

Being Connected In a Positive Way

NEWS, PAGE 3

Boy Scout Earns Medal of Merit

NEWS, PAGE 7



Thomas Rogers earned the victory on the mound for Lake Braddock on Tuesday night, June 4, against Patriot in the Virginia AAA state baseball quarterfinals.

Lake Braddock Advances To State Semifinals

SPORTS, PAGE 12

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ENTERTAINMENT, PAGE 8 ♦ SPORTS, PAGE 12 ♦ CLASSIFIED, PAGE 13

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Being Connected in a Positive Way

Supervisor Cook's town hall found valuable by those wanting to connect.

BY ELEANOR LAMB
THE CONNECTION

Braddock District residents were hit by a message as big as Facebook and as ubiquitous as the Internet itself. Their communities are embracing the virtual world to keep up with the actual one.

Supervisor John Cook (R-Braddock) hosted a seminar called "Community Communication in the Digital Age," which focused on the swiftly changing manner in which people interact with one another in their own neighborhoods. The meeting was held at the Junior Achievement Building in Fairfax, and began with Cook stressing how communication is key in the transition to the mobile world.

"You are my boss. I work for you," said Cook. "If I'm not doing something right, you've got to tell me."

FOLLOWING COOK'S OPENING REMARKS, Cliff Keenan of the District of Columbia Pretrial Services Agency, Kevin Joyce of the Ravensworth Farm Civic Association, and Derrick Chamlee of the Little Run Citizens Association each spoke on websites useful for connecting with people who live around the corner, such as nextdoor.com, Facebook and Twitter. While they extolled the benefits of sharing information quickly, Chamlee mentioned that one downside of online communication was that snide remarks can run rampant.

"Inflammatory or political [comments] get people's ire up," said Chamlee. "[Then] everybody's connected in a negative way. You've got to have a moderator on top of it."

The seminar speakers did not simply tell the attendees means in which to communicate to keep up with the times; they exemplified how to stay in touch with the modern world by demonstrating how the websites work on a large screen. After the opening discussion, there were four breakout sessions about learning the geographic layout of neighborhoods, using emergency management technology, using technology to support people's needs, and how to operate a smartphone or tablet.

One of the most popular breakout sessions was presented by Amy Carlini and Grace Lynch, who are both from the Department of Family Services. This



Citizens participate in a breakout session titled "Learning About My Neighborhood," led by Joey Taguding of the Department of Information Technology.



Grace Lynch of the Department of Family Services holds up a copy of the Golden Gazette, a publication favored by citizens in their golden years.



Supervisor John Cook (R-Braddock) emphasizes how important it is for residents to stay in touch with their elected representatives and each other.



Marcelo Ferreira of the Office of Emergency Management gives listeners tips on how to stay updated in emergencies.



Derrick Chamlee of the Little Run Citizens Associations discusses how speedy communication can help everyone in the neighborhood.

session was about using technology for people's needs, and focused in particular on how the elderly can seek help online. Lynch discussed a phone number, which is broadly showcased on the Fairfax County website, that is a means for older people to find assistance.

"It's a delicate, highly nuanced kind of thing," said Lynch. "That's why we have professionals. You'll always get a human being [by] calling that phone."

THOSE WHO ATTENDED the meeting are eager to face the digitalizing world, and they appreciate Cook's interest in in-

forming them of venues to communicate online. One participant was not even from the Braddock District, but attended anyway to gain the knowledge provided.

"I thought [the seminar] was great. [We're] trying to connect our neighborhood. The better we do that, the better they're going to be informed," said Greg Crider, an interested citizen from Mount Vernon.

Crider was not the only one who enjoyed the seminar. Linda Schlekau, branch manager of the Burke Centre Library, believes that meetings like this help expel fear in those who may be hesitant to embrace the technological era.

"It's almost inevitable," said Schlekau. "You have to know how to connect. Otherwise, you'd be left in the dark."

VIEWPOINTS

How is new technology impacting community life?

—ELEANOR LAMB

PHOTOS BY ELEANOR LAMB/THE CONNECTION



Barry Newman, president, Ravensworth-Bristow Civic Association, Fairfax

"I can't say enough. It's essential. People are busy, busy, busy, busy. This is the only way to go."



Evie Kasper, Greenfield Farms Homeowners Association member, Fairfax

"[Our] management company sends out [memos] in minutes. That's our only way right now. In a month or so, we'll have a website—that's a huge difference."



Derrick Chamlee, creative director for the Public Broadcasting Service, Fairfax

"It makes a lot more communication and a lot quicker. It's amazing. We had a missing kid in the neighborhood and people were outside [in minutes]. He was found in his neighbor's basement watching TV."



Sonny Caputo, retired, Springfield

"You've got to better understand how your government is working and services [provided]. [However], it doesn't get one on one communication [experience]."



Mary Chobot, secretary of the Civic Association, Annandale

"It can make communication quicker. [Through] email, we can get info out much quicker. We've succeeded in getting 75 percent already."

PEOPLE

Allison Hunter Wins \$2,500 Robinson Scholarship

Graduating senior Allison Hunter of Robinson Secondary School in Fairfax received \$2,500 on May 28 as the 2013 recipient of The Lunsford/Behrend Scholarship. The Lunsford/Behrend Scholarship Fund, Inc., which has awarded a scholarship annually for the past seven years, was started by Robinson band alumni in honor of Robinson band directors James G. Lunsford and Jack Behrend, who taught and inspired hundreds of students during their tenure at the school during the 1970s.

Hunter, who played first chair euphonium at Robinson, was selected from a pool of applicants who were evaluated earlier this year. She plans to attend James Madison University in the fall, where she will pursue a music degree. Hunter was euphonium section leader in Symphonic Band but also played trombone as a secondary instrument in Robinson's orchestra.

Hunter has earned numerous music awards and positions, including placing with the All-District and All-Virginia bands, and performing with the Northern Virginia Youth Winds and the



Allison Hunter on Tuesday, May 28, receiving The Lunsford/Behrend Scholarship.

