

Reston CONNECTION

Baron Cameron Park is the proposed location for a new indoor recreation facility. Many residents question that choice.

Two Races, Four Candidates

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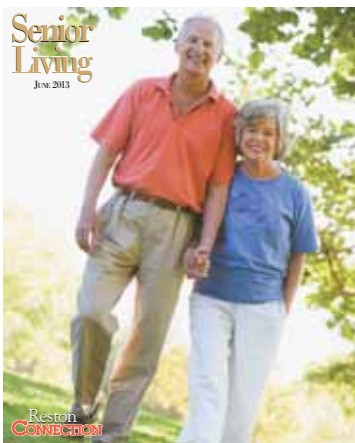
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Two Races, Four Candidates

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

BY MICHAEL LEE POPE
GAZETTE PACKET

Northern 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 5

Indoor Facility Study Unveiled

Proposed new facility would have pool, fitness features.

BY ALEX McVEIGH
THE CONNECTION

The Reston Community Center Board of Governors Long-Range Planning Committee heard the results of the latest study on a possible indoor recreation facility Monday, June 3. The facility, which has been put forward as possibly being located at Baron Cameron Park, has been under review by the center for a few years, as a result of an increased need for indoor aquatic, fitness and other needs.

Baron Cameron Park, located at Wiehle Avenue and Baron Cameron Avenue, has been the primary location for the proposed facility. The Fairfax County Park Authority, in a separate process from the Reston Community Center, is currently undergoing the master planning process, which could include the new facility.

Craig Levin, senior project manager with Brailsford and Dunlavey, gave a summary of their findings. According to their feedback received from community input, market analysis and existing conditions, there are needs for aquatics, fitness equipment, a gymnasium, fitness and wellness space.

"The key findings from the study helped us develop a program, and from the program we developed a project cost and from that we developed a financial model," he said. "From there we went to what does the bottom line look like for a facility based on potential revenues, which is tied to operating and personnel expenses."

HE PRESENTED TWO OPTIONS for a potential facility. Option A would be a 52,000-square-foot facility with a 25-yard competition pool with diving well, weight and fitness space, two group fitness rooms, a single multi-activity court and a multipurpose room. The projected cost is \$20.3 million.

Option B would be a 84,900-square-foot facility with a 50-yard competition pool with diving well, weight and fitness space, two group fitness rooms, two multi-activity courts and two multipurpose rooms. The projected cost is \$33.5 million.

Levin said they developed three different models for user fee income: low, which is commensurate with current Reston rates; moderate, which is between current Reston rates and average public regional rates; and market, which is the average rate for public regional facilities.

Based on those models, he estimated a cost recovery percentage of 53 to 59 percent over the first 10 years of Option A with the low fee assumption and 65 to 71 percent for the first 10 years of the market fee assumption.

For Option B, he estimated a higher cost recovery percentage, with 60 percent to 65 percent for 10 years with low fee assumption and 73 to 80 percent for the market fee assumption.

"Option B is a little bit better scenario, in that you have expanded opportunities to generate revenue," he said. "With a 50-meter pool and expanded gym-



From left, Cathy Vivona, Roger Lowen and Gerald Zavala, members of the Reston Community Center Board of Governors, listen to a presentation about a proposed new indoor recreation facility Monday, June 3.

nasium and fitness space, you have more associated revenue coming with that."

Aquatics programs have long been one of the most popular and under-served recreation opportunities in Reston. According to the RCC, there have been more than 3,500 people enrolled in aquatics classes each year since 2010, with more than 2,000 people on the waiting list per year for the past three years.

In addition, RCC staff calculated 38,570 single visits in 2010, 42,154 in 2011 and 42,720 in 2012.

Three swim teams, the Reston Masters Swim Team, South Lakes High School Swim Team and Reston Swim Team Association, rent lanes at the aquatics center at the community center, generating approximately 15,000 visits per year. The RCC also says they cannot support the entire rosters of any of those three organizations for practices and cannot meet any needs for swim meets.

Members of the public attended the meeting, and many said they had reservations about such a facility. Lucy Manheim said she doesn't think Baron Cameron Park is a good place for the proposed facility.

"I am concerned that we're not hearing about any other place to put the facility," she said. "I've walked all over Baron Cameron and other sites that could be proposed, and Baron Cameron is the worst possible place to put it."

MANY RESIDENTS at the meeting were concerned with the effect on Baron Cameron Park, particularly the loss of rectangular fields.

"I hope that the community center, and the park authority when they look at the master plan, take into account the impact the project will have on rectangular field space, that they take into account the impact on field allocation," said Rob Anguizola, a parent of soccer players.

The RCC Board of Governors will discuss the report in a work session Monday, June 10, and will host their annual public hearing for a programs budget Monday, June 17.

"It's important to note that none of the decisions the board makes in June will commit RCC to anything other than planning for the possibility of a Reston referendum on a capital project, and to continue discussions with Fairfax County Park Authority Staff," said Beverly Cosham, chair of the community center's Board of Governors. "There will be many more opportunities to learn about recreation possibilities for Reston's future."

More information, including the report, can be found at www.restoncommunitycenter.com.

PHOTO BY ALEX McVEIGH/THE CONNECTION



PHOTO CONTRIBUTED

Delaney Kirr, Victoria Taylor, Hannah Douglas, Anna Neilsen.

Bake Sale for Oklahoma

Several sixth graders in Reston wanted to do something to help families affected by the tornadoes in Oklahoma, and thought a bake sale would be a good way to do it. They printed fliers and distributed them around the neighborhood, then spent two days making treats and offering them on sale last weekend. The outpouring of support from the neighborhood was significant, enough for the girls to raise \$781. The money will all be donated to the United Way of Central Oklahoma.

One of the girls, Hannah Douglas, said: "I'm really happy we earned all this money for the people who needed help in Oklahoma. It was actually a lot of fun doing this with my friends, and all our friends and neighbors were very generous."

WEEK IN RESTON

Hit and Run Crash on W&OD Trail

A 65-year-old Vienna man was riding his bicycle on the W&OD Trail when he was struck by a motorist who was driving her car on the trail.

The victim suffered serious injuries after being struck by a 2005 Toyota that was being operated at a reportedly high rate of speed on the trail at around 8:30 p.m. on Saturday, June 1.

The car came up from behind the cyclist and, reportedly, without slowing, struck the bicycle in the rear. The victim was thrown from the bike and landed on the shoulder of the trail.

The vehicle continued on the trail and into the Town of Vienna where it was observed by a Vienna police officer as it headed toward Tysons Corner. The officer had heard the lookout for the reckless driver and pulled it over in the 300 block of Maple Avenue.

The driver, a 28-year-old McLean woman, was transported to the Vienna Police Station and charged with driving while intoxicated. She was subsequently taken to the Adult Detention Center where Fairfax County Police charged her with felony hit and run.

During the incident, Vienna Po-

lice received numerous calls from concerned residents who were almost struck and had to jump out of the motorist's way to avoid collision. It is believed the vehicle entered the trail in the Reston area; traveling approximately a 5-mile distance.

Lacrosse Team Scores for Charity

With the 2013 season now complete, the girls lacrosse program at South Lakes High School also finished their season-long charity fundraiser for St. Jude's Hospital.

Both the Varsity and JV teams raised \$3,522.45 through a "dollars for goals" format where the players signed up friends, teachers, siblings, parents and community businesses to pledge a monetary donation for each of the team's scored goals over the course of the regular season. Pledges for the teams ranged everywhere from 10 cents to five dollars a goal. The charity fundraiser was a joint effort between the coaching staff and the players and was organized by the Varsity team manager, Katherine Miller, who also designed and sold T-shirts for the charity event.

