

JUNE 6 - 12, 2013

25 CENTS NEWSSTAND PRICE



The Cameron Guy Dudley Book Scholarship Award winners pose with CPMSAC President Johnny Nelson. From left are Jonea Ahousissoussi, Fatoumata Barry, Nelson, Deveri White, Bryan Sydnor and Kaj Gumbs.

Honoring Best and Brightest

CPMSAC presents 28th annual youth awards program.

BY BONNIE HOBBS
CENTRE VIEW

Before the start of Saturday's 28th annual Youth Motivation and Academic Awards program for middle- and high-school students, Johnny Nelson texted his two grown children.

He told them, "Think of Mom and give God the glory for using her this way. It is because of her talents and dedication that we're here today."

"Mom" was the late Chantilly resident Shirley Nelson, who founded the Chantilly Pyramid Minority Student Achievement Committee (CPMSAC), which puts on the program. Her husband Johnny is the organization's president.

CPMSAC partners with schools and parents to both mentor minority students and



Westfield's Destiny Ayers won the \$1,500 Shirley O. Nelson Memorial Scholarship.

encouragement their academic growth and achievement. And on June 1 in Chantilly High's gym, CPMSAC honored its program's best and brightest for their many accomplishments during this school year.

"Nearly 400 students came here today," said CPMSAC Executive Board member and emcee Chuck Coffin. "This is truly a celebration to recognize them for what they've done. So congratulations, and I encourage you to aim high and continue to focus on excellence in all you do."

FCPS School Board members Kathy Smith and Ted Velkoff were also there, as were other school system administrators, plus representatives from Centreville, Chantilly, Westfield and Mountain View high

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'Celebrating Her Amazing Spirit'

Remembrance Cabaret for Reema Samaha is June 15.

BY BONNIE HOBBS
CENTRE VIEW

The annual Remembrance Cabaret for Reema Samaha is a time when people honor the memory of a talented young woman who died in the Virginia Tech tragedy. It's also an evening packed with singing, dancing, comedy sketches and fun.

This year's event is Saturday, June 15, at 7 p.m. at Westfield High. But it actually begins at 6 p.m. with a silent auction and bake sale that continue during intermission. The event is free, but donations are welcome.

Attendees may contribute to The Reema J. Samaha Memorial Scholarship Fund — awarded to students at both Westfield and Herndon high schools — and/or Angel Fund, a nonprofit founded by the Samaha family to create safer schools and communities by focusing on mental-health issues, privacy laws and information sharing.

A 2006 Westfield High grad, Reema was also known for her dancing. So, said her mother, Mona Samaha, "The cabaret is a celebration of the arts in Reema's name. It's a beautiful occasion,

happy and peaceful, and I believe that everyone attending feels honored to be there."

Angel Fund President Lu Ann McNabb, a longtime friend and neighbor of the Samahas, organized the artists providing donations for the silent auction. Cabaret Director Ashley Dillard, a friend and classmate of Reema's at Westfield, organized the performers. Westfield grad and WJLA-TV reporter Jummy Olabanji will emcee, and Westfield grads Branson Reese and Jesse Leahy will host.

"I am honored to be a part of this event every year, and it could not be for a better cause," said Dillard. "Every year we gather an eclectic group of artists, with acts ranging from singing to comedy sketches, to highlight the spirit of Reema."



Reema Samaha

Not everyone who performs knew Reema. But, said Dillard, "We all realize the bigger picture of coming together to remember such a tragic event and strive to create something beautiful from it. It's one of the noblest and vivacious events I've ever put my name to and I will continue to do so."

Virginia Tech's Contemporary Dance Ensemble (CDE) will perform "Andaloosia," the dance Reema choreographed and performed with the group as a freshman there. A moving tribute to her, it's become a cabaret tradition.

Many Westfield grads who were involved in theater here and at college come home each spring to

SEE REMEMBRANCE, PAGE 8

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NEWS

Free EKGs in Lopynski's Honor

On April 26, 2009, Ryan Lopynski was a freshman at Virginia Tech who'd come home to Clifton's Hampton Chase community to visit his family and seek a summer job. But he collapsed at home and suffered a fatal heart attack.

Afterward, his parents established the Ryan Lopynski Big Heart Foundation to honor his life and to raise public awareness about sudden cardiac arrest in young adults.

And on Saturday, June 15, from 9 a.m.-3 p.m., at Robinson Secondary School, the foundation will offer free EKG screening/readings to all Fairfax County high-school students. Robinson is at 5035 Sideburn Road in Fairfax; use entrance No. 3 and go to Davala Hall.

One high-school-aged athlete suffers a sudden cardiac arrest every three days in the U.S. The leading cause of death in young athlete on the playing field is an undetected heart condition. The best way to detect these heart conditions is through a heart screening using an EKG (Electrocardiogram).

Go to www.ryanlopynski.org and click on "Heart Screenings" to register for a free EKG screening/reading and to download the Permission and Waiver form. Bring the signed and completed form to the screen-



Ryan Lopynski.

ing. A parent or legal guardian must accompany their child to the EKG screening.

One of the missions of Ryan's Foundation is to screen high school athletes in hopes of preventing other families from experiencing this same tragedy. A simple EKG, when used to screen physically active young persons, can detect certain serious heart conditions by recording the electrical activity of the heart.

On the day of the screening, girls should wear a sports bra, t-shirt and sweat pants or sport shorts. Boys should wear a t-shirt and sweat pants

or sports shorts. Girls will be asked to remove t-shirts but will keep sports bra on at all times, as well as shorts/sweats. Boys and girls will wear shorts/sweats at all times.

Small patches will be placed on the student's chest, legs and arms. Electrodes are attached to the patches, and the hearts' electrical activity is recorded. A team of volunteer cardiologists and technicians will be on site.

Only female technicians will test girls and they will be screened in a separate area than boys. The entire process should take 10-15 minutes per student and parents will receive the results that day.

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James Baker sings "This is How a Heart Breaks."



PHOTOS BY BONNIE HOBBS/CENTRE VIEW

Broadway hits Chantilly in "There's No Business Like Show Business."

Streamers descend during the show's finale, "Livin' On a Prayer."

Chantilly's Jazz & Pizzazz Sizzles

Chantilly High's 27th annual Jazz & Pizzazz show was May 29-June 1.



Performing a "Mamma Mia" medley.



Graduating seniors sing together.



Soloist Amanda Mason (in red) and friends are "Holding Out for a Hero."



A big finish to the song, "Legendary."



Patrick Arnold's saxophone solo in "Rockabye River."



Singing and dancing to "There's No Business Like Show Business."



Ryan Doherty solos on "Green-eyed Groove."



"Let Me Be Your Star" from "Smash."



Matt Calvert, trumpet, and Austin Stahle, guitar, shine during "Another Life."

News



The Junior Buffalo Soldiers of Centreville's Mount Olive Baptist Church post the colors.



Chantilly High senior Christopher Dominguez is congratulated by the dignitaries.

CPMSAC Presents Annual Youth Awards Program

FROM PAGE 1

schools and Franklin, Liberty, Rocky Run, Stone and Rachel Carson middle schools.

"The students here should all be proud of their achievements," said Chantilly Assistant Principal Shawn Frank. "For 29 years, CPMSAC has been giving assistance and perseverance to our students — qualities you can take with you through college and afterward."

"Not everyone has someone in their corner, encouraging them to study and be a success," said FCPS Deputy Superintendent Richard Moniuszko. "Smart is not something you are, but something you get by reading, working hard in school and being exposed to different ideas. And you've been doing that by also going to the CPMSAC after-school and Saturday mentoring programs."

REMINDING STUDENTS that they "can't do it alone," he advised them to study with people who know more than they do. Moniuszko then thanked Johnny Nelson and all the other CPMSAC volunteers for "all their hard work over the past 29 years."