Kennedy Center's Tuba Christmas. She also has represented Robinson in performing for area preschool and elementary students and the George Mason Honor Wind Symphony.

Keeping "the tradition of our band program ... is about playing music, being the best you can be and pushing to that new level of excellence," Hunter wrote in the essay from her scholarship appli-

cation. "I will leave a legacy, as the leaders of our organization before me did. ... This program has transformed me into a leader, an adult, and made me the strong, confident person I stand to be today."

Robinson alumni Bill Siegfried, vice president of the scholarship fund, and Lois Douthitt, secretary/treasurer of the fund, presented the award at the Robinson Band Awards banquet.

A group of Robinson Secondary School band alumni established the Lunsford/Behrend Scholarship Fund, Inc., in 2006 after reuniting at memorial services for James Lunsford, who died in late 2005. Jack Behrend died in 1986.

The scholarship fund, a 501(c)(3) corporation, is dedicated to providing funding to deserving Robinson students to pursue higher education while staying involved in music. The scholarship's founders anticipate that additional donations will make the scholarship self-perpetuating. Contributions to the Lunsford/Behrend Scholarship Fund are tax-deductible; to find out more about the fund or to make a donation, visit www.lunsfordbehrend.org.

SCHOOL NOTES

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

Below are the NHSCA's 2013 All-American Academic Team, listed alphabetically by graduating class:

Zak DePasquale competes in the sport of wrestling at Robinson Secondary School under coaches Bryan Hazard and John DePasquale. He currently has a GPA of 4.3 and a combined SAT score of 1460. He placed eighth in his state tournament his freshman year and fourth his junior year. He is considering several Ivy League schools. Westfield High School junior **Nick O'Connell** is on the varsity track and field and cross-country teams. In college he plans to double major in computer science and electrical engineering. O'Connell has also been accepted at Stanford University's Summer College. When he returns he will begin practice for the 2013 fall cross country season. **Brendan O'Connor** is a junior at Robinson Secondary School in Fairfax and has been selected to be among the 500 attendees, out of 4,000 applicants, at West Point's prestigious Summer Leaders Experience (SLE) in June.

Rachel H. Fernandes of Fairfax, daughter of Paul and Lynne Fernandes of Fairfax, and a 2012 graduate from Fairfax High School, has made the dean's list at Bucknell University for the 2013 spring semester.

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BULLETIN BOARD

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline for submissions is the Friday prior to publication. Dated announcements should be submitted at least two weeks prior to the event.

THURSDAY/JUNE 6

Smart Growth America Presentation. 7 p.m., at Fairfax City Hall, 10455 Armstrong St., Room 100. The City of Fairfax invites residents and business community members to take part in a discussion on the development tools Fairfax needs to build a foundation for long-term fiscal success. 703-385-7821.

SATURDAY/JUNE 8

Bingo Fundraiser for the Family. 1-3 p.m., at the Parish Center Gym, St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. All ages welcome to play and enjoy complimentary beverages and snacks. \$12. 703-426-2824 or www.scfbva.org.

TUESDAY/JUNE 11

Commissioner of Revenue/Treasurer Qualification Deadline at 7 p.m., in the City of Fairfax. To qualify to be on the Nov. 5 ballot for commissioner of revenue or treasurer of the City of Fairfax, contact registrar@fairfaxva.gov or call 703-385-7890.

SATURDAY/JUNE 15

Chapter 10, Disabled American Veterans and Auxiliary meeting. 10 a.m., at American Legion Post 177, 3939 Oak St., Fairfax. Service officers will be present to help with VA claims. 703-273-5730.

WEDNESDAY/JUNE 19

Alzheimer's Panel. 1:30 p.m., at Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. A panel will discuss the multitude of services available in Fairfax County for older adults and caregivers. 703-204-4664.

MONDAY/JUNE 24

"From the Other Side of the Wall," a presentation by Palestinian farmer and Director of Tent of Nations, Daoud Nassar, 7:30 p.m. at Grace Presbyterian Church, 7434 Bath Street, Springfield. Tent of Nations, a peace center located on the Nassar family farm near Bethlehem, emphasizes building bridges of understanding, reconciliation and peace in a region torn by conflict. Contact: Mill Oliver, 703-569-3099 or beveolv@aol.com.

MONDAY/JUNE 24-THURSDAY/JUNE 27

"The Edge" Youth Basketball Summer Camp. 9 a.m.-3 p.m., at Providence Presbyterian Church Gym, 9019 Little River Turnpike, Fairfax. "The Edge" Youth Basketball Summer Camp a summer camp starting in June which teaches kids basketball and life fundamentals. http://www.bestyouthhoops.com/summer-camp.

THURSDAY/JULY 18

Lunch N' Life. Noon-2 p.m., at Burke Presbyterian Church, 5690 Oak Leather Drive, Burke. Those 50 and older are invited to join the Shepherd's Center of Fairfax-Burke to hear Phillip J. Kenny, JD, CFP of the Collins Firm speak on "Legal Issues for Seniors." Reservations. \$10. 703-620-0161 or scfbva.org.

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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 work. 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

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PHOTOS BY GARY BLACK III



Congressman Gerry Connolly presents Chris Mayhew with a copy of a page from the Congressional Record, in which Congressman Connolly commends Chris for receiving the Medal of Merit, as parents Sarah and Bill Mayhew look on.

Boy Scout Earns Medal of Merit

Chris Mayhew of Fairfax honored as “exceptionally brave and courageous” young man.