The \$3,522.45 was donated to St. Jude Children's Research Hospital on May 15.

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

graduate 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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OPINION

Respecting Parents' Roles

Parental notice is key to school discipline reform.

BY CAROLINE G. HEMENWAY
FAIRFAX ZERO TOLERANCE REFORM

Most 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 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, 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

Reston CONNECTION

www.ConnectionNewspapers.com

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OPINION

COMMENTARY

Picking Candidates

BY KENNETH R. "KEN" PLUM
STATE DELEGATE (D-36)

In case you have forgotten, next Tuesday, June 11 is Democratic Party statewide primary Election Day. It is a day when Democrats go to the polls to select their candidates for lieutenant governor, attorney general, and if you live next door in Herndon, a Democratic candidate for the House of Delegates. The very faithful Democrats will be going to the polls in a vote that is likely to have turnout in the single digits. Since Virginia does not have registration by political party, some few Republicans may show up to vote in the primary for the candidate they perceive as being the easiest to defeat in November, although there are a few Republican primaries for the House of Delegates. While primary elections are considered to be the most democratic way to select candidates, these elections suffer from little public notice or awareness, low voter turnout and the use of scarce resources that will not be available for the general election.

Despite the fact that State Senator Ralph Northam and former Secretary of Technology Aneesh Chopra have been campaigning nonstop for months for the lieutenant governor nomination, their name recognition is minimal. The same is true for State Senator Mark Herring and former federal prosecutor Justin Fairfax who are campaigning for the attorney general nomination. All are excellent middle-of-the-road candidates who would serve the commonwealth well. Although Northam and Herring are my favorites, I could happily campaign in the fall with any of them.

Despite its shortcomings in low voter participation, the primary method of selecting candidates is superior in many ways to the convention method the Republican Party of Virginia chose to pick its statewide nominees. On the Democratic side Terry McAuliffe is the nominee and was unchallenged for the position. On the Republican side, Attorney General Ken Cuccinelli is the unchallenged Republican nominee by virtue of the fact that Lieutenant Governor Bill Bolling dropped out of the race for the nomination when the convention method was chosen for selecting the nominee. He recognized that the most conservative party members controlled the party and would control the convention. Seeing sure defeat ahead, he chose not to run. The wisdom of his decision was clear when the convention picked the most conservative of the seven candidates for the lieutenant governor nomination, Bishop E.W. Jackson, and for attorney general, State Senator Mark Obenshain, who had just one challenger. Once again a convention with low participation—even less than a primary—picked candidates to enter the general election.

Certainly I think the primary method is the better of the two ways to select candidates. Unfortunately in the House of Delegates races again this year there will be many uncontested elections. While candidates at every level will be working hard to get voter attention, it is important that voters work hard to get to know the candidates. Take my word for it; the choices could not be more stark for the fall election. Virginia is at an important crossroads; voters must be alert to steer us in a progressive direction.

INDEPENDENT PROGRESSIVE

A Bizarro World Slate

BY JOHN LOVAAS
RESTON IMPACT PRODUCER/HOST

Imagine a state where the incumbents of the top posts—governor, lieutenant governor and attorney general—are all from one party. Imagine it is an election year. Imagine that party convening to select their candidates. One might expect a confident, party atmosphere celebrating a relatively popular incumbent governor and great unity in the coming battle to continue to hold power.

That is not what happened at the recent Republican convention in Richmond. Instead, a relatively small number of the party's most rabid, right-wing adherents gathered to pick possibly the least representative slate of the modern era. The incumbent governor, Bob McDonnell, pointedly skipped the convention altogether. This slick, very conservative guy still polls well despite being immersed in a major scandal (taking big bucks from Star Scientific, like an employee in the governor's mansion). The Lt. governor also dissed the rabid ones, and makes it clear he does not support the candidate for governor, Ken Cuccinelli, someone "too extreme" for even his conservative tastes. And, the Washington Times, the Republicans' metropolitan newspaper mouthpiece, referred to the candidates which emerged as "a colossal, destructive and depressing joke."

The wing nuts selected by those gathered are:

❖ For governor: Ken Cuccinelli, who spent his time as attorney general harassing respected climate scientists; suing those who would provide health care to the non-wealthy; supporting vaginal probes for pregnant women; and, taking money from Star Scientific and forgetting to report it. All that provides great fodder for late night comedians. They would love to see him as governor!

❖ For Lt. governor: "Bishop" E.W. Jackson, a self-

appointed bishop who rants about Planned Parenthood killing far more blacks than the KKK. He is African American but is sharply critical of blacks, as well as gays and immigrants.

❖ For attorney general: State Senator Mark Obenshain. He once proposed legislation calling for jail time for women who do not report a miscarriage within 24 hours.

These three extraterrestrials have until November to disguise themselves as earthlings and fool the voters. The betting at the moment is that in Virginia, Cuccinelli actually has a longshot chance of fooling half the voters plus one, but the other two haven't got the proverbial snowball's chance of doing so.

Terry McAuliffe is unopposed to be the Democratic candidate for governor. His main claims to fame are as fundraiser extraordinaire for Bill Clinton and as a would-be industrial innovator and generator of green jobs. But, he has yet to define any vision for governing beyond proclaiming that he is not Ken Cuccinelli. That is an important qualification but not sufficient grounds for election, even in Virginia.

Democrats will hold their primary election Tuesday, June 11 and expect 10 to 15 times as many participants as the Republican convention. The candidates for Lt. governor are: State Senator Ralph Northam with a moderate-progressive record as a legislator, and Aneesh Chopra, former technology chief for Gov. Tim Kaine and for President Obama. For attorney general, Democrats will pick either moderate State Senator Mark Herring of Loudoun or Justin Fairfax, an assistant federal prosecutor in Alexandria. All four are solid candidates with credible public experience, unlike their far right wing Republican opponents. If you think I'm exaggerating about the Republican trio, check with Governor McDonnell, Lt. Governor Bolling and/or the Washington Times.

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The Herndon High School Step Team Saturday, May 25, after winning the 2013 Youth Step USA National Championship.



PHOTOS CONTRIBUTED

Step Team Crowned National Champs

Herndon High School Step Team wins second national championship in three years.

By ALEX McVEIGH
THE CONNECTION

The Herndon High School Step Team stood onstage holding hands, waiting anxiously for the results in the 2013 Youth Step USA National Championships Saturday, May 25. As the names of the top five finishers started coming in, coach Gary Bushrod started hearing every name but theirs.

“As they counted down the top five teams, they kept reading the names of the teams we knew we were fighting for the number one spot,” he said. “I knew we had either won or done very poorly.”

The former turned out to be true, as the Herndon High team won its second national championship with a score of 394 out of a possible 400. Kelly Winningham, the team’s sponsor and a counselor at Herndon High School remembers the moment when Herndon was announced as champion.

“I was so nervous for them, just watching their faces,” she said. “And when the announcement was made, I just started crying. I felt so happy for them, because I had seen how hard they worked all year for this.”

It was the second championship in three years for the team, who won in 2011 and came in second in 2012, losing by a single point.

“Last year’s second place finish definitely gave us extra motivation,” said junior Sumayya Sulaiman, the team’s captain. “We knew how successful we can be, and we came into this year with a lot of new members, so we were ready to work hard.”

ONLY NINE of the 24-member team returned this year, and Bushrod said he was expecting more of a rebuilding year.

“Collectively, we all wanted another national championship, and I thought it was certainly a possibility, but didn’t count on it,” he said. “But over the summer, the captains got in touch with the rising ninth graders, reaching out, hosting practices at home, and it started to show.”