Velkoff told the students to "believe in your dreams. Find your passion — what excites you — and strive to achieve your goals. Parents, these students are a testament to all the love you have for them and all the hard work you've put into them. CPMSAC is a wonderful organization with volunteers dedicated to helping parents assist their children, and I encourage everyone to help by either volunteering or contributing dollars to it."

Coffin said many students told him how attending CPMSAC'S Saturdays Toward Excellence Program (STEP) and Project BEST (Building Excitement for Science and Tech-



CPMSAC's Chuck Coffin emcees the program.

nology) program has helped them raise their grades from Cs to As.

He then introduced keynote speaker Taylor Young, a Westfield grad and a rising sophomore at North Carolina A&T State University. Majoring in multimedia journalism, she made the dean's list, honors program and freshman honors society and hopes to someday have her own publication, run a nonprofit, help children and educate people.

"Fight for your education; fulfill your dreams because it is possible," she told the students. "It's important to form relationships with the adults around you. Work hard and feel like you earned your dreams. Take it into your own hands and take in as much information as you can; it'll help you in the



Westfield senior Hari Kappiyoor sings a song of tribute and encouragement.

long run."

Young said honor students get privileges other students don't, "and that opened up a lot of doors for me and helped me branch out more. There are people who can help you, so go to them and ask for it, if you need to. I did this with one of my professors. And if you fall, you have to get back up. We are the future — the ones who'll be making a difference in the world."

STUDENTS WHO MAKE the right choices while in high school will find that things will just get easier for them, said Young. "Each and every one of you is special," she said. She then had all the awardees stand and say together, "I am somebody; I have the power to change the world." Added



Receiving congratulations from FCPS administrators is Mountain View senior Delsidia Lima.

Young: "As long as you fight for your own education and your own self, you will be successful."

Next came the presentation of awards, with all seniors receiving plaques with their names on them. In addition, Westfield's Destiny Ayers won the \$1,500 Shirley O. Nelson Memorial Scholarship. She'll attend Virginia Tech and major in microbiology/immunology.

Receiving the Cameron Guy Dudley Book Scholarship Award were Centreville High's Jonea Ahausissoussi and Fatoumata Barry, Chantilly's Deveri White and Bryan Sydnor, and Westfield's Kaj Gumbs.

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NEWS

Adam's Angels Hosts 5K

Event supports scholarships and heart research.

BY BONNIE HOBBS
CENTRE VIEW

With his life stretched out before him, this would have been the spring Adam Seymour graduated from Lynchburg College. Instead, it's time for an annual 5K race in his memory — but one whose proceeds may help save other lives.

On Saturday, June 15, the third annual Adam's Angels 5K Run will be held at Robinson Secondary School to benefit the nonprofit Adam P. Seymour Foundation. The 5K race starts at 8 a.m., with a 1-mile fun run/walk following at 8:06 a.m. Registration is at <http://prrracing.racebx.com>; cost is \$30, and there's also race-day registration.

At Robinson Middle, Adam captained the JV soccer team, later playing defender for Robinson Secondary's varsity, all four years. And a ceramics class in his senior year revealed his talent for making pottery. Graduating in June 2010, Adam planned to focus on environmental studies in college. But that August, he suffered a heart attack during a preseason training run with his college's soccer team and died, three days later, at age 18.

Out of this tragedy, his parents Jim and Beverly — she teaches second grade at Bull Run Elementary — later began a foundation and a group called Adam's Angels in his honor. It raises money for memorial scholarships, heart research and sudden cardiac arrest education and awareness. See www.adampseymourfoundation.org/



PHOTO COURTESY OF HEATHER RIPLEY

Runners take off from the startling line of last year's Adam's Angels 5K race.

"Sudden cardiac arrest is the leading cause of death for young athletes, ages 8-20, in the country," said Jim Seymour. "So it's important to gain awareness and education to prevent this, and also raise funds so the foundation can place AEDs [automated external defibrillators] in youth-oriented venues."

He's also the race director and hopes this year's event will be just as successful as the first two were. Last year's race attracted 300 participants and raised \$15,000. The 5K is two laps around Robinson's perimeter on the neighborhood streets. Both it and the fun run/walk start and end in the parking lot at the school's main entrance. The walk is on school grounds.

It's family-oriented, and strollers and dogs are welcome. Prizes are awarded to the top two, overall male and female finishers. Male and female age-group winners each receive a tote bag containing a custom-made, Adam's Angels beach towel, plus other items. There'll also be door prizes for merchandise and restaurant gift certificates.

A silent auction is also part of

the fun. Items for bid include: Original watercolor paintings donated by artist Gladys Swartz of Lorton; pottery by a local craftsman; three gift baskets of Starbucks items; a computer table; wooden serving tray and hand soap from The Nest Egg in Fairfax Corner; and a bowling package from Bowl America.

Also auctioned off will be a small, custom-made mantel clock; Vera Bradley overnight bag; handmade bracelets and necklaces; two gift baskets containing restaurant (Glory Days and Villa Bella) gift certificates and two movie tickets; and three spa packages — two to Radiance Medspa in Fair Lakes and one to Five Star Hair & Nails in Burke.

Race-packet pick-up is Friday, June 14, from 3-7 p.m., at the Potomac River Running Store, 5715 Burke Centre Pkwy. in Burke, or race day, June 15, from 6:30-7:30 a.m., at the school.

Major sponsors are American Property Construction Co., TMC Electric, Xcision Medical Systems, Cleantech Building Maintenance

SEE ADAM'S ANGELS. PAGE 15

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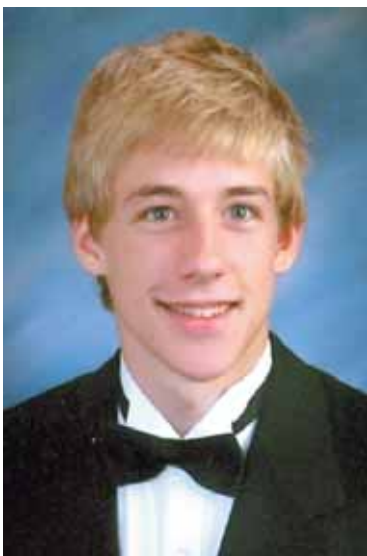
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PHOTOS CONTRIBUTED

Adam discovered a talent for pottery in high school.

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 eight-person tour of the Airbus A380 at Dulles International Airport, a day with state Sen. 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
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PHOTOS COURTESY OF LAURIE AXELROD

Holding their creations, Centreville High artists at the Clay Connection awards ceremony are (from left) Stephanie Truong, Jiyae Han, Jordan Axelrod, Mary Do, teacher Rory Marcaccio Schaffer and Christian Hall.

Students Shine in Ceramics Competition

They win two Best in Show awards.

BY BONNIE HOBBS
CENTRE VIEW

Centreville High School students won three of the 15 awards presented recently at an annual, high-school ceramics competition sponsored by The Clay Connection. These included two out of the three Best in Show honors.

Junior Jordan Axelrod won the President's Award for Best in Show for his piece called "The Devil Inside." Receiving the Jurors' Award for Best in Show was classmate Jiyae Han for her entry, "Colors of the Sea." A third Centreville student, junior Mary Do, took home second place in the Mixed Media category for her piece called "Chopped."

The Clay Connection is an organization that promotes clay arts in the Washington Metropolitan area. To recognize the area's best in student ceramics, it sponsors a contest open to all Northern Virginia high-school students.

This year's event was held in partnership with the Office of the Arts and the Alexandria Commission for the Arts. Nearly 100 pieces were submitted from 89 students attending 11 different schools.

They were all judged, and then awards were presented at a May 15 ceremony at the Durant Arts Center in Alexandria. Each item was judged on quality, creativity, aesthetics and the use of clay in the categories of wheel-thrown vessels, hand-built vessels, mixed media and sculpture.