BY NGALULA TSHISHIMBI
THE CONNECTION

Smiling with his head slightly bowed, Boy Scout Christopher Mayhew of Fairfax was greeted with thunderous applause as he accepted the Medal of Merit during the spring Court of Honor. Mayhew, a sophomore at Robinson Secondary School and a member of Burke-based Troop 1131, received the medal during the latter part of the Wednesday, May 29 evening ceremony. As described by the Boy Scouts of America website, “The Medal of Merit may be awarded to a youth member or adult leader who has performed some outstanding act of service of a rare or exceptional character that reflects an uncommon degree of concern for the well-being of others.” Mayhew’s recognition arose in response to actions that he took on-scene immediately after witnessing a car accident. As they collectively presented him with the honor, Boy Scout organization officials and political dignitaries commonly described him as “exceptionally brave and courageous.”

ahead of them crash into the embankment and roll over several times. Mayhew asked his mother to pull over and immediately headed for the vehicle and its occupants. Asked why, Mayhew states matter-of-factly that, “I saw someone in distress and it was the right thing to do.” His former Scoutmaster Phil Sternberg added that, “I don’t think he even thought about it, he just reacted,” further indicating that Mayhew showed an impulse to respond. “[The occupants] were injured, they were bleeding, and their stuff was scattered all over the area. Chris immedi-

SEE SCOUT HONORED, PAGE 10



Front row, from left: County Board Chairman Sharon Bulova, Sarah, Chris and Bill Mayhew, Congressman Gerry Connolly, Supervisor John Cook. Back row: Del. David Bulova, Patriot District Chair Catherine Gangsaas, Patriot District Commissioner Jae Engelbrecht, Patriot District Executive Sean Tucker, Troop 1131 Scoutmaster Chris Wallace.

ON JULY 27, 2012, then 15-year-old Christopher Mayhew was traveling back home from Virginia Beach with his parents and a friend when they witnessed a car

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CALENDAR

To have community events listed, send to south@connectionnewsletters.com or call 703-778-9416 with questions. The deadline for submissions is the Friday prior to publication; we recommend submitting your event two weeks ahead of time. To see more entertainment events, go to: www.connectionnewsletters.com/news/2013/may/22/fairfax-county-calendar/.

FRIDAY/JUNE 7

Celebrate Fairfax Young Professionals Networking. 5-7 p.m., at Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax. Join local young professionals for networking, drinks, appetizers and a chance to win access to the festival's VIP Skybox and a weekend pass for four. \$25.
Summerland Tour. 7:15 p.m., at the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Come and enjoy the alternative music starring Everclear, Live and Filter & Sponge; tickets in advance are at Wegmans in Fairfax, Dulles and Gainesville. \$4-\$12. www.celebratefairfax.com.

SATURDAY/JUNE 8

Bingo Fundraiser for the Family. 1-3 p.m., at the Parish Center Gym, St. Leo the Great Catholic Church, 3700 Old Lee Highway, Fairfax. All the proceeds benefits from the bingo will go to the Shepherd's Center of Fairfax-Burke (SCFB) and its work for area seniors; refreshments provided. \$12 each, which includes two Bingo cards for the entire event. Additional cards \$1 per card per game. 703-426-2828 or www.scfbva.org.
Silent Disco Stage. 5:30 p.m., at The

W Salon, 6003B Burke Center Parkway, Burke. The show is an annual production that brings together local businesses to showcase fashion and beauty. <http://www.wsalonva.com/>.
The B-52s Concert. 8 p.m., at the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Rock band The B-52s play, with 35 years of musical experience; advance tickets are on sale at Wegmans in Fairfax, Dulles, and Gainesville. \$4-\$12. www.celebratefairfax.com.

SUNDAY/JUNE 9

Spin Doctors Concert. 4:30 p.m., at the grounds of the Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Spin Doctors, formed in 1988 in New York City, plays hits from "Full of Kryptonite," which sold over five million copies in the US. \$4-\$12. www.celebratefairfax.com.

MONDAY/JUNE 10

Intro to Riding in a Peloton. 6:30 p.m., at Fairfax Mosaic Freshbikes, 2910 District Ave., Fairfax. Learn the finer points of pacelines, echelons and drafting for those new to competitive riding and racing with the DESIGNS Cycling Team every second Monday of the month. www.freshbikescycling.com.

FRIDAY/JUNE 21

Skatefest/Sk8 For a Cause. 6-10 p.m., Wakefield Skate Park, 8100 Braddock Road, Annandale. SkateFest is the largest AM contest in the Washington, D.C., Maryland, Virginia area and attracts hundreds of skaters who compete in brackets to raise



The Spin Doctors play hits from their top-selling (five million copies) album "Full of Kryptonite" Sunday, June 9 at the Fairfax County Government Centre at 4:30 p.m.

money for charity. www.skatefestfairfax.com.
Night Music. 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. This five-member band is a tightly-knit ensemble of guitar, drums, bass, sax, keyboard and vocals. www.nightmusic.biz.

SATURDAY/JUNE 22

Burke Centre Library 5th Anniversary Birthday Bash. 10 a.m.-3 p.m. Everyone is invited to come and enjoy the special events including a scavenger hunt, LEGO contest display, balloon artist, live animal performers, Korean Autoharp Club, face painter and birthday treats.
Skatefest/Sk8 For a Cause. 11 a.m.-12:30 p.m., Wakefield Skate Park,

8100 Braddock Road, Annandale. SkateFest is the largest AM contest in the Washington, D.C., Maryland, Virginia area and attracts hundreds of skaters who compete in brackets to raise money for charity. www.skatefestfairfax.com.

MONDAY/JUNE 24-THURSDAY/JUNE 27

The 2013 Marshall HS Field Hockey Camp. 5-8 p.m., at Luther Jackson MS, 3020 Gallows Road, Falls Church. Field Hockey camp for grades 3-10 to improve and practice their field hockey skills. \$120. www.gcmstatesmensports.org.

FRIDAY/JUNE 28

The Hot Seats. 7:30-8:30 p.m., at

Royal Lake Park, 5344 Gainsborough Drive, Fairfax. The Hot Seats specialize in unearthing and inventing traditional music and twisting it into new styles. www.thehotseats.net.

THURSDAY/JULY 4

Fairfax Independence Day Parade. 10 a.m.-noon, at Fairfax Historic District, 10455 Armstrong St., Fairfax. Celebrate Independence Day in downtown Fairfax with a parade and fireworks later during the evening. <http://www.fairfaxva.gov/specialevents/idc/dayparade.asp>.

FRIDAY/JULY 5

Folsom Prisoners. 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough

Drive, Fairfax. Folsom Prisoners is a full time classic country and honky-tonk band. www.folsomprisoners.com.