Though the team brought back less than 10 returning dancers, the veterans immediately took a leadership role.

“From day one the returning members of the team showed up fully committed and adapted quickly to the new people,” Winningham said.



Members of the Herndon High Step Team perform at the 2013 Youth Step USA National Championships Saturday, May 25 in Hershey, Pa. The team won the national championship, its second in three years.

“They made time to get together after practice, holding their own practices, and it really paid off with the way they perform together, they blend so well. Nationals was a culmination of that.”

Each season starts out at the start of the school year, with practices and performances at Herndon’s basketball games, as well as the school’s Homecoming pep rally and parade.

“We’re together all year, and I think we form a bond that you don’t even get with seasonal sports like soccer and football,” said senior Juli Diaz-Perez, one of the team’s co-captains. “We sit together at lunch, we get together after school, we’re very close.”

In February, they host Herndon’s annual StompFest, which gives them a chance to show off their moves and new routine, but as the hosts, they don’t compete.

After StompFest, the group participates in weekly competitions, both locally at other schools and up and down the East Coast.

Sulaiman said her favorite moment of the season was during their first competitive performance at George Washington University.

“Before that performance, we were building the team and watching other teams compete, and now we were up on stage doing what we do best,” she said. “That was the moment we were all waiting for, and we did pretty well, which made me very happy.”

AS THE SEASON PROGRESSED, Bushrod said he could see the team gaining momentum.

“We won some local competitions and really got our confidence going,” he said. “As we started practicing our routine for Nationals, it became a really good show, and the dancers were really intense out there. I could tell then that we would be gunning for a win.”

This year was the 15th year Herndon High has hosted StompFest, and next year will mark the Step Team’s 20th year at the school.

ENTERTAINMENT

Send announcements to reston@connectionnewspapers.com. The deadline is the Friday prior to the following week’s paper. Photos/artwork encouraged. For additional listings, visit <http://www.connectionnewspapers.com/news/2013/apr/11/fairfax-county-calendar/>.

WEDNESDAY/JUNE 5

Great Guitars at the Ice House Cafe. 7:30-9:30 p.m., at Ice House Cafe, 760 Elden St., Herndon. The Herndon Foundation for the Cultural Arts and the Society of Art Rock present legendary virtuoso guitarist Jimmy Robinson from New Orleans, joined with touring partner from Antwerp, Belgium, Floatstone, as they begin their 2013 summer concert. \$10. www.artspaceherndon.com/events-2/.

FRIDAY/JUNE 7

Noel Coward’s “Blithe Spirit.” 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. In the midst of covert research for a forthcoming novel, writer Charles Condomine and his second wife, Ruth, host a séance with local medium Madame Arcati. The Condomines think it all bogus—until Elvira, Charles’ first wife, drops in from the afterlife. \$25; \$15 for students. 703-854-1856 or www.1ststage tysons.org.

Love Seed Mama Jump. 6:30-10:30 p.m., at 777 Lynn St., Herndon. The six-piece rock band from Dewey Beach, Del., plays guitar-driven pop rock in a blend of modern beats and melodic hooks. <http://www.herndonrocks.com/>.

Appetite for Art: Contemporary Dialogues with Julia Bloom. 5-7 p.m., Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. In-depth discussion of the work and influences of Julia Bloom. 703-471-9242 or www.restonarts.org.

Marvel vs. DC: The Art of the Superhero Opening Party. 6-9 p.m., ArtInsights Animation & Film Art Gallery, 11921 Freedom Drive, Reston. Costumes welcome – prizes for best superhero character portrayals; DJ’d music and refreshments provided. 703-478-0778 or artinsights@gmail.com.

High School Jazz Dessert Concert. 7:30 p.m., Reston Community Center, 2310 Colts Neck Road, Reston. Featuring the South Lakes High School Jazz Hawks and Langston Hughes Middle School Jazz Ensemble. Students: \$8. www.SouthLakesBand.org.

SATURDAY/JUNE 8

Holly Yashi Trunk Show. 11 a.m.-5 p.m., at Appalachian Spring, 11877 Market St, Reston. View quality, hand-crafted jewelry with the signature style of colorful and lightweight niobium metal. 703-478-2218 or appalachianspring.com.

Noel Coward’s “Blithe Spirit.” 2 p.m., 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. Writer Charles Condomine and his second wife, Ruth, host a séance with local medium Madame Arcati. The Condomines think it all bogus—until Elvira, Charles’ first wife, drops in



“Bella Mae” by Louann Wright, one of Catherine Hillis’ watercolor students, whose work will be featured in a class exhibition in the Sapphire Gallery at ArtSpace Herndon. The opening reception is Saturday, June 15, 3-5 p.m. The exhibit is concurrent with Jill Poyerd and Catherine Hillis’ exhibition of oils and watercolors, “It’s a Matter of Color,” up June 4-July 7.



William Alburger’s “Lynn and Henry Spalted Vertical,” 2010, spalted swamp maple, “52 x 25 x 3.” Alburger’s work is in a Summer Solo Exhibition at Greater Reston Arts Center open through Aug. 10.

from the afterlife. \$25; \$15 for students. 703-854-1856 or www.1ststage tysons.org.

Art in the Windows Dedication Celebration and Reception. 7-9 p.m., ArtSpace Herndon, 750 Center St., Herndon. The community is invited to enjoy the newly installed outdoor public art and join in the fun at the dedication celebration of Art in the Windows. 703-956-6590 or www.artspaceherndon.org.

Hard Day’s Night. 7:30-10 p.m., at Reston Pavilion, 1818 Discovery St., Reston. Hear the Beatles tribute band; alcohol permitted at restaurants only. <http://www.restontowncenter.com>.

Ladies Night for Fashion, Makeovers, Champagne & Dancing at Paolo’s. 7:30-10:30 p.m., at Paolo’s, 11898 Market St., Reston. Enjoy a fun, relaxing night of unlimited champagne, mini hair and

makeup makeovers, goody bags and more. \$10. 703-318-8920 or paolosristorante.com.

SUNDAY/JUNE 9

Noel Coward’s “Blithe Spirit.” 2 p.m., 7 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. In the midst of covert research for a forthcoming novel, writer Charles Condomine and his second wife, Ruth, host a séance with local medium Madame Arcati. \$25; \$15 for students. 703-854-1856 or www.1ststage tysons.org.

Love Your Body: Northern Virginia Yoga and Wellness Day. 10 a.m.-3 p.m., at Pavilion and Market Streets, Reston. Yoga studios and wellness centers of Northern Virginia will be offering classes, services and information on ways to care for your

William Hazel, Virginia secretary of Health and Human Services. \$45 members; \$55 non-members.

THURSDAY/JUNE 27

Leadership Fairfax Office. 4-6:30 p.m., Among the topics that will be covered for each stage are: helping and protecting family, budgeting and saving with a purpose and choosing a

body. belovedyoga.com.
First Anniversary Celebration at Athleta. at 11923 Market St., Reston. Fun, fashion, refreshments and giveaways. 703-668-0256.

THURSDAY/JUNE 13

The United States Air Forces Singing Sergeants. 7:30-8:30 p.m., at **Frying Pan Farm Park**, 2709 West Ox Road, Herndon. The Singing Sergeants, the official chorus of the United States Air Force, is one of a select few singing groups internationally recognized for its commitment to excellence in vocal performance. www.usafband.af.mil.
Appetite for Art: Contemporary Dialogues with Curator Holly McCullough. 7-8:30 p.m., Greater Reston Arts Center, 12001 Market St., Suite 103, Reston. In-depth discussion of the work and influences of Julia Bloom & William Alburger. 703-471-9242 or www.restonarts.org.