Centreville High's participants are all students in teacher Rory Marcaccio Schaffer's Ceramics I and II classes and, she said, "I am very proud of all of my students." Besides those who won awards, said Schaffer, "Alissa Damato, Christian Hall, Min Kyong Han, Ye Chee Lee and Jessica Crawford also created outstanding pieces."

At Centreville, she said, "Students undertake a rigorous exploration of the clay medium, giving them an opportunity to create a body of work that is unified in direction, shows a significant degree of creative growth and enables innovative solutions for personal expression."

Axelrod said winning such a prestigious award for his work, "The Devil Inside," was particularly meaningful to him. "The Devil Inside represents the constant struggle between good and evil," he explained. "And even if evil seems to take over your life, it can never take your hope. This is representative of my own struggles, and being recognized for this piece represents closure to a hard chapter in my life."

Han called it "an extraordinary experience" to participate in this competition because it's "focused on clay crafts, rather than the broad spectrum of art materials. I was surprised that I won the Jurors' Award because everyone was so good. I'm so glad this opportunity was given to many students, including myself, and I thank The Clay Connection." ○○○

"I often feel as though clay is an underappreciated media, and people don't see the versatility and beauty that clay can create," said Do. "Seeing all the different pieces that kids my age were making was a great experience and showed me that I still have room for improvement." She said her award-winning creation represents "the

growing problem of overfishing all over the world. In winning this award, I feel as though this problem is being recognized."

Another participant, Stephanie Truong, won a Scholastics Silver Key award earlier this year and enjoyed being part of the clay competition, calling it "the last good memory" of her senior year. Min Kyong Han liked creating a piece with clay and seeing "what other students can do with clay."

As for mom Laurie Axelrod, she was thrilled with her son Jordan's achievement. But she said the overall strong showing of Centreville's talented artists should be "attributed to the dedication and guidance of their teacher, Rory Marcaccio Schaffer."



Jordan Axelrod's piece won the President's Award.



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Remembrance Cabaret for Reema Samaha Is June 15

FROM PAGE 1

participate in the cabaret, as well. Claire Manship and Brittany Martin will sing a mash-up of “Sooner or Later” and “The Man that Got Away,” and Dallas Sweezy and Friends will do a Monty Python sketch.

Carolyn Agan will sing, and Corinne Holland will perform a solo dance, as will Nick Burroughs, Lauren De Vera and Ahmad Maaty. And Jon Lawlor will sing and play guitar.

Teaming up to perform “When I Grow Up” by First Aid Kit are sisters Ashley and Phoebe Dillard, who’ll sing, while sisters Michelle, Monica and Meredith Murgia dance, Chris McNabb plays drums and Dan Hrebenak plays guitar.

Rachel Harrington, accompanied by Jon Blank, will sing “Climb Every Mountain” from “The Sound of Music,” in which she played Mother Abbess in Centreville Presbyterian Church’s production. And current Westfield senior Madeleine Bloxam will sing “Wherever You Will Go.”

Herndon High seniors Paul Morgan, Molly Nuss and Megan Overton will perform a medley from the musical, “Brigadoon.” Westfield’s improv team, captained by Olivia Witt, will do a comedy sketch called “Hokie Pokie.” And Herndon’s improv team, captained by Hunter Robinson, will do likewise.

Nancy Dougherty will sing, as will Anne Dueweke and Shannon Douglass. Ritmo Dance Group, directed by Judi Condezo Mori, will do Latin dancing. And professional operatic soprano Andrea Thornock, accompanied by her mother, Rochelle Thornock, will sing “Nella Fantasia.”

Katerina Rodgaard, Reema’s high-school dance teacher, will perform the dance, “For Reema.” She’s been dancing professionally, teaching and choreographing for more than



Virginia Tech’s Contemporary Dance Ensemble performs a number from the play, “Newsies,” in the 2012 cabaret.

17 years and teaches and works for Moms Demand Action for Gun Sense in America. In March, she spoke about Reema at the White House.

In addition, Sophia Teie of Actively Caring for People (<http://www.ac4p.org/mission>), will talk about the group’s mission to reduce bullying behavior by promoting and rewarding its opposite — actively caring. With the support of organizations such as the Virginia Tech Victims and Families Foundation and Angel Foundation, it’s already helped bring about a 50-percent decrease in bullying behavior within elementary-school classrooms. °°

Besides the entertainment, cabaret attendees will be greeted by an array of silent-auction items. “We’re humbled by the

generous donations,” said McNabb. “We’re touched by the beautiful works of art contributed by young people and members of the community, including out-of-state friends and supporters.”

Auction items include an autographed, Washington Redskins football donated by Redskin and Westfield grad Evan Royster, a Washington Nationals baseball signed by Drew Storen, eight tickets for the Nationals-Phillies game in the Diamond Club section (with two parking passes), and a round of golf for four at Evergreen Country Club.

Also up for bids are an eight-person tour of the Airbus A380 at Dulles International Airport, a day with state Sen. Chap Petersen (D-34) in Richmond, plus a tour of the capitol, and a coaching and personal-develop-

For More Information

- ❖ To learn about the Reema J. Samaha Memorial Scholarships, see <http://www.reemasamaha.org/funds/funds1.htm>.
- ❖ For Angel Fund information, visit <http://www.angelfundva.org/>.
- ❖ To see some of the silent auction items, go to <https://www.facebook.com/events/587058834651876/>.
- ❖ Chris McNabb’s video, <http://vimeo.com/65766863>, explains why the cabaret performers participate and the artists donate.

ment session with Coach Marvin Powell.

There’ll also be a variety of jewelry, chocolate and bath baskets, as well as artwork — including pottery, drawings, paintings and photography — plus gift certificates from local restaurants and businesses. Proceeds from the bake sale and silent auction will also go to The Reema J. Samaha Memorial Scholarship Fund and the Angel Fund.

All in all, said Ashley Dillard, the cabaret should be an exciting and enjoyable event. “One of the best things is that we have students, professionals and friends of Reema who gather to share our passion for the arts in her name,” said Dillard. “Reema represented everything positive and beautiful about Westfield theater and we try to share that positive energy with the community through the Remembrance Cabaret celebrating her amazing spirit.”



Westfield grad Chris McNabb holds a silent-auction item — an autographed, Washington Redskins football.

Eyes on the Prize: Angel Fund Goals

BY BONNIE HOBBS
CENTRE VIEW

Angel Fund President Lu Ann McNabb thought of Reema Samaha as a daughter so, for her, the annual Remembrance Cabaret for Reema is personal. It also raises money for a cause hoping to help young people deal with mental-health issues, thereby averting any future tragedies like the one at Virginia Tech.

“Every year, I’m impressed by the caliber of the young people who perform at the cabaret,” said McNabb. “They’re uniformly talented and professional, and creative in their expression and choice of song, dance and skit. Some of them knew Reema and return every year to keep her love of the arts alive. But many did not; they just want to be part of this collective experience of joy and beauty.”

“It’s a way to remember Reema, and we give people a chance to come onstage and be in the spotlight,” said her mother, Mona Samaha. “And the artists in the silent auc-

tion get to show their works.”

Regarding Angel Fund, McNabb said, “Last summer, the board of directors decided to focus on the mental-health issues that have impacted our community: suicide, depression, anxiety and drug and/or alcohol addiction. We decided to effect change through advocacy, education and programs and were gratified that two of our bills passed, this past legislative session.”

