neurology at Eastern Virginia Medical School and father of two. One of his major legislative accomplishments during his time in the state Senate was championing legislation to ban smoking in restaurants. When he launched his campaign back in December, he indicated his campaign would focus



Northam



Chopra



Herring



Fairfax

**"Terry McAuliffe is not the most highly regarded Democrat, and a lot of Democrats are frustrated by that choice. But he will have some material to paint the Republican ticket as too conservative for Virginia."**

— University of Mary Washington political science professor  
**Stephen Farnsworth**

on the social issues that dominated the controversial 2012 session, which put Virginia in the national news media spotlight as well as the late-night comedy shows.

"Republicans used their majority to launch an all-out assault on women, working families and the LGBT community," he said in an e-mail to party steering committee members to launch his campaign. "As I spoke on the floor of the Virginia Senate to defend a most basic right of women — the right to control their own bodies and personal health — I was struck by how far Virginia's government had strayed from its most fundamental mission of improving the lives of all Virginians."

On the campaign trail, Northam has called for a ban on assault weapons and a requirement for universal background checks on all firearm purchases in Virginia. He has also suggested that elected officials should be required to report of gifts to family members, which would have required the governor's daughter to report the \$15,000 tab for catering and flowers she received from Star Scientific CEO Jonnie Williams — who also contributed money to the attorney general's campaign that went unreported at first. Northam's proposal would also lower the threshold of personal investments that must be disclosed from \$10,000 to \$5,000 as well as create an independent ethics panel with subpoena powers.

"The people of this commonwealth deserve better than Governor McDonnell and Attorney General Cuccinelli's recent improprieties," Northam said in a statement issued in April.

**ANEESH CHOPRA** is an Arlington resident, a graduate of the Kennedy School of Government at Harvard University and the father of two girls. He served as Virginia's Secretary of Technology under Democratic Gov. Tim Kaine until 2009, when President Barack Obama tapped Chopra to be the nation's first chief technology officer. When

he formally launched his campaign back in March, he tried to re-appropriate his reputation as a high-tech innovator in a political context.

"I decided to run for the post as I firmly believe our state government can be smarter, faster, better, and fairer for all Virginians," he said in a written statement.

Earlier this month, Chopra became the first down-ticket candidate to start airing a television commercial. The 33-second spot titled "Escalator" shows Chopra staying in place as he climbs up a down elevator. The image is supposed to act as a metaphor for the economic plight of middle class Virginians, women seeking to rise in their careers, and the rise of college tuition costs.

"The Richmond Republicans want us to give up," he says as he begins to ride backward down the escalator. "But we can't let that happen."

**THE RACE** for lieutenant governor is normally a sleeper because the role is the least visible of all the statewide offices. But this year is different for two reasons. One is the split in the Virginia state Senate, which is evenly divided between 20 Republicans and 20 Democrats. That means that the next lieutenant governor will have a tie-breaking vote determining the balance of power in the Senate. Another reason this year is different is because winner of the Democratic primary for lieutenant governor will go head to head with Jackson. Northam and Chopra wasted no time in issuing statements about the Republican candidate.

"E.W. Jackson is fighting tooth and nail with Ken Cuccinelli to move Virginia backwards by imposing an extreme social agenda onto the Commonwealth," said Northam in a press release.

"Jackson's extreme views are far to the right of Virginia voters. In fact, Jackson is far more extreme than Ken Cuccinelli — which is quite a feat," said Chopra in a press release.

The selection of Jackson as the Republi-

can standard bearer has changed the dynamics of the race, which has suddenly become much higher profile than it would otherwise be. Democrats are eager to campaign against Jackson, using his past statements as a template to portray the Republican ticket as a party against choice for women and civil rights for gays. That means the choice facing Democrats is which of the two candidates on the Democratic side would be the best person to face Jackson.

"I think it helps Chopra," said former state Democratic Party chairman Brian Moran. "Northam would have been a choice for Democrats who were concerned about electability. Now that's less of a concern, so people will be more willing to go with what their hearts and minds are telling them."

**THE RACE** for attorney general is traditionally difficult for Democrats, who must battle the perception that Republicans are the law-and-order party that has candidates who are tough on crime. The last Democrat to hold the office was Mary Sue Terry, who was first elected to the position in 1985 and then reelected in 1989. That means Republicans have held the position since 1990.

"Democrats know this is an uphill climb," said Moran. "That's why it's so important to for primary voters to pick the right person to be on the ticket."

The winner of the Democratic primary for attorney general will face state Sen. Mark Obenshain (R-26), who won his party's nomination during a convention fight against Del. Rob Bell (R-58). Although Obenshain's nomination as the Republican choice for attorney general did not generate as much press as the lieutenant governor candidate, Obenshain's speech to delegates sounded many of the same themes — opposing a woman's right to choose, supporting the Second Amendment and going after Democratic President Barack Obama at every opportunity.

"President Obama, the next time your rogue IRS targets the Virginia Tea Party, you going to have to deal with me," Obenshain said to thunderous applause.

**MARK HERRING** is a Leesburg resident and graduate of the University of Richmond School of Law who runs a private practice. A former member of the Loudoun County Board of Supervisors, Herring was first elected to the state Senate in a 2006 special election. He has a bachelor's degree and master's degrees from the University of Virginia, and he is the father of two. He launched his campaign for attorney general almost a year ago, saying it's time to "get politics out" of the attorney general's office.

SEE DEMOCRATS, PAGE 13

# Forestville Principal to Retire

BY DAVID KROEGER

**F**orestville Elementary Principal Matt Harris will retire on June 28. He has been with Forestville for more than nine years and with Fairfax County Public Schools for 32 years.

Harris took charge of Forestville in 2004 during uncertain times. He was the third principal to lead the school that year. Among concerns voiced by parents at the time was that Standards of Learning (SOL) requirements were hurting the arts at Forestville. Under his direction, the school began an ARTS in Action Committee consisting of staff members and parents to address community concerns. Forestville has received accolades from the arts magazine *Elan* for having the largest GRACE Arts program in the county.

Despite having some of the largest class sizes in the county, Harris has established specialized programs that have helped. "Our largest class size is in first grade. You have 28 to 29 students in these classes. In first grade the reading instructor teaches a language arts



**Principal Matt Harris and daughter Caroline, a Forestville graduate.**

class. This reduces the number to about 22 students. We also have a certified teacher, who has been working as an educational assistant. She is teaching a first grade math class, which reduces it to

much more acceptable size."

Harris's beliefs in teacher collaboration and student inclusion have resulted in a wide range of programs to accommodate children with varying needs. "The

school has changed first and foremost in that it is a more inclusive school. We have learning styles that go from advanced academic programs to children with severe disabilities. I believe that the school should serve anyone in the community that is able to come to the school," said Harris.

When he leaves, Harris says that he will miss the children the most. "The children have enthusiasm, politeness and a willingness to work hard." He added, "You also have such a generous parent community. We average about 15,000 parent volunteer hours each year. The staff has filled me with joy and enthusiasm for every single day coming to work."

He will also be missed by the Forestville community. "It has been a tremendous honor to work with Mr. Harris," said Kim Finch, Forestville PTA president. "We truly have a close knit community here at FES, and we owe that in large part to Mr. Harris."

Harris will be succeeded by Todd Franklin, former Cooper Middle School assistant principal, who will become principal in July.

## WEEK IN GREAT FALLS

### Memory Café Meets June 6

The Great Falls Memory cafe will meet Thursday, June 6, from 2-4 p.m. at Andrew Chapel United Methodist Church in Vienna. The memory cafe is a casual social meeting venue for those with progressive memory or cognitive impairment and their caregivers. It meets the first and third Thursday of every month. Call Carol Blackwell 571-236-6933 for more details.

### Starshine Theater to Hold Audition Workshop

Starshine Theater!™ of Great Falls presents: "How to Audition for a Stage Show," for ages 6 through 18. Instructor: Pat Green Budwig, M.A., creative director, Starshine Theater, Thursday, June 6, from 4 to 6 p.m. at

SEE WEEK, PAGE 5

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To have community events listed in the Connection, send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). The deadline for submissions is the Friday prior to publication.

### THURSDAY/JUNE 6

**Reception, Author Talk & Book Signing with Becky Shambaugh,** 6-9 p.m. at The Tower Club, 8000 Towers Crescent Drive, Suite 1700, Vienna. Enjoy wine & hors d'oeuvres, networking and an informative book talk followed by book signing with Becky Shambaugh as she discusses her new book on integrated leadership. \$89 (includes book, wine, food and more). [www.thewomenscenter.org](http://www.thewomenscenter.org) or 703-

281-2657 ext. 205.