FRIDAY/JUNE 14

Taste of Reston. 3-11 p.m., at Reston Town Center, 11900 Market St., Reston. Food, wine, beer, live music, carnival, cooking demos, family fun zone—all at the “Best Food Festival,” as voted by Virginia Living. www.restontaste.com.

Artspace Herndon’s Senior Tea. 1-2 p.m., Artspace Herndon, 750 Center St., Herndon. Seniors enjoy tea and view the “It’s a Matter of Color” watercolor exhibit. <http://www.artspaceherndon.com/>.

Noel Coward’s “Blithe Spirit.” 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. Writer Charles Condomine and his second wife, Ruth, host a séance with local medium Madame Arcati. \$25; \$15 for students. 703-854-1856 or www.1ststage tysons.org.

The Fuzz and Sam Grow Band. 6:30-10:30 p.m., 777 Lynn St., Herndon. The Fuzz is a high energy, modern rock/pop cover band from Arlington. <http://www.herndonrocks.com/>.

SATURDAY/JUNE 15

Taste of Reston. Noon-11 p.m., at Reston Town Center, 11900 Market St., Reston. Food, wine, beer, live music, carnival, cooking demos, family fun zone—all at the “Best Food Festival,” as voted by Virginia Living. www.restontaste.com.

Noel Coward’s “Blithe Spirit.” 2 p.m., 8 p.m., at 1st Stage, 1524 Spring Hill Road, Tysons Corner. Writer Charles Condomine and his second wife, Ruth, host a séance with local medium Madame Arcati. \$25; \$15 for students. 703-854-1856 or www.1ststage tysons.org.

It’s a Matter of Color Artists Reception. 3-5 p.m., at ArtSpace Herndon, 750 Center St., Herndon. A watercolor exhibition open from June 4 through July 7 and featuring Catherine Hillis’ and Jill Poyerd’s work as well as paintings by adult students in Hillis’ watercolor classes will be up in the Sapphire Gallery; Poyerd will talk about artists’ use of color to influence mood and feeling in their work. www.artspaceherndon.com.

financial advisor. <https://www.leadershipfairfax.org/>.

MONDAY/JULY 22

Art Submission Deadline. Reston Bike Club and ArtSpace Herndon invite artist to enter all 2 dimensional media are acceptable including painting, drawing and photography. \$15.

NOTICE OF HEARING

The Reston Association Board of Directors is considering adding residential real estate located at 11101 Chessington Place, Reston, Va., to the existing Reston Association property. A hearing to receive member input has been scheduled for ...

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Reston Hospital Center Scholarship recipients are pictured with John Deardorff, president and CEO of Reston Hospital (far right) and Dr. Gary Fialk, chairman of the Department of Surgery (far left): (First row) Brittany Wilkins, Jona Qori, Jenna Frawley, Tommy Reyes, Hanna Mitchell and Jocelyn Albarracin; and (second row) Priscilla Fiores, Madeline Farmer, Jon Hochstein, Jenny Chau, Melissa Guidry, Debbie Ledezma, and Margaret Sabo.



Reston Hospital Center Awards County Students Scholarships

Reston Hospital Center awarded scholarships to 11 Fairfax County High School seniors in recognition of their academic excellence and excitement for pursuing a career in healthcare.

John Deardorff, president and CEO of Reston Hospital Center, said at the award ceremony that he was delighted to support the students, all of whom are looking to further their interest and education in the healthcare field.

Each year the medical staff at Reston Hospital Center offers \$15,000 in scholarships to local high schools. This year, McLean, Chantilly and Westfield were added to the list of high schools that receive

the scholarship. For the past 15 years, Reston Hospital Center has awarded more than \$200,000 in academic scholarships to students in Northern Virginia.

The recipients of the Reston Hospital Center medical staff scholarships are: Montserrat Alvarez, Herndon High School; Jenny Chau, Westfield High School; Madeline Farmer, Oakton High School; Priscilla Fiores, South Lakes High School; Syed Hossain, Herndon High School; In Ah Jung, Langley High School; Debbie Ledezma, McLean High School; Hanna L. Mitchell, James Madison High School; Jona Qorri, Chantilly High School; Tommy Reyes, South Lakes High School; and Margaret Sabo, Chantilly High School.

Chadia King of South Lakes Named Apple Scholar

This year's 35 "Apple Scholars" were selected from over 400 applications that were reviewed by a committee of 30 judges from the Apple Federal Credit Union (FCU) membership community. The foundation selected students who demonstrated a commitment to helping their school and/or community. Each student received a \$4,000 scholarship at a gala breakfast celebration on Thursday, May 23. Apple Federal Credit Union's dedication to the advancement and impact of education in the Northern Virginia community was heightened in 2013 thanks to the institution's philanthropic arm, the Apple FCU Education Foundation. Scholarships totaling \$140,000 were awarded by Apple FCU to a total of 35 high school seniors from nine counties. To learn more about the Apple FCU Education Foundation, visit AFCUFoundation.org or contact Mike Engley at 571-321-1800. For more information on Apple Federal Credit Union and its products and services, call 703-788-4800, or visit AppleFCU.org.



Chadia King

Two Killed in Taxicab Collision

Norbert Sebok, 29, and Jozsef Szathmari, 24, killed morning of June 1.

BY ALEX McVEIGH
THE CONNECTION

Norbert Sebok, 29, and Jozsef Szathmari, 24, of Sterling were killed in a car crash in the early morning hours of Saturday, June 1. According to the investigation by Fairfax County Police, Manuel Alejandro Jimenez Benitez, 24, of Herndon drove his 2004 Chevrolet Trailblazer south on Fairfax County Parkway when he suddenly went into the northbound lanes near the intersection of Sugarland Valley Drive.

The taxi driver, an unidentified 49-year-old male from Herndon, swerved slightly to avoid Benitez, but collided head on with the Trailblazer. Sebok and Szathmari, who police determined were not wearing seatbelts, died at the scene.

The taxi driver is currently at Inova Fairfax Hospital, where police say he is in "serious, life-threatening condition."

The two victims were recent immigrants from Hungary, who moved to Virginia approximately three months ago, and were in the process of obtaining work visas. They had rented a home on Youngs Cliff Road in Sterling.

Benitez remains in non-life threatening condition at Inova Fairfax Hospital. Police have charged him with two counts of aggravated involuntary manslaughter, and say he will be transported to the Adult Detention Center in Fairfax following his release from the hospital.

According to police, crash reconstruction detectives believe both alcohol and excessive speed on the part of Benitez were contributing factors to the crash.

MILITARY NOTES

U.S. Army Capt. Kenneth A. Ward has returned from his second tour of duty in Afghanistan. While there, Ward earned a Bronze Star for meritorious command in wartime, as well as an Air Medal for meritorious flying in combat. He is assigned to the 82nd Aviation Brigade, based at Ft. Bragg, N.C. Ward is married to Valerie Mahr Ward, formerly of Chantilly, and is the son of Jonathan and Jane Ward of Reston and Cindy and Alvin Glatkowski of Duck, N.C.

Air Force Airman Javier Beltran graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. Beltran completed training in military discipline and studies, Air Force core values, physical fitness, and basic warfare principles and skills. He is the son of Roxy Beltran of Winterthur Lane in Reston.

Air Force Airman Desiree E. Bohorques graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. She is the daughter of Timothy Bohorques of Rickwood Drive, Pensacola, Fla., and niece of Bonnie Cullen of Crescent Park Drive, Reston. Bohorques is a 2009 graduate of West Florida High School, Pensacola.