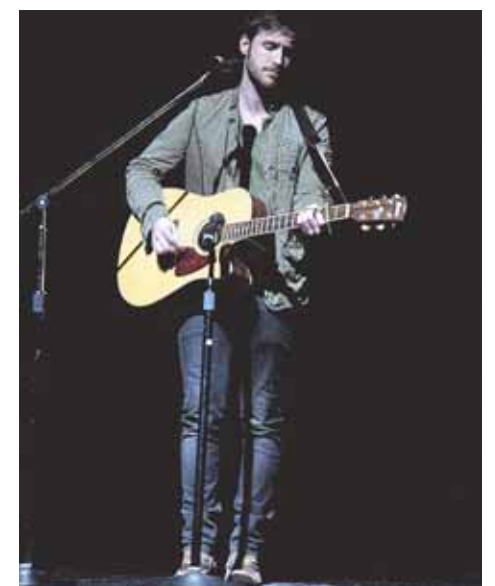
Angel Fund also participated in the Access to Health Services Committee for the Live Healthy Fairfax plan to make Fairfax County a healthier community. And it’s seeking to fund a pilot program for adults, 18-21, with emotional disabilities, and to implement Actively Caring 4 People, a positive reinforcement program, in the local schools.

In addition, Angel Fund wants to duplicate Loudoun County’s Internet Safety program in Fairfax County and increase the number of FCPS school psychologists and social workers.

“Our goal is simple: to create an environ-



Westfield grad Corinne Holland will dance again in this year’s cabaret.



Westfield alumnus Jon Lawlor performs “My Real Home” during last year’s cabaret.

ment for young people to feel respected, self-confident and tolerant towards others,” said McNabb. “We believe our vision of a community that takes action against bully-

ing, addiction, depression and suicide will be realized because we believe young people have the power to touch the lives of others and make a difference.”

WWW.CONNECTIONNEWSPAPERS.COM

ENTERTAINMENT

Email announcements to centreview@connectionnewspapers.com. Photos welcome.

THURSDAY/JUNE 6

Broadway Pops. 7:30 p.m. in the Roy A. Skip Maiden Theatre at Centreville High School. Features the entire choral program, soloists and a student-directed a capella group. Free for students; \$5/general admission.

Storytime. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

Book Group. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Teens in grades 7-9 can participate. Call for title. Free. Registration required. 703-502-3883.

FRIDAY/JUNE 7

Comedy Showcase. Doors open at 7:30 p.m., show starts at 8 p.m. at Fast Eddie's, 14114 Lee Highway. Watch Mariya Alexander, Becca Steinhoff and Dana Bell perform. \$5/person. 703-266-1888.

SATURDAY/JUNE 8

Master Gardeners. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

Magic and Mayhem. 2:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Girls and boys in grades 6-8 can participate in this sci-fi/fantasy book group. Call for title. Free. Registration required. 703-502-3883.

SUNDAY/JUNE 9

Train Display. The Northern Virginia NTRAK group will be displaying running tabletop (T-TRAK models) N Gauge trains at the Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station, from 1-4 p.m. \$3/adult; \$1/child. Visit www.fairfax-station.org or 703-425-9225.

MONDAY/JUNE 10

Writers of Chantilly. 6:45 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Adults can share their work and receive feedback. Free.. 703-502-3883.

ESL Book Club. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Ask for title. 703-830-2223.

TUESDAY/JUNE 11

Small Wonders. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Bouncin' Babies. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

WEDNESDAY/JUNE 12

Toddlin' Twos. 10:30 a.m. and 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 2 can enjoy stories and activities. Free. Registration required. 703-502-3883.

Bouncin' Babies. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required.

703-502-3883.

Small Wonders. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Chantilly Book Discussion. 7:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Call for title. Free. 703-502-3883.

THURSDAY/JUNE 13

6th Annual Erin Peterson Fund Tournament. Held at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. To register visit www.erinpeterfund.org.

Civil War Lecture. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Adults and school age children can hear "Battle of Brandy Station, VA: Largest Cavalry Battle on American Soil" by historian Mike Block. Free. 703-830-2223.

FRIDAY/JUNE 14

Swing Dance. 8:30 p.m.-midnight at Hilton Washington Dulles Airport, 13869 Park Center Road, Herndon. King Teddy provides the music. \$15. Visit www.gottaswing.com or 703-35-9882.

Ready for School Storytime. 4 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 4-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

SATURDAY/JUNE 15

Remembrance Cabaret. 7 p.m. at Westfield High School, 4700 Stonecroft Blvd. Enjoy a silent auction and bake sale. Free, but donations welcome. All donations benefit the Reema J. Samaha Memorial Scholarship Fund and Angel Fund. Visit www.reemasamaha.org or www.angelfundva.org.

Master Gardeners. 10:30 a.m. at Chantilly Library, 4000 Stringfellow Road. Adults can get tips, information and advice on their home gardens. Free. 703-502-3883.

Kaleidoscope Storytime. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. All ages can enjoy a sensory story time focusing on the strengths and adapting to children on the autism spectrum and with other developmental disabilities. Free. Registration required. 703-502-3883.

Paws for Reading. 3 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 5-12 can meet and read to a trained therapy. They can read from a library book or already owned one. Free. Registration required, 703-502-3883.

MONDAY/JUNE 17

ESL Book Club. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Ask for title. 703-830-2223.

TUESDAY/JUNE 18

Small Wonders. 10:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children ages 12-23 months can enjoy rhymes, songs and more. Free. Registration required. 703-502-3883.

Bouncin' Babies. 11:30 a.m. at Chantilly Regional Library, 4000 Stringfellow Road. Babies up to 11 months can enjoy rhymes, songs, stories and more. Free. Registration required. 703-502-3883.

Storytime. 1:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. Children age 3-5 can enjoy stories and more. Free. Registration required. 703-502-3883.

Tuesday Tales. 7 p.m. at Chantilly Regional Library, 4000 Stringfellow Road. All ages can enjoy music, movement and fun. Free. Registration required. 703-502-3883.

★ Welcome Summer Party

★ Friday, June 21

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The free seminar will be held at the Centreville Regional Library, Meeting Room 1/2, 14200 St. Germain Drive in Centreville.

To register: 703-530-WELL (9355) or online at NovantHealth.org/kneepain

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BULLETIN BOARD

Email announcements to centreview@connectionnewspapers.com. Deadline is Thursday at noon. Photos welcome.

THURSDAY-SATURDAY/JUNE 6-8

Tour Sunrise of Fair Oaks. 10:30 a.m.-3:30 p.m. at 3750 Joseph Siewick Drive. Visit a resident's suite, learn about programs, enjoy food and more. To reserve a spot on the tour call 703-264-0506.

THROUGH JUNE 12

Independent Living Project. Fairfax County is offering this free six-week program that includes a gentle exercise program to improve strength

and balance, presentations on county services, a healthy cooking demonstration, advice on how to manage health care and prescriptions, and more. Led by professional social workers, the group meets weekly at the Centreville Regional Library, 14200 St. Germain Drive, Centreville from 10:30 a.m.-12:30 p.m. Register at www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm or call 703-324-7210, TTY 711.

TUESDAY/JUNE 11

Ladies Book Club. 7:30 p.m. at Beth Torah, 4212-C Technology Court, Chantilly. Bring a drink or appetizer

to share and discuss "Snow in August" by Pete Hamill.

THURSDAY/JUNE 13

6th Annual Erin Peterson Fund Tournament. Held at Westfields Golf Club, 13940 Balmoral Greens Ave., Clifton. Tournament registration and breakfast is at 7 am, shotgun start at 8 a.m., cocktails at 1 p.m., and lunch and the awards ceremony at 1:30 p.m. To register visit www.erinpetersonfund.org.

MONDAY/JUNE 17

Centreville Toastmasters. 7 p.m. at Centreville Regional Library, 14200

St. Germain Drive. Overcome your fear of public speaking in a proven program that has helped thousands over the last 89 years. All welcome.

MONDAY-FRIDAY/JUNE 24-28

Young Actors' Workshop. 9 a.m.-noon at Westfield High School, 4700 Stonecroft Blvd. The musical theatre camp is open to elementary students in rising grades 2-6. Tuition is \$125. Visit www.westfieldtheatreboosters.com or call 703-488-6439. Space is limited. Registration is now closed.