### SATURDAY/JUNE 8

**Historic Vienna, Inc. Used Book Sale.** 9 a.m.-4 p.m., Vienna Community Center, 120 Cherry St. S., Vienna. The sale includes thousands of books in many categories and all proceeds benefit Historic Vienna, Inc. 703-938-5187 or [www.historicviennainc.org](http://www.historicviennainc.org).

## WEEK IN GREAT FALLS

FROM PAGE 4

The Great Falls Library, Meeting Room, 9830 Georgetown Pike, Great Falls (703-790-9050 or [StarshineTheater@aol.com](mailto:StarshineTheater@aol.com)).

This event will give young performers of all levels a "behind-the-scenes" look at the elements required in a variety of audition formats, whether they're performing in Starshine's next play, would like to try out for a road show at the Kennedy Center, are auditioning for a commercial or film, or hope to travel to Broadway some day.

Sample audition sequences will be given (students can try them, or just watch); then, students who wish to present a short sample audition may do so; the presenta-

tion should be less than three minutes long.

❖ Dramatists can present a monologue from a play, read a poem, tell a story, etc.

❖ Singers can present a song a capella, or should bring a CD or iPod to sing to.

❖ Dancers, martial artists, etc. should bring their own musical accompaniment.

❖ Or, you can present any combination of drama, song, dance and/or action if you wish.

All presentations will be critiqued in a useful and stress-less fun manner. Advance reservations are required for this free event. Contact: Pat Green Budwig, 703-790-9050, [StarshineTheater@aol.com](mailto:StarshineTheater@aol.com).

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## Summer Concert on the Green

Sunday, June 9

6pm to 8pm

Great Falls Village Centre Green at the Gazebo

### Mike Terpak Blues Explosion

Based out of Washington, DC, the band explodes with virtuoso guitar work by Bill Kotapish, hard driving rhythm by drummer Brian Alpert and vocals by Mike Terpak.



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### Summer Concerts on the Green

Concerts are held weekly every Sunday during the Summer. Come out with your picnic baskets and chairs for an entertaining evening of live, free music.

[www.CelebrateGreatFalls.org](http://www.CelebrateGreatFalls.org)

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# OPINION

## Respecting Parents' Roles

### Parental notice is key to school discipline reform.

BY CAROLINE G. HEMENWAY  
FAIRFAX ZERO TOLERANCE REFORM

**M**ost Fairfax County parents assume that they will be called before their child is questioned for something that could ruin their academic career, just as they are when their kid is sick or injured. That is not the case.

On June 6, at its 7 p.m. meeting, the school board is taking up several measures that would improve the school system's disciplinary process, among them an amendment that would require school administrators to contact parents before their child is interrogated or told to make or sign statements for behavior that could lead to a suspension or expulsion. There are clear exceptions for cases of immediate danger and schools would remain safe and secure.

Parental primacy — our right to determine the fate of our own children — is on the docket and it is up to us to claim it.

Today, children across the county are pulled into administrator's offices or school police offices and questioned, sometimes for hours, for incidents they're implicated in or witness to. Large authority figures loom over them, they report, and they are told things will go better for them if they cooperate, especially if they spill the beans on schoolmates. They are supposed to know they can leave or refuse to answer, but all their lives, they've been told if they leave the school building without permission they will be punished. All their lives they've been told to trust these school authority figures. Children comply. They say what they feel they must just to get out of that intimidating situation, sometimes providing false confessions, as history shows.

One year ago, after years of community advocacy and two student suicides, the school board addressed appeals to reform our disci-

pline process to be less punitive and more humane and effective. It formed a special community committee of 40 members, about half FCPS staff, and many others with expertise in child behavior and development. The board thus acknowledged that discipline and its effects on our kids and their families was of keen interest to their constituents.

The committee met weekly for five months beginning last October, held five community forums, and sought input from experts, spending hundreds of hours of work. In March, it delivered 52 solid recommendations for change, agreed to unanimously or by large majorities. The final report and recommendation are located here: <http://www.fcps.edu/dss/ips/srr/committee/index.shtml>.

#### COMMENTARY

The code of student behavior (Student Rights and Responsibilities) only requires that "the principal will

make a reasonable effort to notify parents or guardians at the earliest opportunity regarding student disciplinary actions." Too often, this happens only after school officials have gathered enough so-called evidence to "convict" students of incidents as minor as classroom disruption or "defiance." Meantime, there is nobody there to advocate for the child, tell her she has a right to remain silent, or otherwise have her back. Worse, a shamefully disproportionate number of black, Latino, poor, and disabled students are suspended or recommended for expulsion.

A critical committee recommendation asks the board to make it policy that parents be notified before questioning to make sure they are part of the process from the very start. While schools act "in loco parentis," this only applies when parents are not there. By delaying notification, administrators deliberately interfere with parents' rights to raise and protect their own children.

Principals are the main opponents of parent notification. For the last year, many have told their staff and PTAs that schools would become imperiled if parents were notified. They claim parents would make their children lie. That stolen property would never be recovered if

they didn't jump on the kids to confess. That children would collude on false stories.

They claim "justice" would be delayed because we give them bad contact information, but the school nurse typically is able to reach parents using information from the emergency contact form we carefully fill out each fall. A form like this can be used for discipline issues.

They argue parents should just trust principals to have their kids' best interests at heart. Where, in all this, do principals trust parents?

The cases keep rolling into us: Kids who witnessed a fight now being charged with involvement and suspended for as many as 10 days. Kids caught under the influence of marijuana now being recommended for expulsion and out of school for months. Children as young as 10 being charged with sexual assault for saying something about underwear. Children with Down Syndrome being coerced into signing things they don't understand.

After the committee presented its recommendations to the board at a March 20 work session, staff delivered their version. Many items were similar, but key ones were omitted or opposed, like parent notification. Many principals then fanned out to their schools arguing against it. They also lobbied against a recommendation to institute a proven intervention program called Second Chance for first-time drug users like the successful one in Arlington County. (The majority of discipline hearings cases that keep kids out of school for weeks are for first-time pot use.) The board is officially taking up the staff recommendations at the June 6 meeting.

School Board members Sandy Evans (Mason) and Elizabeth Schultz (Springfield) have amendments supporting the committee's parent notification recommendations. If we care about being partners with schools, we must make sure they get our support.

We must contact all our elected school board members (at the [www.FCPS.edu](http://www.FCPS.edu) website) or show up on June 6 to remind them just for whom they works. Us. Parents and guardians. Not principals. Us. The people most important to the lives of our own children.

#### LETTERS TO THE EDITOR

### Reema Samaha Remembered

To the Editor:

I would like to invite your readers to attend our annual Remembrance Cabaret for Reema, held in memory of Reema Samaha, one of the 32 killed at Virginia Tech on April 16, 2007. This is a night to celebrate the arts, as young people gather from all over the United States to perform dance, music and skits. Both young people who knew Reema, and others who did not, welcome the opportunity to get up on Westfield High School's stage to sing Broadway tunes, classical, folk and modern songs, play the piano, drums and guitar, dance

ballet, salsa, Chinese and American contemporary and mock themselves in comedic skits. Readers can watch our video, <http://vimeo.com/65766863>, to get an idea of why our artists and performers participate in the cabaret.

Artists donate beautiful paintings, drawings and photographs, some of which reflect Reema's love of ballet while others capture the beauty of nature. The Silent Auction gives community members the opportunity to give, ranging from gift certificates from local businesses and restaurants to baskets of food and bath soaps. We are delighted by the Redskins football signed by the Redskins donated by Westfield's Evan Royster, a Nationals baseball signed by

Drew Storen, eight Nationals tickets for the Phillies game in the Diamond Club section and a round of golf for four at Evergreen Country Club. Also donated is an 8-person tour of the Airbus A380 at Dulles International Airport, a day with Senator Chap Petersen in Richmond, along with a tour of the capitol, and a session with coach Marvin Powell for coaching and personal development. We will also have jewelry, notecards, kitchen appliances and a Sonicare donated by Bruce Hutchison, DDS.