Marine Corps 2nd Lt. Thomas F. Newcomb, son of Judith K. and John F. Newcomb of Reston, recently reported for Naval Aviator training at Naval Air Station Kingsville, Texas. Newcomb is attending a 13-month undergraduate jet pilot training course that combines basic studies in engineering and navigation. Newcomb is a 2004 graduate of South Lakes High School and a 2008 graduate of U.S. Naval Academy.

Charles J. Armstrong of Reston has entered Basic Cadet Training at the

U.S. Air Force Academy, Colorado Springs, Colo., in preparation to enter the first academic year at the academy. Cadets practice team work, cohesion and learn to deal with demanding situations. The 2010 graduate of Herndon High School is the son of Louise Armstrong of Reston and Charles Armstrong of Clifton.

Air Force Airman Philip E. Aparicio graduated from basic military training at Lackland Air Force Base, San Antonio, Texas. He is the son of Catalina Gomez of Mill Race Lane in Reston, and brother of Fidel Gomez of Greensboro, N.C. Aparicio is a 2009 graduate of the National Guard Youth Academy in Virginia Beach.

Phillip C. Kroke has received an Army ROTC scholarship to attend Virginia Military Institute, Lexington. The cadet will study military science, management development, and more while pursuing a bachelor's degree. Kroke is the son of Jeffery A. and Elizabeth Kroke of Linus Drive, Reston.

Coast Guard Cmdr. Matthew J. Fay served as the senior legal advisor to the Federal On-Scene Coordinator and Gulf Coast incident management team incident commander. Fay advised on legal and policy issues under the Clean Water Act, Oil Pollution Act of 1990 and the National Contingency Plan, and on fiscal and administrative law, ethics and conduct issues and general legal issues including ensuring that the response operations did not interfere with ongoing Department of Justice investigations. Fay is a 1990 graduate of South Lakes High School and joined the Coast Guard in July 1990. He is a 1994 graduate of U.S. Coast Guard Academy, New London, Conn. with a BS degree. Fay is the son of Ellen Fay of Reston.

CAPPIES REVIEW



PHOTO BY ALEX McVEIGH/THE CONNECTION

Sonny, played by Ben Peter, and Kira, played by Natalie Pernick, discuss starting a roller disco during South Lakes High School's production of "Xanadu."

Greek Mythology, 80s Disco Meet at South Lakes

South Lakes High School presents "Xanadu."

BY CHRIS SANDERSON
STONE BRIDGE HIGH SCHOOL

What do you get when you cross an 80s roller disco with ancient Greek muses? South Lakes High School's recent production of the disco-ball filled, 80s inspired "Xanadu," of course.

Produced first as an initial-flop of a movie, "Xanadu" went on to gain a cult following and inspired the musical of the same name. "Xanadu" was penned by Douglas Carter Beane with music and lyrics by Jeff Lynne and John Farrar, and to contrast the movie, opened on Broadway in 2007 to rave reviews. The musical is set in Venice Beach, where Greek muse Clio (Under disguise as "Kira"), forbiddenly falls in love with a mortal, Sonny. Kira helps Sonny to open up the roller disco of his dreams, but as news of the romance reaches Mount Olympus, the fate of Kira comes into question.

Opening the show with his charming humor was chalk-artist Sonny Malone (Ben Peter). Peter brought an endearing quirkiness to his role that carried the production, and delivered all of his hilarious one-liners with ease. Peter's smooth, rich vocals blended seamlessly with his romantic interest, Kira (Natalie Pernick). Pernick's ability to connect well with Peter extended to every other cast member, as she had specific and defined relationships with each of them. Her portrayal of the disguised muse

was full of charisma, and her presence onstage always picked up some slow-paced moments. The two romantic leads carried the fun-filled production with life, and provided many of the show's laughs.

While the leads were commendable, the production's ensemble of muses was particularly hilarious, and proved to be a highlight of the show. Each Greek muse had a characterization distinct from the rest of the group, and yet they managed to work extremely cohesively. Some group harmonies were sometimes spotty, but the ensemble found great comedy in their spoken lines and movement. While some actors didn't seem fully committed to their zany characters, the ensemble of muses never disappointed.

With a show as unique as "Xanadu," South Lakes technical departments did not disappoint. The initially bare, two-level set was decorated with colorful walls and sparkling lights that created a dazzling stage picture at the end of Act I. Lighting was executed flawlessly, with creative angles and two spotlights utilized in the musical's entirety. Costumes, which were altered exclusively by students, provided a needed splash of color to the originally white stage. While sometimes the actors got off track in musical numbers, the orchestra covered and provided a solid, near-perfect accompaniment.

The collision of Greek mythology and 80s disco, a cast on roller-skates, countless disco balls, and a pegasus, all topped off with a giant light-up sign reading "XANADU." South Lakes High School's production of the 1980 cult classic film filled the stage with funky, bright colors and a quirky charm.

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PHOTOS BY RYAN DUNN/THE CONNECTION

James Butler, overall winner of the 5K race, graduating senior from Herndon High School.**Reston resident Bill Hill after completing the Herndon Festival 5K race.**

Annual Herndon Festival 10k and 5k Races Held

BY RYAN DUNN

The Town of Herndon held the annual Herndon Festival 10k and 5k races on Sunday, June 2. The competition had an increase in the number of participants. "We had a great turnout this year, about 250 more runners than last year, about a thousand total," said Thomas Schoenauer, this year's race director.

Schoenauer has been working at the Town of Herndon as the Recreation Services Supervisor since August of 2012.

Both races were run on certified courses throughout the Town of Herndon on paved roads. The event began and concluded at the Herndon Community Center at 814 Ferndale Ave. in Herndon.

Boy Scouts and scout leaders from Troop 157 were at water stops situated throughout the course, and students from the Herndon High School Robotics team also volunteered to assist in operations. The Herndon Police ensured that traffic was slowed or halted until race contestants passed. Ambulances and medical support teams were available for anyone suffering from heat exhaustion or injury.

Bill Hill, a resident of Reston, competed in the 5K race. "I did miserable last year because I had a pulled hamstring. This year I did pretty well." Hill was the 34th person to cross the finish line with 609 runners. "The race was well organized, and there was a great atmosphere."

"This was my first 5K race in Herndon," said Herndon resident Katie Duncan. She and her three children participated together in this year's race. "It started with my son, he did it [the Herndon 5K] last year... my husband cheers us on."

"I think it was a well organized race," said Duncan. "They gave good warm-ups in advance and they have good support along the way with people helping direct traffic and provide water."

T-shirts were given to the first 800 pre-registered 10k and 5k participants. Following the race, participants enjoyed refreshments inside the Herndon Community Center. Door prizes, including gift certificates to Wegmans, were presented in a raffle, with the awards ceremony following. Breakfast breads and muffins were available, compliments of Great Harvest Bread company. In addition, runners had the opportunity to visit vendors in the Fitness Expo and

**Katie Duncan and her children, Campbell, Charlotte and Joe after completing the 5K race.****Mia Millman, scout parent for Herndon Boy Scout Troop 157, volunteered to assist at one of the water stations.**

pick up special offers.

The first place winner of the Herndon Festival 5K race is Herndon High School student James Butler from Herndon, who completed the course in 18 minutes and 22 seconds. Second place went to Duane Novotini, resident of Fairfax, and third place to Herndon resident Christopher Durand. First place for the 10K went to Herndon resident Bradley Heuer who completed the race in 36 minutes and 4 seconds. Second place in the 10K was awarded to Reston resident James Luehrs, and third place went to Herndon resident Andrew Goldman.