THURSDAY/JULY 11

The United States Air Force Concert Band w/ Singing Sergeants. 5-6:30 p.m., at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. The Concert Band has established an international reputation as a champion of new works for band, with dozens of world premieres to its credit. www.usafband.af.mil.

FRIDAY/JULY 12

Town Mountain. 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Featuring original bluegrass and roots country, Asheville, N.C.'s Bluegrass Band Town Mountain released their fourth album, "Leave the Bottle," in September 2012. www.townmountain.net.

SATURDAY/JULY 13

Obon Festival. 5:30-9 p.m., at 6500 Lakehaven Lane, Fairfax Station. Learn about Japanese and Buddhist culture through traditional dances, art, and food. <http://www.ekoji.org/obon-festival-and-memorial-service-july-14-15-2012/>.

THURSDAY/JULY 18

King Soul. 5-6:30 p.m., Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Southern soul, featuring original songs, gritty vocals, a slamming horn section and driving rhythms. www.kingsoulband.com.

Encore Dance Show Is This Weekend

Encore Theatrical Arts Project will be performing in "Style, A Celebration in Dance," this Saturday, June 8, at 8 p.m., and Sunday, June 9, at 3 p.m., at NOVA's Ernst Cultural Center, 8333 Little River Turnpike in Annandale. A variety of Broadway style dances will be showcased from swing to Charleston, blues and tango. Tickets are \$22, adults; and \$20, students and senior citizens. Go to www.encore-tap.org or call 703-222-5511. Girls ages 9-18 belong to the Chantilly-based company of 27 dancers best known for their annual, Rockette-style Christmas show. The company has been rehearsing tirelessly 15 hours/week to prepare for the spring performance.



Encore dancers doing a number called "People Magazine."

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FAITH NOTES

Send notes to the Connection at south@connectionnewsletters.com or call 703-778-9416. Deadline is Friday. Dated announcements should be submitted at least two weeks prior to the event.

Fairfax United Methodist Church is pleased to announce the selection of **Dr. Jonathan P. Giblin** as the new director of music ministries. Giblin comes to Fairfax after completing his undergraduate and graduate work at the University of Cincinnati. Fairfax United Methodist Church looks forward to welcoming him and invites the community to participate on June 9 in a service at 10300 Stratford Ave., Fairfax. Call 703-591-3120 for more information.

Fairfax Baptist Temple, at the corner of Fairfax County Parkway and Burke Lake Roads, holds a Bible Study Fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and Children's Church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:15, 9:45 and 11:15 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.LordofLifeva.org.

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Boy Scout Honored

FROM PAGE 7

ately started applying pressure to the wound and stopped the bleeding," states Sternberg. When first responders arrived and began administering aid, Mayhew went about collecting the stray belongings so that the injured individuals would have them as they left for the hospital.

All scouts are trained in the task of providing first aid, an integral part of Boy Scout development, but Mayhew asserted that the choice to help and aid another person is not exclusive to Boy Scouts. Mayhew describes the immediate first-aid care he provided as a matter of logic. "We took some paper towels and napkins and a water bottle, wiped [the wound] and stopped the bleeding." Mayhew likened treating the injury to the same way a person would place a Band-Aid onto a cut.

Yet, as was described by current Scoutmaster Chris Wallace, Mayhew's Medal of Merit was more than just recognition of his skills. It was recognition of his instinct to help those in need. Only 126 Medals



Boy Scout and Robinson Secondary sophomore Christopher Mayhew displays his various patches as well as his newly fastened Medal of Merit.

PHOTO BY NCAJULA TSHISHIMBI/THE CONNECTION

of Merit were awarded nationwide in 2012.

MEDALS OF MERIT are awarded on a case-by-case basis after careful scrutiny of photo evidence and witness testimony, and approvals at the local and national levels of the Boy Scouts of America. Described by their website as a Meritorious Action Award, the honor is considered prestigious. In addition to friends and family, special guests Congressman Gerry Connolly (D-11), Supervisor John Cook (R-Braddock), Chairman of Fairfax County Board of Supervisors Sharon Bulova, and Delegate David Bulova (D-37) were in attendance. After presentations by each special guest, Mayhew was further recognized with letters signed by both Senators Tim Kaine and Mark Warner.

Asked what the future holds in store for him, Mayhew says he seeks to take on more leadership roles. As for long term plans, he is unsure but has a general idea of what he might pursue. "I would like to have a career in the Foreign Service or maybe in foreign affairs with the United Nations ... I'm not sure how I'd get there but I'm sure it'll be an adventure."

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THE CONNECTION NEWSPAPERS

Balmoral Elegance

7500 Weymouth Hill Road, Clifton, Virginia



Large Balmoral three-sided brick home with four bedrooms, four and one half baths on well-sited, level lot. This exceptional home with approximately 6,700 finished sq ft has too many features to list! There are Brazilian Cherry floors on the main and upper levels, travertine flooring in the kitchen, and a slate floor in the lower level. The home includes a two-story family room with masonry fireplace, separate main level study, sunroom, and additional morning room with gas fireplace (4 fireplaces total!). Several built-ins & extensive moldings on all levels as well as beautiful wood interior plantation shutters make this home a showcase. Spend time relaxing on the gorgeous "Georgetown-style" brick courtyard patio with masonry fireplace, built-in planters, sitting ledges and privacy wall. Do not overlook the sprinkler system and three-car side-loading garage. This home is "move-in-ready." Your clients will LOVE this home and community.