The event, being held this year on Saturday, June 15 at Westfield High School, 4700 Stonecroft Boulevard, Chantilly, at 7 p.m., is free but donations are welcome. All donations will support Angel Fund

and the Reema J. Samaha Memorial Scholarships given to seniors at Westfield and Herndon High Schools. Angel Fund, [www.angelfundva.org](http://www.angelfundva.org), focuses on the mental health issues that have impacted our community: suicide, depression, anxiety, drug and/or alcohol addiction, through advocacy, education and programs.

Doors will open at 6 p.m. for the Bake Sale and Silent Auction, to the accompaniment of young people who will be the next generation of Cabaret performers.

We hope all will join us!

**Lu Ann Maciulla McNabb**  
President, Board of Directors,  
Angel Fund  
Centreville

## Great Falls CONNECTION

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PHOTO CONTRIBUTED

Del. Barbara Comstock (R-34), third from left, presents a resolution to Tony Blankley's daughter Anna, his wife Linda Davis and her mother.

## Honoring Tony Blankley

At the Great Falls Memorial Day Ceremony last week, Del. Barbara Comstock (R-34) presented the family of Tony Blankley, a Great Falls resident and member of the Friends of the Great Falls Freedom Memorial, who passed away in January 2012, the resolution honoring his legacy as a longtime Great Falls resident and a friend of the Great Falls Freedom Memorial.

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PHOTOS BY TERESA CASTRACANE/COURTESY OF 1ST STAGE

Steven Carpenter as Charles and Liz Mamana as Ruth in the 1st Stage production of Noel Coward's "Blithe Spirit."

# Sheer Madness of an Evening

1st Stage presents "Blithe Spirit" by Noel Coward.

By DAVID SIEGEL  
THE CONNECTION

Light-hearted fare has arrived at Tysons 1st Stage in the guise of Noel Coward's 1941 hit, "Blithe Spirit." It is a lovely dessert-like confection of escapist froth and meringue. But its age—it was written during the "keep calm and carry on" times of the London Blitz of World War II—is beginning to show even under the assured direction of Lee Mikeska Gardner.

With its patter of the British upper classes this little amusing tale of cartoonish death, returning feisty spirits and a mortal's passions, gives audiences its share of smiles. Gardner earns plenty of plaudits for not turning the production into an over-done, loud, showy, pretentious mess at the expense of the urbane dialogue and character wit.

Even in her casting of a role ripe with ever so obvious, over-the-top possibilities, Madame Arcati a medium in touch with those in the afterlife. And Gardner made quite a charming casting and directorial decision—she cast a man for this usually older woman character.

So what is the show about? It is about the soon to be no longer orderly world of a writer (Steven Carpenter as Charles, bringing energy and delightful exasperation to his role) and his second wife Ruth (the icy, if not brittle, straight-laced, Liz Mamana). They decide to hold a séance even though they both believe such things are faked, with a local eccentric Madame Arcati (Evan Crump totally immersed in a cross-dressing role without unnecessary flamboyance).

The play's best moments come as the writer's



Evan Crump as Madame Arcati in the 1st Stage production of Noel Coward's "Blithe Spirit."

## Where and When

1st Stage presents "Blithe Spirit" at 1524 Spring Hill Road, Tysons Corner. Performances through June 16, 2013. Showtimes are Fridays 8 p.m., Saturdays at 2 and 8 p.m., and Sundays 2 and 7 p.m. Tickets are \$15-\$25. Visit [www.1stStageTysons.org](http://www.1stStageTysons.org) or call 703-854-1856.

now quite dead first wife (a passionate, curvy, Dani Stoller who appears to have channeled Bernadette Peters in appearance, cadence and physicality) appears. When she arrives, the show moves into a good-hearted tizzy. The overall pop and fizzle picks up as a particular musical piece, "I'll Be Loving You Always" takes a central role.

Mikeska keeps the audience's attention moving about as she has her troupe scamper about the stage, not staying in one location too long in what is essentially a one living room set production.

The technical design nicely underpins the production. Derek V. Knoderer's sound design greets the audience with period Big Band music. Steven Royal's set gives hints of the off-kilter world the audience will come to know. His costume designs for the female roles well represent their characters.

"Blithe Spirit" is a comfortably spent evening with a widening circle of unexpectedly lively spirits.

## ENTERTAINMENT

Send announcements to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit [www.connectionnewspapers.com](http://www.connectionnewspapers.com)

**WEDNESDAY/JUNE 5-SATURDAY/JULY 13**  
**Water, Water, Everywhere.** 10 a.m.-4 p.m., at 513 Maple Ave. W., Vienna. An exhibition featuring interpretations of the theme of water at the Vienna Arts Society Gallery. 703-319-3232 or [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

**WEDNESDAY/JUNE 5**  
**Photography Lecture.** 7:30-9:30 p.m., at Thoreau Middle School, 2505 Cedar Lane, Vienna. Doug Spencer of the US Geological Service discusses images from the Landsat satellites. [jelfri@bellatlantic.net](http://jelfri@bellatlantic.net) or <http://Eros.usgs.gov>.  
**Widespread Panic.** 7:30 p.m., at Filene Center, 1551 Trap Road, Vienna. Widespread Panic brings the touring model of the Grateful Dead and Phish to promote their 2012 release, Wood, a live album chronicling their first fully unplugged tour. \$35-\$48. 1-877-965-3872 or [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**FRIDAY/JUNE 7**  
**Rock of Ages.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Rock of Ages has been nominated for five Tony Awards and is one of the longest running shows currently on Broadway. \$25-\$45. 1-877-965-3872 or [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).  
**Vienna Idol.** 6:30 p.m., at the Vienna Town Green, 144 Maple Ave. E., Vienna. Based off of the American Idol series, Vienna Idol encourages residents to showcase their musical talents in a local competition. <http://www.viennava.gov/index.aspx?NID=879>.  
**Pop Art and Beyond: Tom Wesselmann.** 7 p.m., at The Alden McLean Community Center, 1234 Ingleside Ave., McLean. View a slide lecture on American painter Tom Wesselmann (1931-2004), who is widely regarded as one of the leading figures in the vanguard of American Pop Art. <http://www.mcleancenter.org/>.

**SATURDAY/JUNE 8**  
**Rock of Ages.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Rock of Ages has been nominated for five Tony Awards and is one of the longest running shows currently on Broadway. \$25-\$45. 1-877-965-3872 or [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).  
**3rd Annual SHARE FOODRAISER.** 4-5:30 p.m., Charles Wesley United Methodist Church, 6817 Dean Drive, McLean. A Talent Show designed to bring in food for SHARE – your local food pantry, and showcase local talent during the summer months when donations tend to be low. [www.shareofmclean.org](http://www.shareofmclean.org).

**SUNDAY/JUNE 9**  
**Randy Barrett and the Barrettones.** 6:30 p.m., at Vienna Town Green, 144 Maple Ave. E., Vienna. Randy Barrett and the Barrettones perform original folk, bluegrass and country, led by Randy Barrett, award-winning singer and songwriter.  
**Second Sunday Reception.** 2-4 p.m., at Vienna Art Center, 120 Pleasant St., NW, Vienna. Meet artist and view dozens of original artworks in all media by artists from around the region. 703-319-3971 or [www.ViennaArtsSociety.org](http://www.ViennaArtsSociety.org).

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"Braided River," watercolor, by Helen Dilley Barsalou, is among the works in the "Water, Water, Everywhere" exhibit, at the Vienna Arts Society Gallery, open Tuesdays through Saturdays, 10 a.m.-4 p.m., through July 13.

**MONDAY/JUNE 10**  
**Lunch n' Life with Bob Levey.** Noon, at Emmanuel Lutheran Church, 2589 Chain Bridge Road, Vienna. The Shepherd's Center of Oakton-Vienna is proud to present Bob Levey, the prize-winning journalist of Washington Post fame to discuss "My Life in the Washington Media" at their Lunch n' Life program. \$10. 703-281-0538 or [www.scov.org](http://www.scov.org).

**TUESDAY/JUNE 11**  
**Macbeth.** 4:30 p.m., at Providence Presbyterian Church, 9109 Little River Turnpike, Fairfax. McLean-based Riverbend Opera's semi-staged concert production of Macbeth will feature a cast of over 40 singers. \$15-\$25. [www.riverbendopera.com](http://www.riverbendopera.com) or <http://www.brownpapertickets.com/>.  
**WEDNESDAY/JUNE 12**  
**Indigo Girls and Joan Baez.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Since the late '80s, Indigo Girls has released multiple platinum records, including Rites of Passage and Shaming of the Sun. Kicking off the evening is Joan Baez, winner of a Grammy Lifetime Achievement Award. \$28-\$42. 1-877-965-3872 or [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).