MONDAY/JULY 1

Centreville Toastmasters. 7 p.m. at Centreville Regional Library, 14200 St. Germain Drive. Overcome your fear of public speaking in a proven program that has helped thousands over the last 89 years. All welcome.

MONDAY-FRIDAY/JULY 8-12

Summer STEM Workshop. The Chantilly Science Department will be conducting a week-long summer STEM workshop from 9 a.m.-1 p.m. for rising sophomores who are taking honors chemistry during the 2013/2014 school year. Students will learn to use a variety of computer interfaced sensors to collect and analyze data. \$40. There are a limited number of spaces, and applications will be accepted on a first in, first accepted basis. Apply at www.fcps.edu/ChantillyHS. For questions, contact Ina Koppel at irkoppel@fcps.edu.

SATURDAY/JULY 13

Self Defense Seminar. 11:30 a.m.-2 p.m. at the nZone in Chantilly. Designed for women ages 13 and up. To register visit www.thenZone.com or 703-266-0118.

JULY 29 -AUG. 2 OR AUG. 12 -16

Summer Sports Camps. Jubilee Christian Center is holding summer sports camps (basketball, flag football, & soccer) for grades K-6 (as of fall school year) from 9 a.m. - 4 p.m. The cost is \$160 per week, which includes a T-shirt. Pre-registration required by June 21. Before care & aftercare will be available for Aug. 12-16 only: cost is \$25 per day for before care & \$25 per day for aftercare (or \$45 per day for both). Jubilee Christian Center is at 4650 Shirley Gate Road, Fairfax. Call 703-383-1170 or visit www.jccag.org.

SCHOOL OPENINGS

The **Clifton Presbyterian Church Preschool** has openings in all classes for the fall. Schedules and classes have been adjusted for greater flexibility to meet the changing needs of the area. Pass the word along to any families who may be looking for a preschool home for their kids. Visit www.cliftonpc.org/cpcpreschool.html or call Gretchen at 703-830-3175.

APPLICATIONS

Clifton Day 2013. Oct. 13. Vendor applications are online at www.cliftonday.com. Barbara Hutto is the new chairperson. E-mail her at cliftonday2013@verizon.net to volunteer to chair a part of the day.

VOLUNTEERS NEEDED

Respite Care Volunteers. Volunteers visit and oversee the safety of the older adult for a few hours each month. Volunteers are matched with families in or near their own neighborhoods in Fairfax County. Support and training is provided. Contact Kristin Martin at 703-324-7577, TTY 711, or Kristin.Martin@fairfaxcounty.gov. Visit <http://www.fairfaxcounty.gov/dfs/olderadultservices/volunteer-solutions.htm>

Advocates. The Northern Virginia Long-Term Care Ombudsman Program needs volunteer advocates for residents in assisted living and nursing facilities throughout the area. Training is provided. Call 703-324-5861, TTY 711 or email Lisa.Callahan@fairfaxcounty.gov. Visit www.fairfaxcounty.gov/dfs/olderadultservices/lombudsman/vol_ombud_program.htm.

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Pender United Methodist Church...
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Pleasant Valley United Methodist...
703-327-4461

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Centreville Community Church...
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Christian Life Center...703-754-9600

Clear River Community Church...
703-881-7443

Covenant Christian Center...703-631-5340

Fair Oaks Church...703-631-1112

New Life...703-222-8836

Tree of Life Bible Church...703-830-4563

PENTECOSTAL

Capital Worship Center...703-530-8100

Church of the Blessed Trinity...
703-803-3007

ORTHODOX

Holy Trinity Orthodox Church...
703-818-8372

The Greek Orthodox Parish
of Loudoun County...703-421-7515

St. Raphael Orthodox Church...
703-303-3047

PRESBYTERIAN

Centreville Presbyterian Church...
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Chantilly Presbyterian Church...
703-449-1354

Clifton Presbyterian Church...703-830-3175

Young Saeng Korean Presbyterian Church...
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Wellspring United Church of Christ...
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ANGLICAN

Church of the Epiphany...703-481-8601

Christ the Redeemer...703-502-1732

ASSEMBLY OF GOD

Centreville Assembly of God...703-830-1841

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Baha'i Faith...1-800-22-UNITE

BAPTIST

Centreville Baptist Church...703-830-3333

Chantilly Baptist Church...703-378-6880

Clifton Baptist Church...703-263-1161

Second Baptist Church...703-830-1850

Mount Olive Baptist Church...703-830-8769

Ox Hill Baptist Church...703-378-5555

BIBLE

Chantilly Bible Church...703-263-1188

Community Bible Church...703-222-7737

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St. Andrew The Apostle Catholic Church...
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St. Clare of Assisi Catholic Church...
703-266-1310

St. Paul Chung Catholic Church...
703-968-3010

St. Timothy Catholic Church...703-378-7461

St. Veronica Catholic Church...703-773-2000

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Church of the Epiphany...703-715-6070

St. John's Episcopal Church...703-803-7500

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Congregation Yad Shalom...703-802-8901

Temple Beth Torah...703-263-2252

LUTHERAN

King of Kings Lutheran Church...
703-378-7272

PEOPLE

Koons, DeBlass Engaged

John and Katrina Koons of Centreville have announced the engagement of their son, Matthew "Tyler" Koons, of Centreville, to Allison Jacobs DeBlass, of Williamsburg. Allison is the daughter of Andrew and Gail DeBlass of Williamsburg.

Mr. Koons is a 2012 graduate of James Madison University with a major in history. He is employed by Koons Automotive Group.

Miss DeBlass is a 2013 graduate of James Madison University, with a major in justice studies and a minor in religion. She is employed by Fourth Presbyterian Church in Bethesda, Md.

An October 2013 wedding is planned, with a reception to be held at Colonial Heritage Country Club. After a honeymoon in Costa Rica, the couple will reside in Northern Virginia.



Matthew "Tyler" Koons and Allison Jacobs DeBlass.

Encore Dance Show Set for 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.ensemble-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 15 hours/week to prepare for the spring performance.

Encore dancers doing a number called "People Magazine."

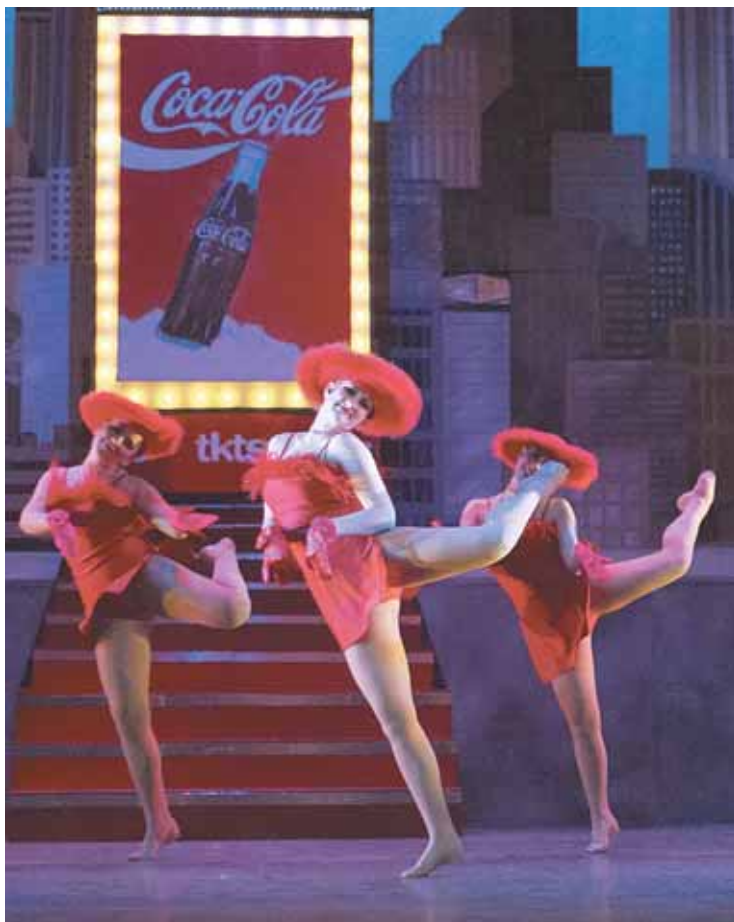


PHOTO CONTRIBUTED

ROUNDUPS

Free Carseat Inspections

Certified technicians from the Sully District Police Station will perform free, child safety carseat inspections Thursday, June 6, from 5-8:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly. No appointment is necessary. But residents should install the child safety seats themselves so technicians may properly inspect and adjust them, as needed.