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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link.
Call Specific Agents to Confirm Dates & Times

Burke

10100 Waterside Dr.....\$1,265,000....Sun 1-4..Carol Hermandorfer..... Long & Foster..703-503-1812
6014 Deep Lake Way.....\$793,435....Sat 12-5.....Clark Massie..... Tetra..703-391-6245

Centreville

13617 Northbourne Dr.....\$649,900....Sun 1-4.....Julie Young.....Samson Props..703-380-2200

Chantilly

42344 Astors Beachwood.....\$790,000....Sun 1-4.....Chris Pezzana.....Weichert..703-447-1662

Clifton

12421 Clifton Hunt Dr.....\$925,000....Sun 1-4..Carol Hermandorfer..... Long & Foster..703-503-1812
12912 Yates Ford Rd.....\$650,000....Sun 1-5.....Dwight Bardot..... Long & Foster..703-968-7000
13502 Union Village Cr.....\$499,950....Sun 1-4.....Barbara Blumer.....Coldwell Banker..703-405-5993

Fairfax Station

7820 Manor House Dr.....\$1,225,000....Sun 1-4..Carol Hermandorfer..... Long & Foster..703-503-1812
11090 Sandy Manor Dr.....\$1,200,000....Sun 1-4..Carol Hermandorfer..... Long & Foster..703-503-1812
10608 Kilcormac Way.....\$1,175,000....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365
8611 Woodwren Ln.....\$875,000....Sun 1-4.....Kathy Peters..... Long & Foster..703-915-2165
11501 Lilting Ln.....\$849,000....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365
6321 Youngs Branch Dr.....\$689,999....Sun 2-4.....Christine Shevock.....RE/MAX..703-475-3986
10990 Clara Barton Dr.....\$624,950....Sun 1-4.....Kathleen Quintarelli.....Weichert..703-862-8808

Franconia/Kingstowne

6205 Elati Ct.....\$770,000....Sun 1-3.....James Nellis.....RE/MAX..703-930-0655

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9320 Occoquan Overlook Dr..\$1,130,000....Sun 2-4.....Tracy Jones.....Acquire..703-672-1179
9042 Harrover Pl.....\$659,900....Sun 1-4.....Dane Work.....RE/MAX..703-869-4567
8970 Fascination Ct #315.....\$363,101....Sat 12-4.....Shawn Evans..... Long & Foster..703-790-1990
8960 Fascination Ct #316.....\$339,990....Sun 12-3.....Shawn Evans..... Long & Foster..703-790-1990
8970 Fascination Ct #311.....\$299,345....Sun 12-3.....Shawn Evans..... Long & Foster..703-790-1990

Springfield

7100 Granberry Way.....\$1,199,000....Sat 1-4.....James Lee.....Infinity..703-354-7515
6225 Cardinal Brook Ct.....\$809,000....Sun 1-4.....Reid Voss.....Avery-Hess..703-403-6855
8585 Beatrice Ct.....\$799,000....Sun 2-5.....Ali Hasan.....United American..703-866-2424
7907 Jansen Ct.....\$680,000....Sun 1-4.....Karen Brown.....Exit..703-599-1520
9214 Cutting Horse Ct.....\$545,000....Sun 1-4.....Irene McGhee.....Avery-Hess..703-628-4048
7201 Dormont St.....\$449,000....Sat 1-4.....Jason Trigo.....Sun..540-371-0050
6401 Racetec Ct.....\$417,900....Sun 1-4.....Carla Moore.....Exit..703-994-0508
7880 Rolling Woods Ct #104....\$410,000....Sun 1-4.....Linda Maxwell..... Long & Foster..703-452-3912
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To add your Realtor-represented Open House to these weekly listings, please call Steve Hogan at 703-778-9418 or e-mail the info to shogan@connectionnewspapers.com
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SPORTS



Lake Braddock center fielder Alex Gransback hit a solo home run during the Bruins' 5-4 win over Patriot on Tuesday night, June 4.

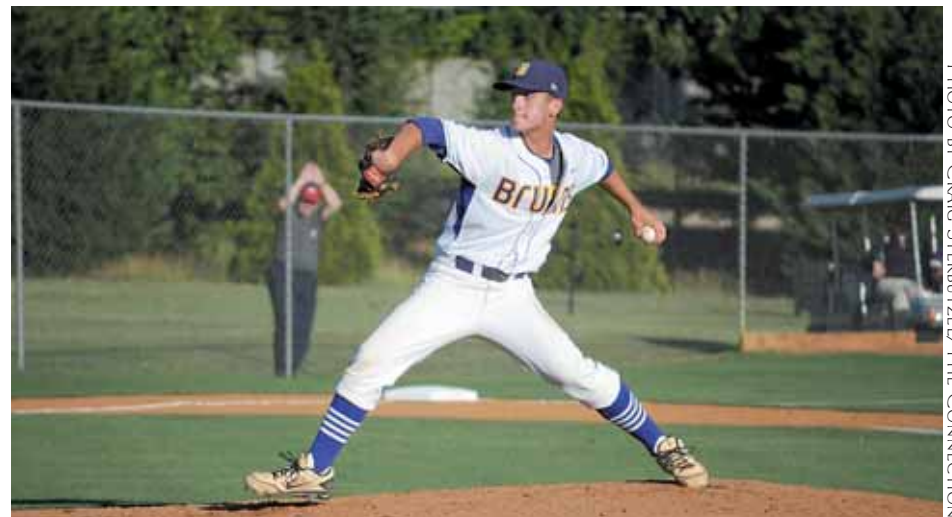


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

Lake Braddock senior Thomas Rogers threw a season-high 91 pitches against Patriot on Tuesday night, June 4, in the quarterfinals of the Virginia AAA state baseball tournament.

Lake Braddock Baseball Advances to State Semifinals

Bruin pitcher Rodgers earns quarterfinal win against Patriot.

BY JON ROETMAN
THE CONNECTION

Lake Braddock seniors Thomas Rogers and Alex Gransback discussed aspects of the baseball team's 2013 injury struggles after their state quarterfinal contest against Patriot on Tuesday, June 4.