**THURSDAY/JUNE 13**  
**The Go-Go's and Special Guest: The Psychedelic Furs.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. One of the first commercially successful all-female bands, The Go-

Go's became known for hits like "We Got The Beat," "Vacation" and "Our Lips are Sealed." The Psychedelic Furs, an English post-punk/new wave band perform as special guest. \$25-\$42. 1-877-965-3872 or [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).  
**Code 20: Proceed to Improv.** 7-9 p.m., at the Old Firehouse Teen Center, 1440 Chain Bridge Road, McLean. Studio Rep, the only professional teen repertory company in the McLean area, hosts an ongoing event where high school students and adults can watch comedy, join in improv games, perform at an open mic and enjoy entertainment from some of Washington's best improv groups. 703-744-9353 or <http://bit.ly/14Tgz52>.  
**Batik Demonstration.** 7:30 p.m., at Vienna Art Center, 115 Pleasant St., N.W., Vienna. Artist Carol Higgs uses melted wax resist and brilliant colors to paint semi-abstract images on fabric and paper. 703-319-3971 or [www.ViennaArtsociety.org](http://www.ViennaArtsociety.org).

**FRIDAY/JUNE 14**  
**Celtic Woman.** 8 p.m., at Filene Center, 1551 Trap Road, Vienna. Celtic Woman, comprised of Chloë Agnew, Lisa Lambe, Susan McFadden and Máiréad Nesbitt, returns with their take on modern and traditional songs. \$25-\$55. 1-877-965-3872 or [http://www.wolftrap.org/Filene\\_Center.aspx](http://www.wolftrap.org/Filene_Center.aspx).  
**Four Star Combo.** 6:30 p.m., on Vienna Town Green, 144 Maple Ave. E., Vienna. Four Star Combo plays 1950's rock, with Honky Tonk. 703-255-6360 or [www.viennava.gov/index.aspx?NID=879](http://www.viennava.gov/index.aspx?NID=879).

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A Presentation by Roger Mudd  
Tuesday, June 11, 7:30 p.m.  
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**"Code 20: Proceed to Improv"**  
An Evening of Improv, Comedy and Music  
Thursday, June 13  
7-9 p.m., at the Old Firehouse

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## NEWS



PHOTO CONTRIBUTED

Front row (from left): Peter White, Kai Whipple, Joseph Mejia, Jesse Herr, Adrien Cushing, John Greenhalgh, Ethan Privman, Alex Robles; back row—Rohan Chaturvedula, coach Craig Scott, James Keenan, Wiley Simonds, Jack Van Volkenburg, Shane McPartland.

## Great Falls Everton Wins The Dynamo Capital Cup

On Memorial Day weekend, the Great Falls Soccer Club (GFSC) Everton (U12 Boys) competed in the Dynamo Capital Cup in Richmond, and brought home the championship trophy. What made this championship even sweeter was winning the U12 11 versus 11 bracket. This was the first time the Everton has competed in a 11v11 tournament (usually reserved for U13 and above).

Everton went undefeated with three wins and no losses and outscored their opponents by a combined 15 goals for and zero goals against. In game one, they played SASA Revolution (from Stafford, Va.), winning 7-0. Next up was the tournament host, Dynamo Navy. Despite a valiant effort, Dynamo was unable to stop Everton's offensive attack and lost 7-0. With this impressive win, Everton found themselves in the championship game against SYA Cardinals (of the VCCL), who were

also undefeated and had beat their previous two opponents by a combined scored of 14-1.

The championship game was exactly what everyone expected: a low-scoring, back-and-forth possession game. Both teams took numerous shots on goal, only to be thwarted by the goalies and the goal posts. In the final minutes of the first half, Everton was fortunate enough to receive and score a penalty kick. Heading into the half with a slim 1-0 lead, while not ideal, was all that was needed to finally win the game. The second half went scoreless, and the exhausted Everton, coached by Craig Scott, walked off the pitch as champions.

For interested players, Everton will be holding U13 tryouts for the 2013-2014 season on the following dates: June 5, 11, 13. Contact the team manager, Luis Robles, at [lu.robles@verizon.net](mailto:lu.robles@verizon.net) if you are interested in trying out for the Everton team.

## MILITARY NOTES

To have community events listed in the Connection, send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

Navy Seaman Recruit **Alex J. Phillips** of Great Falls has completed U.S. Navy basic training at Recruit Training Command, Great Lakes, Ill. During the eight-week program, Phillips completed a variety of training which included classroom study and practical instruction on naval customs, first aid, firefighting, water safety and survival, and shipboard and aircraft safety. An emphasis was also placed on physical fitness. The 2010 graduate of Dominion High School is the son of Kathy Phillips of Charles

Town, W. Va. and Steve Phillips of Great Falls.

**Army National Guard Spec. Sri V. Iyer** has graduated from basic infantry training at Fort Benning at Columbus, Ga. He is the son of Viji Iyer of Lewinsville Road, McLean. Iyer is a 2005 graduate of Langley High School and a 2009 graduate of Boston University in Mass.

**Army National Guard Spec. Sri V. Iyer** has graduated from basic infantry training at Fort Benning at Columbus, Ga. He is the son of Viji Iyer of Lewinsville Road, McLean. Iyer is a 2005 graduate of Langley High School and a 2009 graduate of Boston University in Mass.

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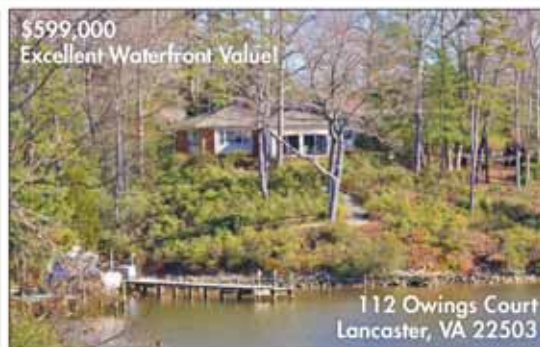


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**Princess Aliyah hosts radio program "Leopards on the Prowl" on Wolf Spirit Radio every other Tuesday from 5-6:30 p.m. at the Great Falls Village Starbucks. The show focuses on local issues of concern around the world including education, freedom, environmental protection and special efforts to save critically endangered species.**

## Great Falls Village Starbucks Hosts Live Radio Show

**P**rincess Aliyah hosts "Leopards on the Prowl" on Wolf Spirit Radio every other Tuesday from 5-6:30 p.m. at the Great Falls Village Starbucks. The show focuses on local and national issues of concern around the world including education, freedom, environmental protection and special efforts to save critically endangered species.

The next live show will be Tuesday, June 18.

The May 21 program focused on the topic "Drones Among US," exploring the benefits and risks of opening commercial air space to drones.

Come to the Great Falls Village

Starbucks during the program and post questions on a white board, or just listen to the show and enjoy some coffee. Questions for Aliyah can be sent to [leopardsontheprowl@gmail.com](mailto:leopardsontheprowl@gmail.com). Go to <http://www.protectsnowleopards.org/> or the Great Falls Village Starbucks for more info.

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### FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to [greatfalls@connectionnewspapers.com](mailto:greatfalls@connectionnewspapers.com). Deadline is Friday.

**St. Francis Episcopal Church**, 9220 Georgetown Pike in Great Falls, offers three Sunday services and a host of musical, educational, outreach, and fellowship ministries to enrich spiritual growth. 7:45 a.m. worship service without music; 9 a.m. worship service, children's chapel and children's choirs; 10 a.m. Sunday school and adult forum; and 11 a.m. worship service with adult choir. 703-759-2082.

**Redeemer Lutheran Church**, 1545 Chain Bridge Road, McLean, offers a 9 a.m. traditional service and a 10:30 a.m. contemporary service on Sundays. Also offers two services during the summer, both of which will include children's sermons. 703-356-3346.

**The Jewish Social Services Agency (JSSA)** offers a wide variety of support groups for those with emotional, social, and physical challenges. [www.jssa.org/growth-learning](http://www.jssa.org/growth-learning).



# SPORTS

**Eddie Gonzalez, playing for the Langley Alumni team, bats against the Langley varsity Sunday, June 2. Gonzalez hit a two-run home run in the alumni team's 11-2 win.**

PHOTOS BY  
ALEX McVEIGH/  
THE CONNECTION



## Langley Alumni Face Off Against Varsity

**Second annual Langley Alumni Baseball Game held at Nike Field.**

BY ALEX McVEIGH  
THE CONNECTION

**T**he Langley High School varsity baseball team squared off against its past self Sunday, June 2 at Nike Field, as the current team took on a team made up of alumni for the second straight year.