However, because of time constraints, only the first 35 vehicles arriving on each date will be inspected. That way, inspectors may have enough time to properly instruct the caregiver on the correct use of the child seat. Call 703-814-7000, ext. 5140, to confirm dates and times.

Learn about Protecting Identity

Identity theft is the topic of the next meeting of the Sully District Police Station's Citizens Advisory

Committee. It's set for Wednesday, June 12, at 7:30 p.m., at the station, 4900 Stonecroft Blvd. in Chantilly.

Experts from the station's Financial Crimes Unit will be on hand to teach residents how to keep their identities safe. They'll also learn about credit-card fraud and identity theft and will receive tips on how to protect themselves and their families.

Food Donations For WFCM

Western Fairfax Christian Ministries' food pantry urgently needs donations of spaghetti sauce, canned fruit, rice (2-lb. bags), canned pasta, peanut butter, canned tuna and meat, hot and cold cereal, fruit juice, and pancake mix and syrup. Bring all items to WFCM's new food-pantry location at 13888 Metrotech Drive, near Papa John's Pizza and Kumon Learning Center, in Chantilly's Sully Place Shopping Center.

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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 Hermendorfer.....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 Hermendorfer.....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 Hermendorfer.....Long & Foster..703-503-1812
11090 Sandy Manor Dr.....\$1,200,000....Sun 1-4..Carol Hermendorfer.....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

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

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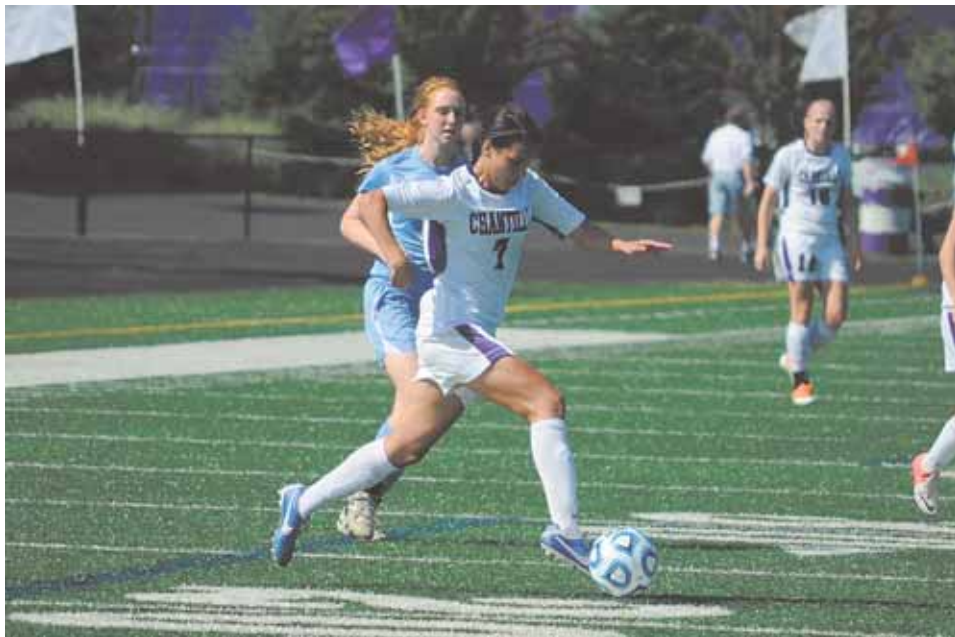
9320 Occoquan Overlook Dr..\$1,130,000....Sun 2-4.....Tracy Jones.....Acquire..703-672-1179
9042 Harrover Pl.....\$659,900....Sun 1-4.....Dane Work.....RE/MAX..703-869-4567
8970 Fascination Ct #315.....\$363,101....Sat 12-4.....Shawn Evans.....Long & Foster..703-790-1990
8960 Fascination Ct #316.....\$339,990....Sun 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
7880 Rolling Woods Ct #101.....\$405,000....Sun 1-4.....Linda Maxwell.....Long & Foster..703-452-3912
7880 Rolling Woods Ct #202.....\$350,000....Sun 1-4.....Linda Maxwell.....Long & Foster..703-452-3912

To add your Realtor-represented Open House to these weekly listings, please call Karen Washburn at 703-778-9422 or E-mail the info to: kwashburn@connectionnewspapers.com
All listings due by Tuesday at 3 P.M.

SPORTS



Chantilly all-region forward Laila Gray scored two goals during the Chargers' 2-1 victory over Yorktown in the Northern Region championship game on May 31.

PHOTOS BY CRAIG STERBUTZEL/CENTRE VIEW



Chantilly senior midfielder Sammie Shifflette was a first-team all-Northern Region selection.

Chantilly Girls' Soccer Wins Northern Region Title

Gray's two goals lead Chargers past Yorktown.

BY JON ROETMAN
CENTRE VIEW

Chantilly girls' soccer coach Melissa Bibbee used the words "sick," "ridiculous" and "quality" when describing junior forward Laila Gray's two goals against Yorktown in the Northern Region final on May 31.

Thanks to Gray's efforts, the Chargers could also use the word "champions."

Gary scored a pair of goals and freshman goalkeeper Sara Margarida made a key save late in the match as the Chantilly girls' soccer team defeated Yorktown 2-1 in the Northern Region championship game at Chantilly High School. The Chargers' second region title came four years after the program won its first in 2009.

"I'm extremely proud of them for how hard they fought," Bibbee said. "[Yorktown] was a really fast, athletic, technical team and I think we did a good job neutralizing most of their big threats."



Chantilly freshman goalkeeper Sara Margarida made a key save late in the Northern Region championship game.

Gray scored the game's first goal in the 46th minute, sticking the ball in the upper-right corner from 25-yards out near the left sideline.

"To be honest, I looked up, the goalie was near the near post and I looked down and I just shot it," Gray said. "I aimed for the back post, [but] I didn't expect it was going to

go upper 90. I wish I was aiming for it."

Bibbee was impressed with the goal.

"She played like the first-team all-district, district Player of the Year, first-team all-region ... kid that she is," Bibbee said. "The first goal was just a sick goal. Not many kids can turn on a dime and half-off balance strike a ball with that pace. ... It was ri-

diculous."

Fellow first-team all-region forward and Yorktown junior Meghan Flynn tied the score at 1-all with a goal in the 50th minute. But Gray answered just six minutes later, scoring what proved to be the game-winner.

"Her second goal, [her] teammates did a good job," Bibbee said. "We knocked three or four passes ... and then found her and she beat two players and then slotted it underneath the keeper. That was a quality finish."

Flynn had an opportunity to tie the score in the closing minutes, but Margarida made the save.

"Quietly, she does well for us," Bibbee said. "She's not a flashy keeper, but ... the last month of our season she has kept us in games and that's what we needed."

Four days later, Chantilly ended its season with a 2-0 loss to Northwest Region runner-up Colonial Forge in the Virginia AAA state quarterfinals on Tuesday. The Chargers finished the season with a 14-3-3 record, including a 2-1 win over Westfield on May 17 in the Concorde District championship game.

Chantilly senior midfielder Sammie Shifflette joined Gray on the all-region first team.