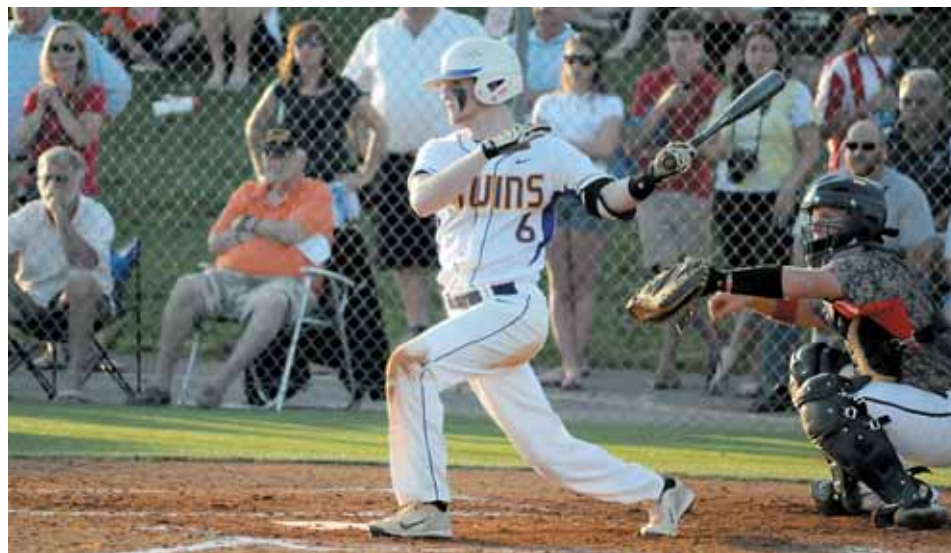
The Bruins overcame a slew of early-season ailments suffered by key players to reach this point. Rogers, a left-handed pitcher who signed with the University of North Carolina, underwent off-season Tommy John surgery and has been limited to a pitch count during each of his starts. On Tuesday, June 4, he threw a season-high 91 pitches in five-plus innings.

Gransback, on the other hand, has been one of the few Lake Braddock standouts to avoid the injury bug.

"Knock on wood," the center fielder joked when asked about staying healthy.

Gransback didn't have any wood on hand to fulfill his superstition. He did, however, "knock" one out of the park earlier in the evening.

Rogers earned the victory on the mound, Gransback hit a solo home run in the fifth inning and the Lake Braddock baseball team defeated Patriot 5-4 in the Virginia AAA



Lake Braddock shortstop Jack Owens went 2 for 4 with an RBI against Patriot on Tuesday night, June 4.

state quarterfinals at Lake Braddock Secondary School. The defending state champion Bruins earned a return trip to the state semifinals, though their path has been bumpier this time around. Lake Braddock, the Northern Region champion, will face Eastern Region runner-up Great Bridge at 3 p.m. on Friday, June 7 at Westfield High School.

Rogers worked into the sixth inning while throwing a season-high 91 pitches. He allowed two earned runs and four hits while walking two, hitting one batter and striking out seven in five-plus innings. The big stage is nothing new to Rogers, who threw a four-hit shutout in last season's state

championship game, but the senior is getting used to working again with a larger pitch count.

"I got back in my normal routine," Rogers said. "... It felt right again instead of having to warm up real quick and speed myself up."

Rogers surrendered a two-run home run to Patriot right fielder Nick Moore in the second inning. The Pioneers loaded the bases in the fifth after a two-out Lake Braddock error extended the frame, but Rogers ended the threat by inducing a groundout.

"He's just a competitor," Lake Braddock head coach Jody Rutherford said. "When

he laid out his throwing program right after his surgery, originally there [were thoughts that] he's definitely not going to throw [during the season].

"... I'm glad that he came through and got healthy."

Lake Braddock led 3-2 after three innings thanks to three Patriot errors. The Bruins extended their lead to two when Gransback led off the bottom of the fifth with a solo home run to left.

Gransback, a first-team All-Met selection by the Washington Post last season, has been one of the few Bruins to remain healthy during the 2013 campaign.

"Early on before our first game, we were kind of wondering, how is this going to turn out?" Gransback said. "We don't have Thomas, we don't have [injured pitcher] Nick [Balenger]. But after our first game, we were like; we've just got to keep believing we can do this."

Shortstop Jack Owens singled in what proved to be a valuable insurance run in the sixth inning, increasing the Lake Braddock lead to 5-2. Patriot designated hitter Zack Martin hit a two-out, two-run homer in the top of the seventh inning, pulling the Pioneers within one, but Lake Braddock held on for the win.

Senior right-hander Nick McIntyre earned a two-inning save for Lake Braddock. He recorded three outs with two pitches in the sixth inning, inducing a double-play grounder and a fly out to center.

Owens finished 2 for 4 with an RBI. Second baseman Nick Neville went 2 for 3.

SPORTS ROUNDUPS

Madison Softball Finishes Region Runner-Up

The Madison softball team lost to Stone Bridge 6-3 in the Northern Region championship game on May 31.

The Warhawks traveled to face Northwest Region champion Orange in the state quarterfinals on Tuesday, June 4 after the Connection's deadline.

Madison Boys', Girls' Lax Reach State Semis

The Madison boys' and girls' lacrosse teams advanced

to the state semifinals with victories in the quarterfinals on June 1.

The boys' team defeated E.C. Glass 11-7 on Saturday and will face Dominion at 5 p.m. on Wednesday, June 5 at Westfield High School. The girls' team beat Salem 23-9 and took on Osbourn Park on Tuesday, June 4 after the Connection's deadline.

Langley Girls' Lax Reaches State Semis

The Langley girls' lacrosse team defeated Western Albemarle 13-10 on May 30 in the state quarterfinals at WAHS. The Saxons advanced to the semifinals, where they

faced Loudoun Valley on Tuesday, June 4 after the Connection's deadline. The winner advanced to the state championship game to face the winner of Madison and Osbourn Park at 6 p.m. on Saturday, June 8 at Westfield High School.

McLean Softball Falls in Region Semis

The McLean softball team lost to Madison 6-3 in the Northern Region semifinals on May 29. The Highlanders ended the season with a 20-6 record and finished Liberty District runner-up to Stone Bridge.