Last year's game ended in a 10-9 victory for the alumni, meaning this year's varsity team was out for revenge. At least the ones who were still on the varsity team.

"We didn't like losing last year, so I know the varsity will be fired up," said David Paul, who graduated from Langley last year and played for the alumni this year. "It's sort of fun to play against Langley varsity for once."

This year's game started out close, with the alumni scoring the first two runs, only to see the varsity tie it up in the bottom of the second, with Bryan Even and Nick Casso scoring runs.

The alumni scored another run in the top of the third, then blew the game wide open in the fourth, with Eddie Gonzalez hitting a two-run home run.

After being taunted with "Bet you'd really like to hit a home run!" by the Langley varsity, Colin Cantwell, who graduated last year, responded by doing just that, hitting a three-run home run to put the alumni up 8-2. The alumni tacked on another three runs in the fifth, and the varsity's bats never woke up. They lost in seven innings.

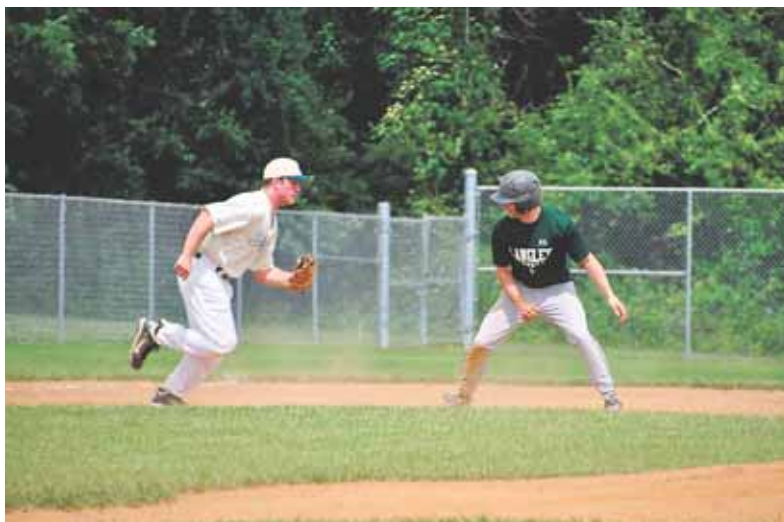
Though the game was cut short by rain, the oldest alumni on the field took to the plate for the final at bat. Vic Price, one of the teams' current coaches and 1969 Langley graduate, was the final batter of the game, before the incoming rain caused the game to be called off.

The teams did gather for a brief post-game ritual, where the senior members of the Langley varsity team "crossed over" to the alumni side. Six of the 12 members of the varsity team that played Sunday were seniors.

"We call it 'passing the green hat' as these seniors now officially join the alumni side for the future," Price said. "There are six left on the varsity side that will be coming back next year, and hopefully they're joined by eight, 10, 12 of their fellow players and come back next year ready to avenge today's loss."

Next year's game will take place the first weekend of June.

**From left, Langley Varsity third baseman Cody Jones catches graduate Daniel Bergamesca on the base path and tags him out Sunday, June 2.**



**Chaz Ayoub, a recent Langley graduate, bats against the varsity team Sunday, June 2 in the second annual Langley Alumni Baseball game.**



**Vic Price, Langley High School Class of 1969 and former Major League Baseball player, bats in the annual Langley Alumni Baseball Game Sunday, June 2.**



# Democrats Head to Polls June 11

FROM PAGE 3

"Over the last three years, we've watched Attorney General Cuccinelli pursue an ideological crusade that is out of step with the mainstream," Herring said in his campaign announcement. "Time after time, the attorney general has abused the powers of his office and twisted the law to advance his personal political agenda, which has been costly to taxpayers and costly to the credibility of the office."

Herring said he was inspired to run when Cuccinelli issued a legal opinion early in his term that said the boards of visitors at the state's universities and colleges could not include sexual orientation as a part of their nondiscrimination policies. Herring said it was part of a pattern that Cuccinelli developed during his time in office, from going after a climate change scientist at the University of Virginia to suing the federal Environmental Protection Agency and taking on the federal Affordable Care Act in court. Last month, Herring sent a letter to the public integrity section of the Department of Justice seeking an inquiry into financial dealings between Virginia supplement maker Star Scientific, McDonnell and Cuccinelli.

"The gifts and the cozy relationship between these individuals and this company have raised serious concerns in Virginians' minds, especially because Star Scientific has business before the state," said Herring in a written statement. "Governor McDonnell and Attorney General Cuccinelli have crossed a line."

**JUSTIN FAIRFAX** is a resident of Annandale, a gradu-

ate of Columbia Law School and the father of two. He served as an assistant U.S. attorney before deciding to run for elected office. Back in 2000, he worked on Vice President Al Gore's presidential campaign. Then, in 2004, he was assistant to vice presidential candidate John Edwards during John Kerry's presidential campaign. Although this is Fairfax's first campaign for elected office, he said his experience as a law clerk and prosecutor makes him suited for office.

"It's not something I would have to learn to do on the job," said Fairfax during a candidates' forum in March. "I know how to win in that court. I know how to be successful in the court. We need an attorney general who has those tools, has that experience and has those skills."

When Fairfax formally announced his candidacy in September, Herring was already a candidate and House Minority Leader Ward Armstrong was considering a bid for the office himself. Armstrong decided against a campaign, leaving the race between Herring and Fairfax. Since that time Fairfax has won a number of straw polls, gaining momentum in a race that has now become more competitive than many had anticipated.

"It is a shame that Ken Cuccinelli has repeatedly misused the powers of the office for partisan gains, and failed to make the protection of Virginia's families and businesses his number one priority," said Fairfax when he launched his campaign last year. "That must, and will, change. As the only federal prosecutor in the race, I have the skills, experience, and energy to bring about that change."

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**All listings are due by Monday at 3 P.M.**



# Ignorance is Bliss

By KENNETH B. LOURIE



So I tell myself, repeatedly. I mean, what else can I do? I know so little about science and medicine – and cancer, that unless I ignore the few facts I semi understand, the emotions I do understand will likely overwhelm me – and not with joy, either. And since I'm trying to maintain a little *joie de vivre* rather than the fear of death, I've had to/decided to distance myself from myself (my diagnosis/prognosis, that is) and limit my Internet searches to few and far between – as originally recommended by my primary care physician back in February 2009 (when the biopsy confirmed the malignancy) as a sort of potential damage-type self control.

Unfortunately – for me, with regards to this cancer business, I'm really out of my element. I took 10th-grade Biology and freshman-year Astronomy. That's all. No chemistry. No physics. No zoology. No premed. Nothing remotely scientific or medicinal. I'm a Humanities person, Bachelor of Arts, not Bachelor of Science. What I do know about is sports and chocolate – and I suppose what it takes to write a weekly column for 15 years, but anything more substantial than that, I'm not your man. (I may be a good teammate in Trivial Pursuit though, especially if I'm matched with an educated individual who's the complete opposite of me, and one not as well-versed in the entertainment/popular culture/lifestyle categories as I generally am.)

Other than the obvious, I knew right from the first Team Lourie meeting with my oncologist that this cancer diagnosis was going to be trouble. After the initial meet and greet, followed by a brief physical exam, the doctor discussed with us the various medical reports preceding this appointment: X-Rays, CT Scan, PET Scan and biopsy; then summarized it all in a diagnosis: "Non-Small Cell Lung Cancer, stage IV; 13-months to two-year prognosis." I knew a malignancy was a bad indicator, but I didn't think it was going to be terminal-type bad.

However, what confused me most about what my oncologist said was how the cancer was named: "Non-Small Cell Lung Cancer."

It wasn't called what it was, it was called what it wasn't: "Non-Small..." The disease is already negative enough; does it have to have a negative prefix attached to it as well? Why not simply "Large Cell..."? I'm sure there's a good answer, but one likely beyond my comprehension to understand. And that's how this journey (hardly would I call it an adventure) began, and I presume how it will likely end as well. But I can live with my decision. I'm just trying to make the best of a bad situation and sometimes, the less I know, the better off I am (all things considered).

*Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.*

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A photograph of a smiling senior couple in a garden. The man, on the left, has grey hair and is wearing a light blue short-sleeved button-down shirt and khaki pants. The woman, on the right, has short grey hair and is wearing a bright pink long-sleeved top and blue pants. They are both leaning over a large bush of white and pink flowers. The background shows a green lawn and some trees.

# Senior Living

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# Senior Living

## Creating Livable Community For All Ages

County and local organizations seek to find and meet seniors' needs.

BY ALEX McVEIGH  
THE CONNECTION

People over 55 make up approximately 30 percent of Fairfax County's population, making them the largest population group. Many of that group have chosen, or plan, to spend their later years in Fairfax County, but as they age in place, there are certain services and resources needed.

According to Fairfax County the population of those over 50 is expected to grow by 32 percent by 2020, so the county is laying out plans to accommodate those people now.

Supervisor John Foust (D-Dranesville) has been exploring the concept of "a livable community for all ages" by finding ways for people to age in place if they desire.

"The concept represents our goal to allow residents to remain independent for as long as possible regardless of disability or age, living in homes of their choosing," he said. "A livable community...will provide appropriate, accessible and affordable services."

**A TASK FORCE** was created after an October 2011 forum hosted by Foust to find out what the priorities and needs for people are as they age in place.

In McLean, this led to the opening of the McLean Senior Source, a help desk staffed



The Great Falls Senior Center hosts an event at Dranesville United Methodist Church.

by volunteers designed to help seniors wade through massive amounts of information that can be found online.

"I think the Senior Source is a great idea, if only to have a real human being, not a recording or web page, help you separate

good, accurate information from scams," said Amy Davis of McLean, whose mother says she wants to remain in her home for as long as possible. "Having someone to talk to on the phone, or even at the McLean Community Center, is a huge step in making my family and I comfortable with making these huge life decisions."

In the summer or fall, an exchange will be created to allow direct interaction to a network of businesses and services designed for seniors.

Aging in place is a priority for many seniors in the area. Harold Irvin of Herndon said one of his top priorities is to be able to stay in his home for as long as possible while he ages, which means making sure his residence has the necessities needed for older people.

"My biggest concern with aging in place is making sure I'm living in a place where that's possible. That means the main parts of my house, kitchen, bedroom, bathroom, need to be accessible without the use of stairs and other obstacles," he said. "I've also



Judy Seiff discusses options and needs for the McLean Senior Task Force during a meeting at the McLean Community Center.

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Senior Living

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SEE FOR ALL AGES, PAGE 4



# ‘Age in Place’ to Satisfy Evolving Needs

BY JOSH BAKER  
FOUNDER, BOWA BUILDERS

homeowners to remain living in their home during construction with minimal disturbance.

**Y**our family may be approaching a transitional time in home ownership. Perhaps the kids have already moved out, or your “nest” is nearly empty as your last child contemplates going off to college. Or maybe you’re craving a living space that is more comfortable and convenient as it becomes more difficult to move around. There are many reasons couples choose to “age in place,” or modify their home to meet changing needs rather than purchase a new property.



Baker

## DETAILS THAT MATTER

When making renovation plans, especially for a person using a wheelchair or walker, ensure there is enough space. Wider doorways and hallways, as well as large curbless showers with grab bars and hand-held shower heads are common features even for families without a disabled member. Other popular requests with noted value include appliances with lever doors, varied countertop

heights, and minimal steps through passageways. Creating a five-foot turning radius can greatly improve maneuverability for someone with limitations, but also feels a bit more spacious for the active family.

It’s a reality that many people will endure some kind of temporary mobility challenge in their life, perhaps from surgery rehabilitation or an accident, so it makes sense to design your home in a practical, universal way to accommodate such unpredictable circumstances. If needed, first-floor laundry facilities and outdoor ramps also add convenience to the new space. With all of these changes, it is important to maintain the current look and feel of your home as much as possible, so consider choosing materials and colors that match the style of the rest of your home.

## OVERCOMING BARRIERS

In instances when a small lot or zoning restrictions hamper the ability to add on square footage for a master suite or other area, there are alternative options to help a family stay in their home. There may be seldom-used space on the first floor that can be reconfigured into a cozy master



PHOTO COURTESY OF BOWA BUILDERS

**The addition of a main-level master suite with easy access to outdoor living space paves the way for aging in place and family entertaining.**

## WHERE THE HEART IS

Many people have spent years making memories in their home and have grown to be deeply connected to their neighbors and the property’s ideal location. So instead of uprooting and leaving their home’s rich history for a new property, couples are seizing the opportunity to transform their beloved home into a space that fits their specific short- and long-term needs. Sometimes this decision involves revamping existing space or incorporating a user-friendly residential elevator into the home. In many cases couples opt to add ground-level space in a way that complements the home.

## A ‘SUITE’ ADDITION

The most common “aging in place” transition involves adding a more accessible second master suite to the first floor. This convenient change allows a couple to go about their day-to-day lifestyle without navigating stairs, yet still have ample space upstairs for visiting children and guests. This type of remodeling project is ideal because it is often unobtrusive, allowing

suite with the expert eye of a design-build team.

Regardless of emotional attachment to the family home, homeowners being involved in the remodeling process allows them to create a space that best mirrors their individual needs to age gracefully and with less stress. Transforming a home to accommodate the later years in life creates a place that is easier to manage without giving up the opportunity to reminisce, or surrendering the cherished role of hosting distant family and friends.



**Grab bars in shower and easy access help set the stage for seamless aging in place.**

# Creating Livable Community For All Ages

FROM PAGE 3

been reading up about things like wider doorways, wooden floors and hardware in kitchens and bathrooms that will make basic functions possible, even as it gets harder to move around.”

The Town of Herndon approved the Vinehaven development in March, which will consist of 17 single family detached homes. Beth Clifford, president of the Beltway Investment Group, who is the developer, said the homes have features for those in their 50s who are interested in aging in place, including a first floor master bedroom.

Another priority for seniors is staying active, both mentally and physically. The

Reston Community Center hosted their annual Celebrate Your Bonus Years event last week, featuring speakers, health screenings and other information.

“As far as communities go, I think Reston is very aware of their seniors and their needs, which is why they host events like this,” said Margaret Tarplin of Reston. “Because as you age, even the basic things, like cooking a meal or driving to a doctor’s appointment, can’t be taken for granted, and I hope ways to connect seniors to those types of services remains a priority for our community.”

She said as it became harder for her to do things like run or play tennis and racquetball, her usual exercises, she has still been able to stay active walking on Reston’s

paths and swimming at the community center pool.

“Seniors can still be active, we just have to be more careful about it,” Tarplin said.

**KEEPING SENIORS ACTIVE** and involved is the main reason the Great Falls Senior Center was created after a 2011 survey by the Great Falls Citizens Association revealed the desire from the community for more senior-focused activities.

In 2011, the county spent \$70 million on activities for senior citizens, but none in Great Falls. After Foust told the GFCA “if you don’t ask, you don’t get,” the Senior Center was formed, using a rotating setting such as churches and parks for their monthly events.

“I participated in events at the Herndon Senior Center, which I found were very valuable in keeping me active and social, which I believe are keys to warding off mental decline,” said Luis Bernheim, who just moved to Great Falls to stay with her daughter, son-in-law and two grandchildren. “I remember visiting elderly relatives in homes when I was younger, and they seemed to spend a lot of time alone by the TV, and that can’t be good for an aging mind.”

Bernheim said she hopes to start attending Great Falls Senior Center events.

Bob Lundegard, one of the founders of the group, said the Senior Center is laying the groundwork this year to make the center sustainable, which includes getting a 501(c)3 status and electing officers.



## Senior Living

# Crafting a Wheel-chair Friendly Master Bath

Accessibility designer inspired by personal experiences.

BY JOHN BYRD

“We are seeing more seniors choosing to stay in their homes than ever before,” says aging-in-place specialist Russ Glickman.

“This is partly a function of the fact aging-in-place solutions are improving, but we’re also learning — as a society — that good universal design well-integrated into the home can work for the entire family.”

Glickman points to ramps and walkways perfectly integrated into porches and veranda; wheelchair friendly dining counters that double as serving stations and clean-up stations when needed; wider doorways and grab bars that prove convenient for everyone.

Of course, there can also be challenging technical considerations. In an assignment completed just last month, the remodeler collaborated with an occupational therapist in designing a master bathroom for a Lorton-based senior who had recently transitioned to a wheelchair.