To view the full results for race, visit this webpage: <https://www.raceit.com/results/default.aspx?event=21449&r=5449>.



PHOTO BY CRAIG STERBUTZEL

Oakton pitcher RJ Gaines threw a complete game against South County on Wednesday, May 29, in the Northern Region semifinals.

Oakton Baseball Earns State Tournament Berth

Cougars beat South County in region semifinals.

BY JON ROETMAN
THE CONNECTION

With Scott Dunn and Patrick Campo unavailable to pitch after combining to throw 13 innings during a marathon victory over Langley on Monday, May 27, the South County baseball team surrendered eight runs on Wednesday, May 29 while using three other hurlers.

Meanwhile, the right arm of RJ Gaines was more than enough for Oakton.

Gaines tossed a complete game and the Oakton Cougars defeated the South County Stallions 8-1 during the Northern Region semifinals at Madison High School. Oakton advanced to the tournament championship game and secured a state berth. The Cougars would lose to Lake Braddock 14-7 in the region final on Friday, May 31, and traveled to face Hylton in the state quarterfinals on Tuesday, June 4 after the Connection's deadline.

Gaines allowed six hits and one unearned run against South County. The junior right-hander walked one and struck out three while working quickly on the mound.

"[The] faster I work on the mound," Gaines said, "[the] faster I can get my offense up there [to] produce runs [and] get back in there [to] keep it going."

Gaines threw 103 pitches against South County, 70 for strikes.

"He gets a good pace and that keeps your defense in it, keeps your team interested and that's big," Oakton head coach Justin Janis said. "Especially when he's doing that and throwing strikes; [it's] a good mix."

Oakton struck first in the bottom of the third inning when second baseman Joey Bartosic drove in a run with a double. A South County throwing error gave Oakton its second run, and designated hitter Tommy Lopez was hit by a pitch with the bases loaded, giving the Cougars a 3-0 advantage.

Oakton added a run in the fourth with an RBI single from Bartosic, and scored two more in the fifth, including an RBI double by Conor Flanagan.

Right fielder Brian Burns blasted a two-run home run to left in the sixth, extending Oakton's lead to 8-0.

South County center fielder Mitchell Hayes broke up the shutout with an RBI double with two outs in the seventh inning.

Bartosic, Oakton's leadoff hitter, finished 3 for 4 with a double and two RBIs.

"When we kind of go, he sets the table for us," Janis said. "He's been pretty good the last couple weeks, so hopefully he can keep that going, too."

Oakton freshman third baseman Joe Rizzo went 2 for 2 and reached base on all four of his plate appearances.

Hayes, catcher Keaton Tettelbach and shortstop/pitcher Michael Smith each had a double for South County.

Two days earlier, South County defeated Langley 4-3 in 13 innings during the regional quarterfinals.

"I think it had some effect," South County head coach Robbie Smith said. "That was a lot of energy that was spent. Thirteen innings is an incredible game. It's hard to come back after a game like that and play your best. I think we were just a little flat."

HOME SALES

In April 2013, 106 Reston homes sold between \$1,470,000-\$140,000.