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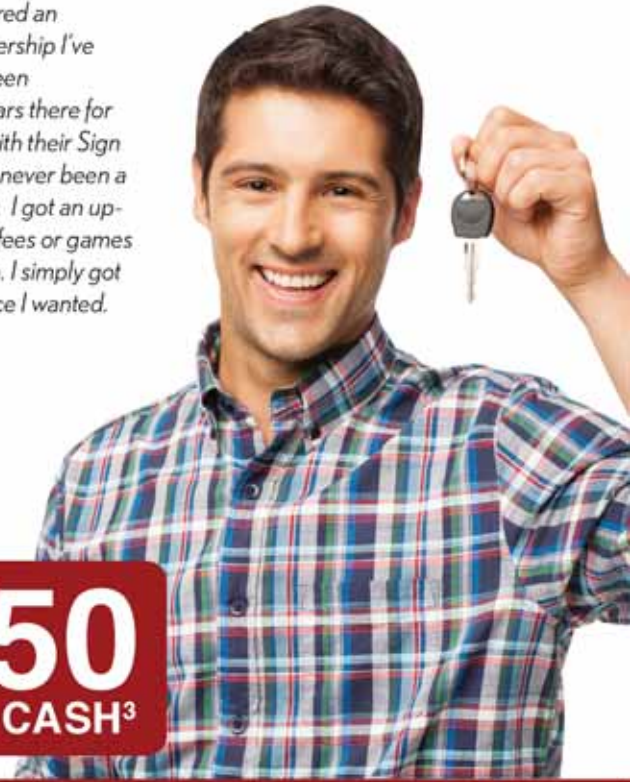
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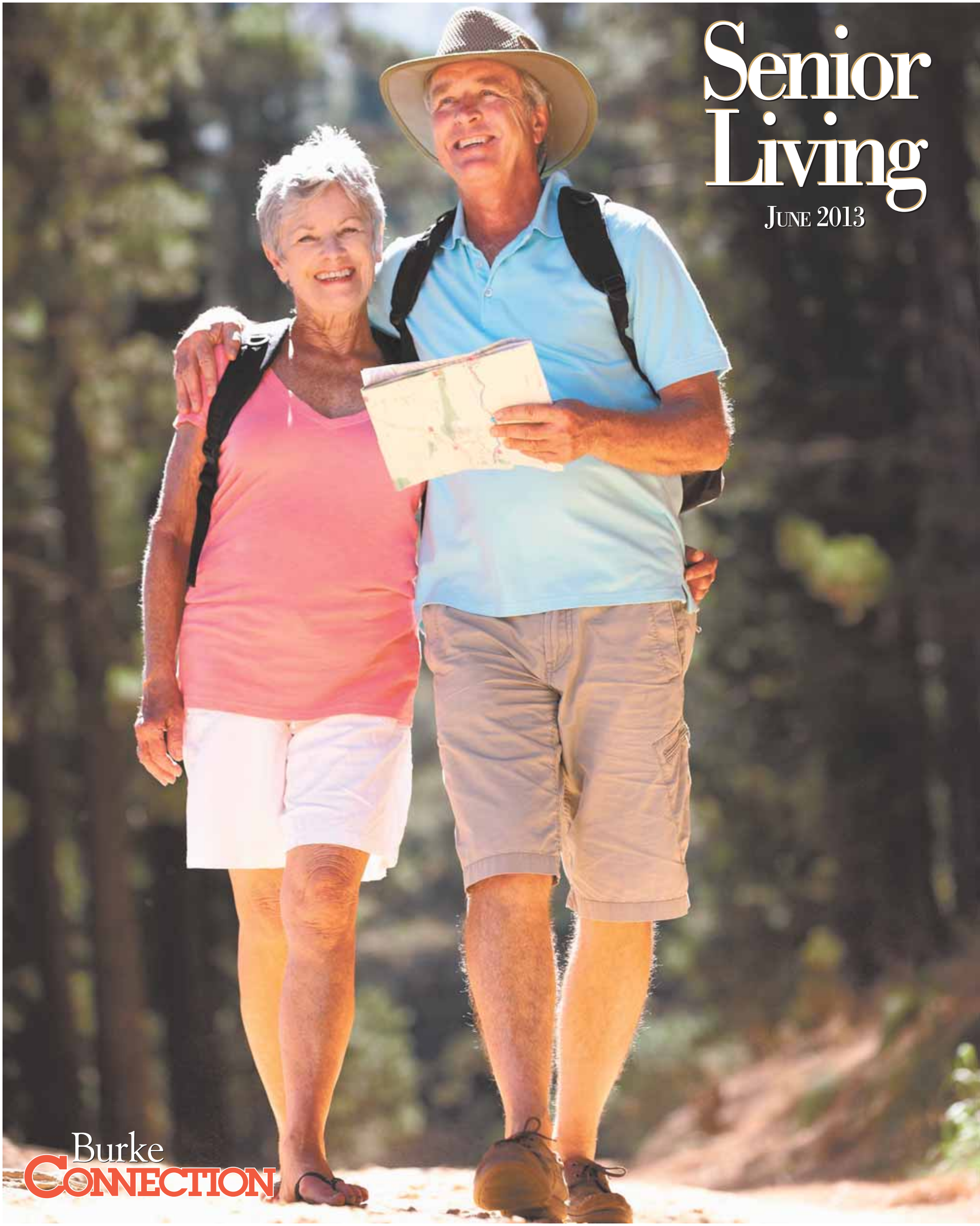


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Mental health experts share factors that contribute to contentment.

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

“You have to keep busy and active and you have to persevere. I am glad to be 96 years old and still able to walk without any help.”

— Dot Brown

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.”

Mental health professionals say the keys to happiness as one gets older include involvement in social activities or community and religious groups, maintaining a network of friends and regular exercise. Lisa Jackson-Cherry, Ph.D., a professor of psychology and chair of the department of counseling at Marymount University in Arlington, suggests “taking up a new hobby or seeking out a career change that brings a sense of meaning.”

In fact, experts say many of Brown’s daily activities are common among seniors who



Dot Brown, 96, holds two of her great-grandchildren, Harper and Eamon. Mental health experts say that strong familial relationships contribute to one’s overall sense of well-being.

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 coun

SEE HAPPINESS, PAGE 6

‘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.