“Here we have an individual who has lived in the same house for 25 years,” Glickman said. “His son occupies the same residence, so there was really no thought of moving into a nursing facility. My goal was to execute a plan that enables a capable mature male — who happens to be in a wheelchair — to live a fully independent life in his own home.”

Glickman, who has operated Glickman Design/Build for 30

years, understands such household challenges first-hand. When his son, Michael, was diagnosed with cerebral palsy almost two decades ago, Glickman set about acquiring several certifications in universal design specialties; after 15 years of enabling seniors and people with disabilities, his projects are frequent award-winners in an increasingly high-profile accessible living category.

A critical component to the just-completed Lorton assignment was designing a wheel-chair friendly master bath that allows the homeowner to perform all his bathing and toiletry routines without assistance.

The result is what is known in the industry as a “wet room”—a completely waterproofed space that includes a curbless level-access shower, conveniently located grab-bars, and counter space designed for easy wheel chair maneuverability.

The key to a curbless shower design is floor grading and tile layout, Glickman says. The floor is framed to support a very gentle slope that keeps water flowing towards the drain.

A weight-tested, pull-down metal arm assists the owner in moving back and forth between the wheelchair and the toilet.

The wet-room’s finishwork features skid-proof ceramic tile, an ADA-compliant doorway, a sink with a wheel-chair friendly L-shaped counter surface and plenty of barrier-free room to move about.



PHOTO BY WAYNE JACKSON

**Russ Glickman recently completed a “wet room” for a senior who is now mostly in a wheelchair. The solution includes a curbless shower, wheelchair accessible counter surfaces and a pull down arm that facilitates access to the toilet.**

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## Senior Living

# Active and Prepared

### More

Sun Design Remodeling frequently sponsors workshops on Aging-In-Place solutions. Call 703-425-5588 or visit [www.SunDesignInc.com](http://www.SunDesignInc.com).

### Aging-in-place solutions aid senior's decision to stay put.

BY JOHN BYRD

“My mother spent the last two years of her life in a nursing home,” said northern Virginia native Connie Sorrentino, who recently turned 70. “You never know what’s ahead. I spent a couple of years looking at retirement homes, then decided that the immediate problem was adapting my current house so it’s easier to use.”

Sorrentino, who lives alone, practices yoga and observes a strict vegetarian and fish diet, said she has “no stiffness” and is quite active in local church and civic groups.

“Still, since I’ve decided to stay put, I’m making changes that will make it easier for me to sustain myself happily for years to come,” she said.

Along these lines, the retired economist has been working with Mindy Mitchell, certified aging-in-place specialist at Burke-based Sun Design Remodeling, planning out the future of a home in Arlington she’s occupied for more than 30 years. Recently, the



PHOTOS BY BETH WALTERS

Connie Sorrentino, 70, (center) reviews plans to introduce aging-in-place innovations into her kitchen and several bathrooms with Sun Design Remodeling’s Mindy Mitchell (left) and designer Kim Kruskamp.

SEE ACTIVE, PAGE 9

## Rogers’ Retirement Dream

### More

Staff at Foster Remodeling Solutions periodically offer workshops on home remodeling topics. Call 703-550-1371 or visit [www.FosterRemodeling.com](http://www.FosterRemodeling.com).

### Aging-in-place remodel required a generator, much to relief of their neighbors.

BY JOHN BYRD

Ted Rogers, 73, recently completed a senior-friendly makeover to his home, with the help of a master builder to meet his often challenging technical requirements.

Rogers, a former Navy pilot, had lived in 18 houses all over the world before settling in a circa 1960s ranch in Vienna with his wife and children in the early 1980s. The traditional brick rambler had previously been owned by a local farmer whose family had worked a nearby spread for generations.

The house was conventional, but solidly constructed. Still, as Rogers and his wife, Wanda, settled into their 70s they recognized several aspects of the home that wouldn’t be ideal in retirement.

“We were looking for long term comfort and security,” said Rogers. “That meant the

usual wish-list — upgraded kitchen, larger master bedroom suite.”

Then, too, the master shower would be a “roll-in” design, suitable for a wheelchair if needed.

Doors and hallways would be wider, in compliance with the Americans with Disabilities Act specifications. There would be convenient grab bars near the tub.

“But I also insisted on a way to keep our systems operating in the event of a power failure,” said Rogers. “We’re a bit off the main road and have been through long outages. You want to avoid this kind of thing as you get older.”

Complicating matters were several technical questions. For instance: what was the appropriate size and performance capability of a home generator adequate for powering the substantially enlarged home the Rogers now envisioned?

“The more I looked into it, the more I re-



Wanda and Ted Rogers in front of their remodeled home.

alized that there are a lot of issues with home generators that have to be worked out between the contractor and the gas

company,” Rogers recalled.

“I was aware of plans like mine that hadn’t worked well for the homeowner. I wanted





Counter high drawers instead of overhead cabinets; cabinets pulls and sharper more focused lighted are among the simple but effective aging-in-place solutions that have made it easier for Sorrentino to use her kitchen.

# Active and Prepared

FROM PAGE 8

design-build firm remodeled several rooms in Sorrentino's four-bedroom ranch; she was pleased with the outcome, and gratified to learn that the firm's expertise includes re-designing homes to meet aging-in-place requirements.

"We're seeing many more seniors exploring ideas that will help them continue to live independently in their own homes," said Mitchell. "Sometimes we're called in when mobility issues have become inescapable. But it's always easier when you plan ahead."

Mitchell said that an aging-in-place design is far more economical and practical when it's rolled into an already planned remodeling project — which is the course Sorrentino is following in the current makeover of her kitchen, several bathrooms and other parts of the circa-1950s rambler.

"I'm remodeling several high-use spaces; it's a plan that makes it easier for me to do everything I need with minimal challenge," said Sorrentino.

Mitchell said that the changes can seem discrete to outsiders, but they "make all the difference in reducing the ergonomic exertions of daily life."

In place of overhead kitchen shelves, for instance, Mitchell is recommending counter-high pull-out drawers for regularly-used items, reducing the need for out-of-reach overhead cabinetry. Small hard to grasp knobs will be replaced with cabinet pulls. Sharper, more concentrated lighting in key locations provides the visual support needed to move about confidently.

In two bathrooms, plans call for precisely located vertical and horizontal grab bars. The shower will have a lower curve for easier access. Traditional and hand-held shower faucets simplify bathing. The faucets themselves feature adjustable levers rather than knobs. The floor will be surfaced in non-slip tile.

"Working out the details is fascinating," Sorrentino said. "The best part, though, is interior design that perfectly integrates all these new features. I don't want the house to look 'senior-friendly'—just pretty."

# Rogers' Retirement Dream

FROM PAGE 8

enough power to keep the house running for days at a time, but the technology is still evolving and relatively few contractors have mastered it."

It was at this juncture that Rogers met David Foster, president of Foster Remodeling Solutions in Lorton, a veteran builder with a track record in home generator solutions.

"David came highly recommended, but it was meeting him that proved decisive," said Rogers. "His love of building impressed me. As we started walking through the house together, I could see that he understood my vision."

**THE STARTING POINT:** a 2,553 square-foot, three-bedroom ranch on two acres, and a conversation regarding the best options for accommodating a master bedroom suite, a spacious gourmet kitchen, a two-car garage with a second floor studio and a home generator adequate for powering everything for days a time without need for refueling.

"The call for a generator in a retirement dream home struck a chord with me" said Foster. "We have a sizable seniors clientele, so I've been steadily servicing the growing demand for this type of application — absorbing the learning curve just as the problems with the power grid have become apparent to everyone."

In Rogers' case, Foster specified a state-of-the-art unit, one powerful enough to run all of his client's

electrical needs for about a week without changing gas or oil.

And the timing couldn't have been more perfect. Shortly after the project's completion in spring 2012, the now-infamous derecho in early July blacked-out large sections of Fairfax County for five memorably hot and humid days.

"We were actually out of town when the power failed," said Rogers. "But when I walked through my front door two days into the outage, my generator was on, the house was cool, and all the electrical systems were working just fine."

The rest of the neighborhood was another story.

"My neighbor's basement flooded when his sump pump stopped," said Rogers. "People were dealing with spoiled food, no lights, no phone — and no air conditioning during some of the hottest temperatures in years."

Ever the good neighbor, Rogers organized a relief effort at once, supplying power support where needed, even clearing refrigerator space so nearby friends could preserve their frozen foods.

"We'd invite neighbors to sit in the air conditioning, and watch the news or check their emails. We were like a local community center," he said.