Address	BR	FB	HB	...	Postal City	...	Sold Price	Type	Lot AC	Subdivision
11990 MARKET ST #2001	2	3	0	RESTON	\$1,470,000	Hi-Rise 9+ Floors	MIDTOWN AT RESTON TOWN
2034 BEACON HEIGHTS DR	3	3	2	RESTON	\$925,000	Townhouse	0.08	RESTON
12012 CREEKBEND DR	4	5	1	RESTON	\$899,900	Detached	0.30	SMC STUART ROAD
11414 NIGHT STAR WAY	4	3	1	RESTON	\$852,000	Detached	0.26	RESTON
11990 MARKET ST #1103	2	2	0	RESTON	\$774,907	Hi-Rise 9+ Floors	MIDTOWN AT RESTON TOWN
1399 OLD QUINCY LN	4	3	1	RESTON	\$764,000	Detached	0.50	RESTON
11990 MARKET ST #515	3	2	0	RESTON	\$760,000	Hi-Rise 9+ Floors	MIDTOWN AT RESTON TOWN
2100 OWLS COVE LN	3	3	0	RESTON	\$760,000	Detached	0.33	RESTON
10857 HUNTER GATE WAY	4	3	1	RESTON	\$755,000	Detached	0.16	CRIPPENS CORNER
1914 LOGAN MANOR DR	3	2	2	RESTON	\$715,000	Townhouse	0.04	WEST MARKET/RESTON
11814 GREY BIRCH PL	4	4	1	RESTON	\$699,900	Detached	0.48	FOX MILL WOODS
11776 STRATFORD HOUSE PL #802 ...	2	2	0	RESTON	\$690,000	Hi-Rise 9+ Floors	STRATFORD
11600 OLD BROOKVILLE CT	4	3	1	RESTON	\$680,000	Detached	0.13	RESTON
11627 SPRINGHOUSE PL	3	3	1	RESTON	\$675,000	Detached	0.19	RESTON
2354 NASHUA CT	4	2	1	RESTON	\$650,000	Detached	0.27	RESTON
11054 THRUSH RIDGE RD	3	3	1	RESTON	\$650,000	Townhouse	0.03	RESTON
12393 COPENHAGEN CT	4	3	1	RESTON	\$620,000	Detached	0.35	RESTON
12227 QUORN LN	4	2	1	RESTON	\$615,000	Detached	0.51	RESTON
12347 BROWN FOX WAY	4	4	1	RESTON	\$610,000	Detached	0.16	COURTS OF FOX MILL
1353 PARK GARDEN LN	4	3	2	RESTON	\$600,000	Townhouse	0.08	BALDWIN GROVE
12000 MARKET ST #490	3	3	0	RESTON	\$585,000	Other	SAVOY AT RESTON TWN CNTR
11419 HOLLOW TIMBER CT	3	3	1	RESTON	\$578,000	Townhouse	0.06	RESTON
12046 EDMERE CIR	3	3	1	RESTON	\$560,000	Townhouse	0.07	RESTON
11123 LAKESPRAY WAY	3	3	1	RESTON	\$560,000	Townhouse	0.04	RESTON
1212 WILD HAWTHORN WAY	3	3	1	RESTON	\$560,000	Townhouse	0.05	RESTON
1218 WEATHERSTONE CT	3	2	2	RESTON	\$555,000	Townhouse	0.07	RESTON
1417 PARK GARDEN LN	3	3	1	RESTON	\$541,000	Townhouse	0.06	BALDWIN GROVE
2286 ARCHDALE RD	5	2	1	RESTON	\$536,000	Detached	1.29	POLO FIELDS
11432 SUMMER HOUSE CT	3	3	1	RESTON	\$535,000	Townhouse	0.04	RESTON
1322 WEDGEWOOD MANOR WAY	3	3	1	RESTON	\$535,000	Townhouse	0.06	RESTON
12251 ANGEL WING CT	5	2	1	RESTON	\$532,000	Detached	0.24	RESTON
1249 WILD HAWTHORN WAY	3	2	2	RESTON	\$530,000	Townhouse	0.04	RESTON/HAWTHORN
1406 PARK GARDEN LN	3	3	1	RESTON	\$518,000	Townhouse	0.04	DEVONSHIRE
11416 SUMMER HOUSE CT	3	2	1	RESTON	\$510,000	Townhouse	0.04	RESTON
1552 DEER POINT WAY	4	3	1	RESTON	\$499,000	Townhouse	0.06	ARBOR WOODS
11809 GREAT OWL CIR	3	2	2	RESTON	\$485,000	Townhouse	0.04	RESTON
11800 SUNSET HILLS RD #206	2	2	0	RESTON	\$466,000	Hi-Rise 9+ Floors	CARLTON HOUSE
12195 ABINGTON HALL PL #303	3	2	0	RESTON	\$460,000	Garden 1-4 Floors	MADISON PARK AT WEST MAR
1622 GREENBRIAR CT	4	2	1	RESTON	\$453,000	Patio Home	0.12	RESTON
11800 SUNSET HILLS RD #221	2	2	0	RESTON	\$450,000	Hi-Rise 9+ Floors	CARLTON HOUSE
11525 HEARTHSTONE CT	4	3	1	RESTON	\$450,000	Townhouse	0.04	RESTON
12000 MARKET ST #239	2	2	0	RESTON	\$440,000	Garden 1-4 Floors	SAVOY AT RESTON TWN CNTR
2044 WINGED FOOT CT	3	2	1	RESTON	\$435,000	Townhouse	0.04	RESTON
1974 CRESCENT PARK DR #18A	2	2	1	RESTON	\$429,900	Townhouse	LINCOLN PARK
2325 OLD TRAIL DR	3	2	0	RESTON	\$428,000	Detached	0.14	RESTON
1544 SCANDIA CIR	4	3	1	RESTON	\$425,000	Townhouse	0.06	RESTON
1403 GREENMONT CT	3	3	1	RESTON	\$425,000	Townhouse	0.04	RESTON
1668 WAINWRIGHT DR	3	2	1	RESTON	\$425,000	Townhouse	0.04	RESTON
11511 HEARTHSTONE CT	3	2	2	RESTON	\$420,000	Townhouse	0.04	RESTON
11505 HEARTHSTONE CT	3	2	2	RESTON	\$420,000	Townhouse	0.04	RESTON
2337 OLD TRAIL DR	4	2	2	RESTON	\$410,000	Detached	0.15	RESTON
11735 DRY RIVER CT	4	3	1	RESTON	\$409,900	Townhouse	0.04	RESTON
11224 HARBOR CT #11224	2	2	0	RESTON	\$400,000	Garden 1-4 Floors	HARBOR POINT
1497 AUTUMN RIDGE CIR	3	3	1	RESTON	\$400,000	Townhouse	0.05	RESTON
1546 POPLAR GROVE DR	3	2	2	RESTON	\$395,000	Townhouse	0.03	RESTON
1430 CHURCH HILL PL	3	3	0	RESTON	\$395,000	Townhouse	HAMPTON POINTE
1612 WAINWRIGHT DR	2	1	1	RESTON	\$390,000	Townhouse	0.02	RESTON
1900 WINTERPORT CLUSTER	3	2	1	RESTON	\$390,000	Townhouse	0.05	RESTON
12185 ABINGTON HALL PL #104	2	2	0	RESTON	\$387,903	Garden 1-4 Floors	MADISON PARK AT WEST MAR
2242 GUNSMITH SQ	3	2	1	RESTON	\$386,000	Townhouse	0.04	RESTON
2410 ALBOT RD	4	2	1	RESTON	\$385,000	Townhouse	0.05	DEEPWOOD
12001 MARKET ST #T-59	2	2	0	RESTON	\$370,000	Garden 1-4 Floors	MARKET STREET TOWN CENTR
12000 MARKET ST #434	1	1	0	RESTON	\$350,100	Garden 1-4 Floors	SAVOY AT RESTON TWN CNTR
1949 BELMONT RIDGE CT	2	2	0	RESTON	\$350,000	Townhouse	0.02	RESTON
2370 BRANLEIGH PARK CT	3	2	0	RESTON	\$340,000	Townhouse	0.03	RESTON
12302 SCOTCH BONNET CT	3	1	1	RESTON	\$340,000	Detached	0.07	RESTON
1929 BELMONT RIDGE CT	3	2	0	RESTON	\$336,000	Townhouse	0.02	RESTON
2172 CARTWRIGHT PL	4	2	1	RESTON	\$335,500	Townhouse	0.03	RESTON
2237 WHEELWRIGHT CT	3	2	1	RESTON	\$335,000	Townhouse	0.04	RESTON
12000 TALIESIN PL #16	2	1	1	RESTON	\$333,000	Garden 1-4 Floors	OAK PARK
1943 SAGEWOOD LN	3	1	1	RESTON	\$330,000	Townhouse	0.02	RESTON
2229 SANIBEL DR	3	2	0	RESTON	\$327,200	Detached	0.13	RESTON
1855 STRATFORD PARK PL #316	2	1	0	RESTON	\$326,000	Garden 1-4 Floors	STRATFORD
11926 FIELDTHORN CT	2	1	1	RESTON	\$325,000	Townhouse	0.02	RESTON
1582 POPLAR GROVE DR	2	1	1	RESTON	\$325,000	Townhouse	0.02	RESTON
11760 SUNRISE VALLEY DR #402	2	2	0	RESTON	\$324,000	Garden 1-4 Floors	MERCER
11864 BRETON CT #14A	3	2	1	RESTON	\$323,900	Townhouse	GLADE AT HUNTERS WOODS
11906 FIELDTHORN CT	2	2	0	RESTON	\$322,000	Townhouse	0.02	RESTON
12124 PURPLE SAGE CT	2	1	1	RESTON	\$316,000	Townhouse	0.04	RESTON
12000 MARKET ST #380	1	1	0	RESTON	\$312,000	Mid-Rise 5-8 Floors	SAVOY AT RESTON TWN CNTR
11515 IVY BUSH CT	3	2	1	RESTON	\$310,000	Townhouse	0.03	RESTON
12001 MARKET ST #323	1	1	0	RESTON	\$305,000	Garden 1-4 Floors	MARKET STREET TOWN CENTR
11335 HEADLANDS CT	2	1	1	RESTON	\$305,000	Townhouse	0.03	RESTON
12139 PURPLE SAGE CT	2	2	0	RESTON	\$302,000	Townhouse	0.02	RESTON
2218 COPPERSMITH SQ	3	1	1	RESTON	\$301,000	Townhouse	0.03	RESTON
11841 COOPERS CT	3	2	0	RESTON	\$300,000	Townhouse	0.03	RESTON
12110 PURPLE SAGE CT	2	1	1	RESTON	\$299,900	Townhouse	0.04	RESTON
1452 CHURCH HILL PL #1452	2	2	0	RESTON	\$292,000	Garden 1-4 Floors	HAMPTON POINTE
2412 CLOUDCROFT SQ	2	2	0	RESTON	\$290,000	Townhouse	0.03	RESTON
2203 HUNTERS RUN DR #2203	2	2	0	RESTON	\$280,000	Garden 1-4 Floors	HUNTERS CROSSING
1343 NORTHGATE SQ	3	1	1	RESTON	\$274,900	Townhouse	0.03	RESTON
11422 WASHINGTON PLZ W #11422 ...	2	1	0	RESTON	\$265,000	Garden 1-4 Floors	LAKE ANNE OF RESTON
1923A VILLARIDGE DR #A	2	1	0	RESTON	\$260,000	Garden 1-4 Floors	VILLARIDGE
11400 WASHINGTON PLZ W #1101	1	2	0	RESTON	\$258,000	Hi-Rise 9+ Floors	LAKE ANNE OF RESTON
1981 VILLARIDGE DR #A	2	1	0	RESTON	\$257,950	Garden 1-4 Floors	VILLARIDGE
2106 GREEN WATCH WAY #200	2	2	0	RESTON	\$250,000	Garden 1-4 Floors	WOODWINDS
11708B SUMMERCHASE CIR #1708-B	2	2	0	RESTON	\$242,500	Garden 1-4 Floors	SUMMERRIDGE
11400 WASHINGTON PLZ W #504	1	1	0	RESTON	\$238,000	Hi-Rise 9+ Floors	LAKE ANNE OF RESTON
11835 SHIRE CT #12C	2	1	1	RESTON	\$220,000	Garden 1-4 Floors	HUNTERS WOODS VILLAGE
1660 PARKCREST CIR #401	1	1	0	RESTON	\$214,900	Garden 1-4 Floors	BENTANA PARK
2238 CASTLE ROCK SQ #11C	3	2	0	RESTON	\$195,000	Garden 1-4 Floors	SHADOWOOD
2313 FREETOWN CT #12C	3	1	0	RESTON	\$172,000	Garden 1-4 Floors	GLENVALE
1951 SAGEWOOD LN #233	2	2	0	RESTON	\$172,000	Garden 1-4 Floors	THOREAU PLACE
2307 FREETOWN CT #12C	3	1	0	RESTON	\$170,000	Garden 1-4 Floors	GLENVALE
11604 VANTAGE HILL RD #2A	1	1	0	RESTON	\$157,000	Garden 1-4 Floors	VANTAGE HILL
11615 VANTAGE HILL RD #1A	1	1	0	RESTON	\$140,000	Garden 1-4 Floors	VANTAGE HILL