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



Baker

A ‘SUITE’ ADDITION

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

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.



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

minimal disturbance.

DETAILS THAT MATTER

When making renovation plans, especially for a person using a wheelchair or

SEE EVOLVING NEEDS, PAGE 6

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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 re-designing homes to meet aging-in-place requirements.

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

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

“I’m remodeling several high-use spaces; it’s a plan that makes it easier for me to do



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-introduces aging-in-place innovations into her kitchen and several bathrooms with Sun Design Remodeling’s Mindy Mitchell (left) and designer Kim Kruskamp.

everything I need with minimal challenge,” said Sorrentino.

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

In place of overhead kitchen shelves, for instance, Mitchell is recommending counter-

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

In two bathrooms, plans call for precisely located vertical and horizontal grab bars. The shower will have

a lower curve for easier access. Traditional and hand-held shower faucets simplify bathing. The faucets themselves feature adjustable levers rather than knobs. The floor will be surfaced in non-slip tile.

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

Rogers’ Retirement Dream

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



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

More

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

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.”

Older Residents Reflect on Decades

BY KEN MOORE
THE ALMANAC

Ellen Breen turned 95 on May 5, 2013. Her granddaughter plans to be married in September.

“If I am alive, I am going,” Breen said.

Her grandchildren call her Rah Rah. “I love it. It’s one of my favorite sounds. When they say it it really means something.”

Dennis Lewis is 75. He had a stroke 15 days before his 70th birthday.

“If I had it to do over again, I’d drink twice as much water and half as much soda, I think it would have made a difference in triggering the stroke,” Lewis said.

Lewis, of Potomac, says he’s grateful he had made plans to see a friend that Saturday afternoon five years ago.

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“Oh, I miss reading the headlines,” she said. So she turns to the television to keep up with current news.

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A big memory from her childhood, she said, was Lindbergh crossing the Atlantic, and seeing Lindbergh in person at Dupont Circle.

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DENNIS LEWIS HAS ADVICE for younger generations.

“Find what you’re good at, find what is important to you, find what matters, what are your talents,” he said.

“Develop your level of confidence to where you will be an impact player,” he said. “You have to believe in yourself.”

Happiness and Fulfillment in Golden Years

FROM PAGE 3

selling at Marymount University. “Find out what brings you joy and happiness and takes you out of your routine.”

STRONG FAMILIAL RELATIONSHIPS such as Brown’s are another factor in one’s overall sense of well-being. “Reconnecting with family members can bring happiness,” said Boie. “That’s also sometimes tricky because it can bring up unresolved issues in the family. Long-lasting tension in the family can lead to sadness in the sense of premature loss. Try and work out unresolved tensions and issues with family members.”

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

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



Dot Brown, 96, helps assemble oral rehydration kits for a World Health Organization and UNICEF project. The Springfield resident credits her active lifestyle and genetics for her well-preserved mental and physical health.

In addition to human social connections, relationships with furry friends can also provide gratification. “Pets can bring a lot

of joy,” said Boie. “It is a very rewarding relationship. I know people that are connected to a parrot or cat or dog. Animals can be warm, reassuring parts of an elderly person’s life.”

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

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

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



Dot Brown (pictured with great-grandchildren Clara, Blake and Becca) celebrated her 96th birthday recently with her children, grandchildren and great-grandchildren. She says spending time with her family brings her joy.

‘Age in Place’ to Satisfy Evolving Needs

FROM PAGE 3

walker, ensure there is enough space.

Wider doorways and hallways, as well as large curb-less showers with grab bars and hand-held shower heads are common features even for families without a disabled member. Other popular requests with noted value include appliances with lever doors, varied countertop heights, and minimal steps through passageways.

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

It’s a reality that many people will endure some kind of temporary mobility challenge in their life, perhaps from surgery rehabilitation or an accident, so it makes sense to design your home in a practical, universal way to accommodate such unpredictable circumstances.

If needed, first-floor laundry facilities and outdoor ramps also add convenience to the new space.

With all of these changes, it is important to maintain the current look and feel of your home as much as possible, so consider choosing materials and colors that match the style of the rest of your home.



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.

OVERCOMING BARRIERS

In instances when a small lot or zoning restrictions hamper the ability to add on square footage for a master suite or other area, there are alternative options to help a family stay in their home.

There may be seldom-used space on the first floor that can be reconfigured into a cozy master 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.



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Crafting a Wheelchair Friendly Master Bath

Accessibility designer inspired by personal experiences.

BY JOHN BYRD

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

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

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

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

“Here we have an individual who has lived in the same house for 25 years,” Glickman said. “His son occupies the same



PHOTOS BY WAYNE JACKSON

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

residence, so there was really no thought of moving into a nursing facility. My goal was to execute a plan that enables a capable mature male — who happens to be in a wheelchair — to live a fully independent life in his own home.”

Glickman, who has operated Glickman Design/Build for 30 years, understands such

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

More

Russ Glickman periodically offers workshops on accessible living and aging-in-place topics. Visit www.GlickmanDesignBuild.com or call 301-444-4663

file accessible living category.

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

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

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

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

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

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“Life changing,” he said of his stroke.

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“Find what you’re good at, find what is important to you, find what matters, what are your talents,” he said. “You have to believe in yourself.”

Lewis said he learned from experiences in his life when he bucked the trend, doing the opposite of what people advised.

When Howard Stern came to town, Lewis said people told him Stern would not be a worthwhile story.

“They were all saying, ‘He’s terrible, he’s terrible, he’s misconceived, he’s a total failure,’” said Lewis, who covered radio for the Washington Star at the time. But “that’s all people were talking about — him.”

Ellen Breen bypasses opportunity to give advice.

“Oh, I don’t think I’m qualified to answer such questions,” she said with a smile.

But she knows how her birthday wishes have changed over the last nine decades.

“Before, I was looking forward to happiness and peace in my own life, my personal life. Now that seems absolutely non-existent when you compare it to what is happening in the world today,” said Breen. “What I would long to see is peace in the world, if it would only start in Washington, D.C.”

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