SCHOOL NOTES

Email announcements to centreview@connectionnewspapers.com. Photos are welcome.

Union Mill Elementary is currently registering new students for the 2013-14 school year. If your child will reach his or her fifth birthday on or before Sept. 30, 2013, he or she is eligible to attend Kindergarten in the Fairfax County Public School that serves your particular address. Follow the following steps to register your child:

1. Find your neighborhood school by entering your address at [http://](http://boundary.fcps.edu/boundary/)

boundary.fcps.edu/boundary/

2. Complete a packet of registration forms—you may obtain these either on line at <http://www.fcps.edu/parents/index.shtml> or in the Union Mill Elementary office. Choosing to bring completed forms to your registration appointment can shorten your registration visit significantly. Call registrar at 703-322-8500 if you need help in navigating the website.

3. Call our registrar at 703-322-8500 or email sheri.brown@fcps.edu to make an appointment to bring your completed registration forms and supporting documentation to school.

Retired Fairfax County teacher **Linda Boone** of Clifton, received a Distinguished Alumni Award from Butler University College of Education on May 10 in Indianapolis. She was one of five award winners nominated by fellow education alumni in recognition of their professional achievements.

Boone retired in 2010 after teaching second and third graders for 18 years in the Fairfax County Public Schools, Centreville. She often mentored fellow teachers during her career and was honored as Wal-Mart Fairfax County Teacher of the Year 2001-2002. She previously taught in Warren

Township, Indianapolis (1970-1976) and has served on the College of Education's Board of Visitors (2007-2012). Boone also holds a Master's of Library Science from Catholic University.

For the fifth consecutive year, **St. Andrew the Apostle Elementary School** has been selected for the 2013 Best of Clifton Award in the Schools category by the U.S. Commerce Association (USCA). The USCA "Best of Local Business" Award Program recognizes outstanding local businesses throughout the country. Each year, the USCA identifies companies that they believe have

achieved exceptional marketing success in their local community and business category.

Ryan Christopher Branch has achieved a gold star and been placed on dean's list at The Citadel. He is majoring in physical education.

Graduating seniors **Jamie Frear** and **Ada Turcios** from Mountain View High School and **Rachel Orlowsky** from Centreville High School were honored as Apple Scholars by the Apple Federal Credit Union. Each student received a \$4,000 scholarship.

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COMMUNITY



Brothers Daniel and Matt Vogel are Ed Lang Team high school interns.

Opening Day BBQ at Brookfield

Ed Lang Team at Remax Premier recently partnered with the Brookfield Swim Club to host their first Opening Day Pool BBQ on Saturday, May 25. The Ed Lang Team brought food and The Flash, who is part of the DC Comics Universe.

More than 160 people come to test out the waters on that first day the pool was opened.



Patti Schoenwetter, an Ed Lang Team Volunteer.

PHOTOS CONTRIBUTED



The Flash with Sophia and Heather Burruss .

MILITARY NOTES

Email announcements to centreview@connectionnewspapers.com. Photos are welcome.

Marine Corps Pvt. **Gurtej Singh**, a 2010 graduate of Westfield High School, Chantilly, graduated from recruit training at Marine Corps Recruit Depot, Parris Island, S. C.

Army National Guard Pvt. **Nicholas A. Rocha** has graduated from basic combat training at Fort Jackson, Columbia, S.C. Rocha is the son of Mike Rocha and a 2009 graduate of Westfield High School.

Army Spec. **Katherine R. Craft** has graduated from Basic Combat Training at Fort Sill, Lawton, Okla. Craft is the daughter of Kathy Craft of Centreville. She is a 2006 graduate of Westfield High School, Chantilly.

Navy Seaman Recruit **Michael S. Callahan**, son of Sunny M. Crosby of Centreville, recently completed U.S.

Navy basic training at Recruit Training Command, Great Lakes, Ill. Callahan is a 2011 graduate of Battlefield High School of Haymarket.

Army Sgt. **Sarah M. Lawhorn** has returned to the U.S. after being deployed overseas at a forward operating base to serve in support of Operation Enduring Freedom. Lawhorn is a cryptologic linguist assigned to the 4th Airborne Brigade Combat Team, 25th Infantry Division at Joint Base Elmendorf-Richardson, Alaska. She has served in the military for four and a half years. While deployed Lawhorn received the Army Commendation Medal. She is the daughter of Edith Belso of Centreville, and Brian Lawhorn of Morristown, Tenn. The sergeant is a 2003 graduate of Fairfax High School. She earned a bachelor's degree in 2007 from the University of Massachusetts.

Army 1st Lt. **Kenneth A. Spenard** has returned to the U.S. after being deployed overseas at a forward operating

base to serve in support of Operation Enduring Freedom. Spenard is a platoon leader assigned to the 4th Airborne Brigade Combat Team, 25th Infantry Division at Joint Base Elmendorf-Richardson, Alaska. He has served in the military for two years. He is the son of Arthur and Sallie Spenard of Clifton Road, Clifton. The first lieutenant is a 2006 graduate of Riverbend High School, Fredericksburg. He earned a bachelor's degree in 2010 from James Madison University, Harrisonburg.

Army Spec. **Nickolas B. LoCascio** has returned to the U.S. after being deployed overseas at a forward operating base to serve in support of Operation Enduring Freedom. LoCascio is a paratrooper assigned to the 4th Airborne Brigade Combat Team, 25th Infantry Division at Joint Base Elmendorf-Richardson, Alaska. He has served in the military for two years. He is the son of Ellen LoCascio of Hartwood Lane, Centreville. The specialist is a 2006 graduate of Centreville High School.

27722 and donate \$10 to the Folds of Honor. A one-time donation of \$10 will be added to the customer's mobile phone bill or deducted from a prepaid balance. For more information on CORT and the Folds of Honor Foundation, visit www.cort.com or www.foldsofhonor.org.

Centreville Chiropractic Center announces Dr. Marla Gebaide, Chiropractic Physician, has been certified to provide acupuncture treatments. This is an additional service offered to patients beginning

on Monday, June 3. Call 703-266-0505 or visit www.centrevillechiro.com

The Rotary Club of Centreville-Chantilly will be presenting Dr. Jason Brown and Dr. Marla Gebaide of **Centreville Chiropractic Center** with the 2013 Business of the Year Award on Tuesday, June 11. Centreville Chiropractic is being recognized for their outstanding commitment to the community and for their leadership among local small businesses.

BUSINESS NOTES

Email announcements to centreview@connectionnewspapers.com. Photos welcome.

As part of CORT's partnership with the **Folds of Honor Foundation**, the transition services company has introduced a new texting program that allows customers to make a donation for educational scholarships that benefit children and spouses of fallen or severely injured soldiers from the convenience of their mobile phones. Customers can text "CORT" to

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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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News

Adam's Angels

FROM PAGE 5

and the Potomac River Running Store — which will time the runners via a chip attached to their shoelaces.

Now living in Clifton, the Seymours — including son

Nick, 16, a Robinson sophomore — previously lived in Centreville's Confederate Ridge community. Adam began playing SYA soccer at age 6 and, when he was 12, he received SYA's "Character Counts" award from the coaches for good sportsmanship. Always kind and caring, he spent three of his teen years teaching skills to younger soccer players.

So the annual Adam P. Seymour Foundation scholarship goes to a graduating Robinson senior with these particular qualities. This year, two will be awarded at the school's June 12 awards ceremony and, explained Jim Seymour, the recipients must be good students involved in athletics, civic service and the arts. "It's for students who exhibit the same attributes Adam did," he said.

The foundation has also donated AEDs to Robinson for its football stadium, to the Great Falls Little League and to a high school in California. "We try to place them where people have requested them, know what to do with them and can teach others about them and their importance," said Jim Seymour.

"We also donated some to FCPS for teams having to practice away from their campus; they can take the AEDs with them."