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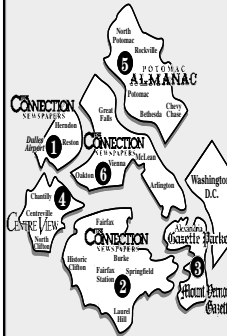
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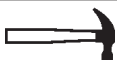
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Ignorance is Bliss



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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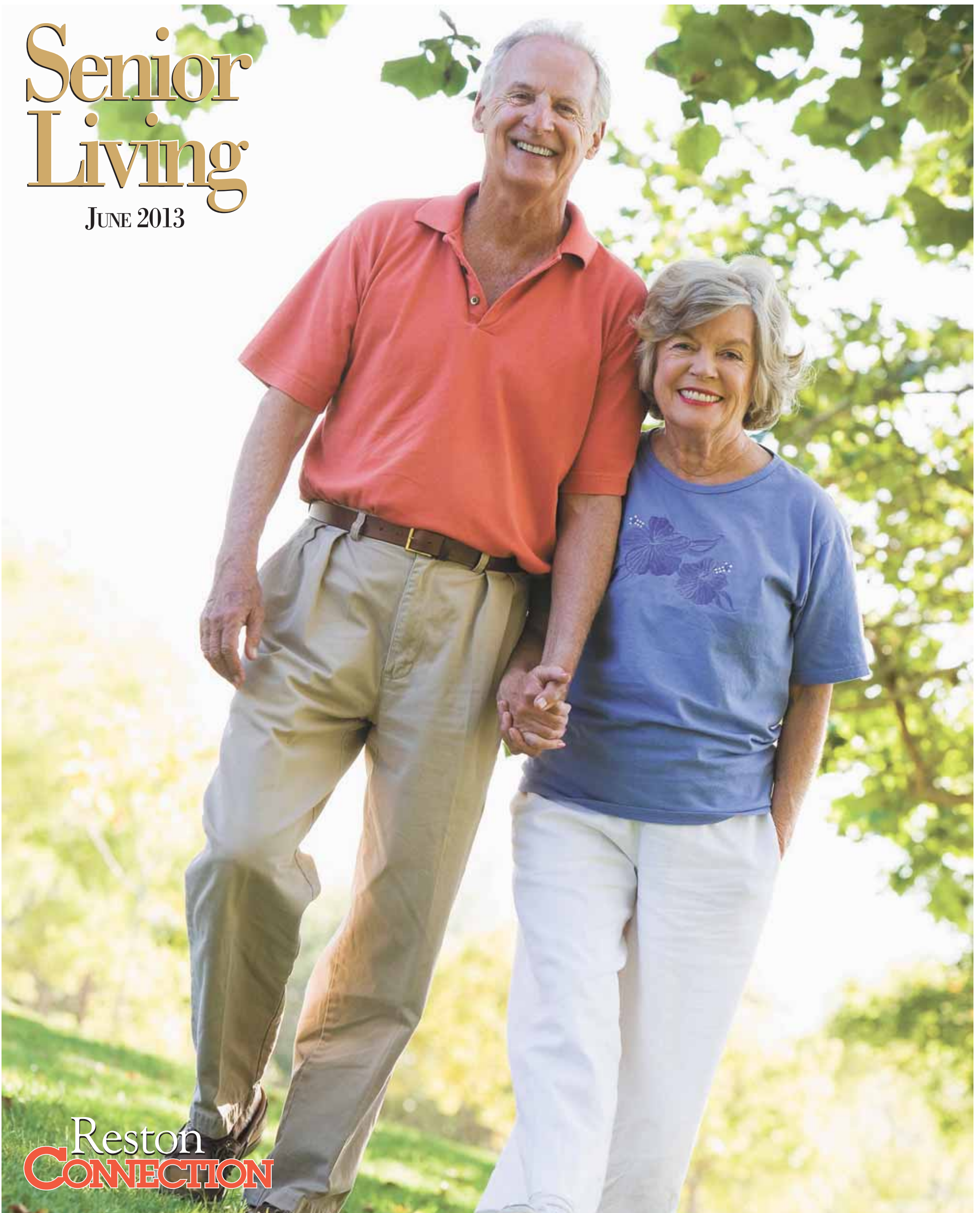
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Senior Living

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



Students from the Reston Community Center's woodworking class donates handmade toys to Al Fatih Academy.

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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Active and Prepared

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 design-build firm remodeled several rooms in Sorrentino’s four-bedroom ranch; she was pleased with the outcome, and gratified to



PHOTOS BY BETH WALTERS

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.

learn that the firm’s expertise includes redesigning 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.”

More

Sun Design Remodeling frequently sponsors workshops on Aging-In-Place solutions. Call 703-425-5588 or visit www.SunDesignInc.com.



Connie Sorrentino, 70, (center) re-views 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.

Finding Joy, Fulfillment in Golden Years

Mental health experts share factors that contribute to contentment.

BY MARILYN CAMPBELL
THE CONNECTION

On 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.”

“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.”

More

Staff at Foster Remodeling Solutions periodically offer workshops on home remodeling topics. Call 703-550-1371 or visit www.FosterRemodeling.com.



Wanda and Ted Rogers in front of their remodeled home.

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 ap-

parent 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

blackened-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.”

Rogers’ Retirement Dream

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 realized 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 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.”

Then 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

Volunteering Gives Seniors a Sense of Fulfillment

Shepherd Center network provides opportunities for seniors to help others.

BY DONNA MANZ
THE CONNECTION

Kathy 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,"



Casey Tarr, Kathy Tugendhat and Jean Bastien, volunteers at the Shepherd Center of Oakton-Vienna, man the SCOV tent at ViVa! Vienna! over Memorial Day weekend.

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 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.

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 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. Volunteering 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 computerized 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 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.

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

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‘Age in Place’ to Satisfy Evolving Needs

BY JOSH BAKER
FOUNDER, BOWA BUILDERS

Your 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

cause it is often unobtrusive, allowing homeowners to remain living in their home during construction with minimal disturbance.

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 curb-less showers with grab bars and handheld 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



PHOTOS 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.

can be reconfigured into a cozy master 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.

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 be-

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.

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