The larger satisfaction to Rogers, though, is that his computer, internet and security systems continued to perform as usual. "It's a relief to know that you're connected to the outside world — especially in an area-wide emergency. Five days is a long time to be cut off."

# Finding Joy, Fulfillment in Golden Years

## Mental health experts share factors that contribute to contentment.

BY MARILYN CAMPBELL  
THE CONNECTION

**O**n most evenings, 96-year-old Dorothy "Dot" Brown can be found playing Scrabble or a game of bridge. A retired nurse who relocated to Virginia from Pennsylvania 11 years ago, Brown makes it a point to walk at least one mile each day and takes two Zumba or low-impact aerobics classes each week. She attends services regularly at St. Matthews United Methodist Church in Annandale, volunteers her time for projects like cooking and serving meals for others, and says her wide circle of friends and close-knit family are her greatest sources of strength.

"I moved here to be closer to my daughters in Annandale, who are 68 and 71," said Brown, who also has five grandchildren and nine great-grandchildren. "My family is so important to me. We have so much fun together and now we all live within a half-hour of each other. There isn't a week that goes by that we don't get together."

While Brown partly attributes her well-preserved mental and physical fitness to genetics, she says her lifestyle and attitude also play a role. "You have to keep busy and active and you have to persevere," she said. "There are days when I don't feel like getting out, but I have to push myself. I am glad to be 96 years old and still able to walk without any help."

In fact, experts say many of Brown's daily activities are common among seniors who report contentment with their lives. "Everybody is unique, but overall happiness comes if people continue to do things that they have done over their lifetime that have brought them joy and strength," said Ioana Boie, Ph.D., an assistant professor of counseling at Marymount University. "Find out what brings you joy and happiness and takes you out of your routine."

**STRONG FAMILIAL RELATIONSHIPS** such as Brown's are another factor in one's overall sense of well-being. "Reconnecting with family members can bring happiness," said Boie. "That's also sometimes tricky because it can

bring up unresolved issues in the family. Long-lasting tension in the family can lead to sadness in the sense of premature loss. Try and work out unresolved tensions and issues with family members."

When frequent and meaningful contact with family members is not possible, Boie says that even family memorabilia can offer inspiration. "Create an album of memories and insights to share with future generations," she said.

Intimacy is also important. "If a person has lost their spouse and sex was part of their life, that is a big part of who they are and will impact happiness," said Boie. "Just because a person is older doesn't mean that they don't need to experience intimacy, although they might not experience it in the way a person who is 25 would. We should alleviate some of the tension around talking about this issue."

In addition to human social connections, relationships with furry friends can also gratify. "Pets can bring a lot of joy," said Boie. "It is a very rewarding relationship. I know people that are connected to a parrot or cat or dog."

**FINDING A DEEPER MEANING** in life and having a sense of purpose can also affect one's outlook. "Seniors are dealing with multiple issues like their own spirituality and what that might be," said Frederic Bemak, Ed.D, a professor of counseling and development at George Mason University in Fairfax. "One might ask: 'Who am I at this moment?' Have I done things that are in-line with my own value system and beliefs?"

Discovering new outlets for self-expression can lead to a sense of accomplishment and satisfaction as well. "What someone does with their own creativity can be rich and fulfilling," said Bemak who lives in Fairfax Station. "Through physical activity and creative arts, seniors extend a sense of their creative selves that they might not have had time to do in their younger years."

Meanwhile, Brown is making plans for a weeklong summer vacation with her family. "There will be 22 of us in one house at the beach," she said. "I know we're going to have a great time."



# Volunteering Gives Seniors a Sense of Fulfillment

Shepherd Center network provides opportunities for seniors to help seniors.

BY DONNA MANZ  
THE CONNECTION

**K**athy Tugendhat chairs the Adventures in Learning organizing committee at Shepherd's Center of Oakton-Vienna (SCOV). She teaches conversational ESL at Patrick Henry Library, one-on-one. On Wednesdays in the summer months, Tugendhat tells stories and leads songs for youngsters on the grounds of the Little Library. She sings with the Vienna Choral Society because she loves it. "It keeps me young," said Tugendhat.

She's also 80 years old. "I like people," said Tugendhat, who taught at a bilingual school in Venezuela for 35 years before returning to the U.S. and Vienna in 1998, joining the Vienna Choral Society that same year. She came to Vienna because her son and her grandchildren live here. She's been active ever since.

"I can't imagine not being busy,"

Tugendhat said, manning the Vienna Choral Society booth at ViVa! Vienna! on Memorial Day.

On the airwaves and in print, you hear that 60 is the new 40.

The problem with that analogy is that most 40-year-olds do not have the breadth of experiences the 60-year-old does. Nor does the 60-year-old have the breadth of

**ORGANIZATIONS SUCH AS THE SHEPHERD'S CENTER** build on a lifetime of experiences and skills.

"[Retired] people have more time to give, and they have experience caring for aging parents or relatives," said Barry Wickersham of Fairfax City. Wickersham, who

**"Volunteering gives you a sense of accomplishment, a sense of contributing."**

— Barry Wickersham, Fairfax City

experiences an 80-year-old has. It isn't that you get smarter as you get older. It's that you have had a longer history of experiences.

Many seniors are aware of the wealth of knowledge they bring to the table. They share their experiences — work and life — with family and with others, younger and older, as well. They are friends in-need, and help when help is necessary.

did intelligence work for the Department of Defense and the CIA for 38 years, serves as vice-chair of the Shepherd's Center of Fairfax-Burke (SCBF). He's been doing volunteer work for SCBF for more than 6 years now.

"Volunteering gives you a sense of accomplishment, a sense of contributing," Wickersham said. "And you get to experience gratitude from those you are serving. Vol-

unteering is an efficient use of your time."

Wickersham said he has two primary motivations for his work with SCBF, one altruistic, the other more selfish. The first, Wickersham said, is to provide services and assistance to seniors. The second motivation is more personal. "Some day, I may need these services for myself."

Some SCOV volunteers, such as Casey Tarr of McLean, say they have volunteered throughout their lives in some manner. Tarr uses her background in nursing in her role of SCOV's volunteer health advocate. She gives talks to seniors in the community, mostly to church groups, and women's and civic clubs. She provides practical tips and tools on how to get better health care and how to reduce the chances of medical errors in their health care. She schedules health and wellness classes for the Shepherd's Center Adventures in Learning curriculum. What she tries to do, she said, is to improve a person's quality of life.

"I try to give back to the community," said Tarr. "I feel really good and worthy doing this. I don't need an award; I do it for the response."

The Shepherd's Center empowers seniors to give back to the community as volunteers and use their knowledge and skills, Tarr said.

If there is a common thread among the seniors who do volunteer work, it is the sense of fulfillment and reward they get from their contributions to the well-being of other seniors.

"Volunteer service provides us with a sense of value to the community," said Jean Bastien of Oakton, who retired as a Department of the Navy systems analyst.

Bastien translates her skills to tasks at SCOV. For 13 years, Bastien has been a Jack-of-all-trades in the SCOV office, maintaining comput-

erized mailing lists, creating fliers and posters. "That's what I like best about SCOV," Bastien said. "They match your volunteer opportunities to your talents."

Bastien said she volunteers because it makes her feel good to help others, and it's also a social outlet.

"Age is just a number," said Bastien. "No matter how old you are, you can always help the community."

**THE FAITH-BASED** Shepherd's Center nationwide network of more than 50 senior resource centers offers learning experiences taught by seniors for seniors, social luncheons anchored by a prominent speaker, caregiver retreats, and most significantly, the opportunity for seniors to lend a hand to seniors not as mobile or independent, from handyman services to a drive to doctors' appointments. Its motto is its mission: living a life that matters.

SCOV says its primary purpose is to "provide services to assist older adults to continue to live independently in their own homes and to offer programs which supply opportunities for enrichment, learning and socialization."

SCOV vice-chair Bill Kirby, a former career diplomat with the Foreign Service, feels Shepherd's Center fulfills its commitment. "That's what the Shepherd's Center is all about, utilizing the experiences and skills of senior citizens for the good of the community."

Go to [www.SCOV.org](http://www.SCOV.org) or call 703-281-0538 to learn more about volunteer opportunities and resources and programs at SCOV. You can also email them at [office@scov.org](mailto:office@scov.org).

To learn more about the services and activities of the Shepherd's Center of Fairfax-Burke, go to [www.scfbva.org/](http://www.scfbva.org/) or call 703-323-4788.



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