This spring, the foundation also presented two on behalf of Parent Heart Watch — the national voice for the prevention of sudden cardiac arrest in youth. As state coordinator for this organization, Seymour gave them to two high schools. And, he added, "We've met with the Fairfax Athletic Council to figure out ways to effectively place AEDs on their fields, too. And we'll have AED demonstrations at the race so people can see, touch and learn how to use one."

Like his older brother, Nick also plays on Robinson's varsity soccer team. "Robinson officially retired Adam's soccer jersey, number 5, in May," said Seymour. "Now, the only one who wears it is Nick."

Almost three years after Adam's death, his father says, "We're better, but we're never going to be fine. It's always there for Beverly, Nicholas and I.

So we hope people come to the race and support our cause; we don't want other families to go through what we did. Short of having our son come back, that's our goal."

Agreeing, Beverly Seymour said, "It's rough; we're still sad. But we're trying to grieve productively by raising awareness of sudden cardiac arrest through this foundation and by keeping Adam's memory alive. But it's still difficult, every day."



PHOTO CONTRIBUTED

Adam in a light-hearted moment.

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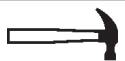
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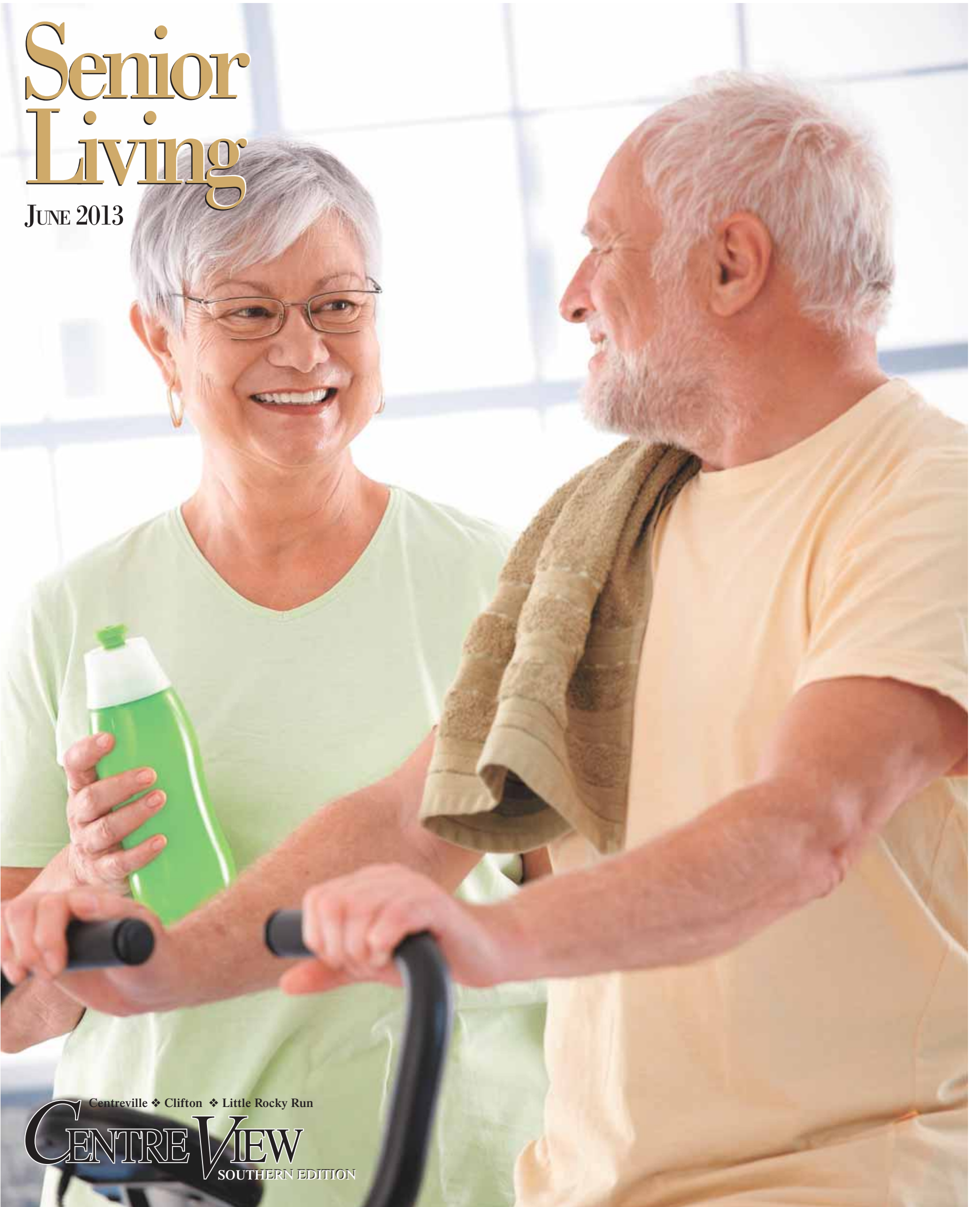
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Senior Living

Happiness and 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.

“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

“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

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.



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.

“I had the stroke at 4 in the morning. I tried for 45 minutes to move nine inches,” Lewis said.

His friend came over to meet at the agreed-to time hours later, and found Lewis incapacitated. His friend saved his life, Lewis said.

More than one in five Americans will be 65 or older by 2050, according to Spencer A. Rathus.

“Those who are in late adulthood are the most rapidly growing segment of the American population,” according to Rathus’ textbook on Human Growth and Development.

Lewis, a journalist, worked 16 years for the Washington Star as a radio columnist, then the Washington Times as a television critic, and finished his career with the Bureau of National Affairs.

Lewis loves politics and musicals, acting and journalism. He still writes local theater reviews and sends news pegs via email to friends and family about current events more than 20 times a day.

“My life was changed when I was a teenager, I learned to debate in high school,” Lewis said. “I learned how to debate, how to make arguments for or against any point of view.”

Successful agers form emotional goals that bring them satisfaction, according to Rathus. “Successful agers may no longer compete in certain athletic or business activities. ... Instead, they focus on matters that allow them to maintain a sense of control over their own lives.”

Ellen Breen, of Potomac, used to read a book every week, but can’t read now because of vision problems.

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

“We lived in historic times,” Breen said. There were so many things that happened.”

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

“I was 9 years old. I had a cousin who was 19,” she said. “She took me by the hand and we ran from her mother’s house on N Street, and got there just in time to see Lindbergh greet the crowd.”

When the Lindbergh baby was kidnapped, “that was a horrible thing. That made a big impression on me.”

Breen worked as a secretary to one of the United States Supreme Court Justices, Harold Hitz Burton.

Her work with the Child Welfare League was her greatest passion. She helped investigate the treatment of adopted children and potential adoptive parents.

“You could not believe the things we found, horrible, terrible things,” she said. “It opened my eyes, I was a little girl out of convent school. There were also good stories, very good stories, but it opened my eyes to life. I had no idea such things existed. ... It gave me perspective on my own life, with my children.”

Religion is critical in Breen’s life. “That I think is the most important thing,” Breen said. “We don’t know what’s in store for us. It’s very frightening, I think so, and it is also exciting.”

According to Rathus, “successful agers tend to be optimistic. Retaining social contacts and building new ones also contributes to a positive outlook, as does continuing with one’s athletic activities, when possible, and one’s artistic and cultural activities.”

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.”

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

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

Glickman, who has operated Glickman Design/Build for 30 years, understands such household challenges first-hand. When his son, Michael, was diagnosed with cerebral palsy almost two decades ago, Glickman set about acquiring several certifications in universal design specialties; after 15 years of enabling seniors and people with disabilities, his projects are frequent award-winners in an increasingly high-profile accessible living category.

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

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

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

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

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



PHOTO BY WAYNE JACKSON

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



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