

# Boy Scout Earns Medal of Merit

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

## Fundraiser Planned For Animal Shelter

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## Being Connected in a Positive Way

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## Being Connected in a Positive Way

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

BY ELEANOR LAMB  
THE CONNECTION

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

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

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

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

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

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

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



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



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



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



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



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

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

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

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

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

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

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

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

### VIEWPOINTS

## How is new technology impacting community life?

—ELEANOR LAMB

PHOTOS BY ELEANOR LAMB/THE CONNECTION



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

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



**Evie Kasper**, Greenfield Farms Homeowners Association member, Fairfax

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



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

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



**Sonny Caputo**, retired, Springfield

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



**Mary Chobot**, secretary of the Civic Association, Annandale

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





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*Name of Event:*

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## News



PHOTOS BY GARY BLACK III

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

## Boy Scout Earns Medal of Merit

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

BY NGALULA TSHISHIMBI  
THE CONNECTION

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

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

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

SEE SCOUT HONORED, PAGE 7



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

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# NEWS

## Fundraiser Planned for Animal Shelter

### Wine-tasting event slated for June 9.

BY BONNIE HOBBS  
THE CONNECTION

Each year, the nonprofit Friends of the Fairfax County Animal Shelter (FFCAS) raises money to pay for things the shelter can't afford. And in June, it holds a wine tasting and invites the public to participate.

In past years, it's been at a beverage store. "But this time, we're doing something totally different," said FFCAS President Evelyn Grieve. "We're having it at Paradise Springs Winery. And besides the wine tasting, there'll be appetizers, desserts and a raffle."

The event is slated for Sunday, June 9, from 1-5 p.m., at the winery at 13219 Yates Ford Road in Clifton. Tickets are \$30/person at [www.ffcvas.org](http://www.ffcvas.org). Or mail checks payable to FFCAS to FFCAS, P.O. Box 2321, Centreville, VA 20122. It's called "Wine, Whiskers & Wags" and includes samples of six or seven different wines, plus a free souvenir wine glass and dogs are welcome.

"It's a fun event because it's an outing where people can just come and have a good time, while also helping the animals," said Grieve. "It's important to help support the shelter and ensure that all animals get a good home. These animals can't speak for themselves, so we have to speak for them."

FFCAS raised nearly \$12,000 at last year's event and, said Grieve, "We hope to do the same, this year. We may even have a small, silent auction, but we'll



PHOTO COURTESY OF MARY O'MALLEY

Pictured are some of the many residents of the Fairfax County Animal Shelter.

definitely sell raffle tickets for cool things."

**RAFFLE ITEMS** include baskets of wines; hand-made, decorative, animal-print wall quilts; baskets of cat and dog treats, restaurant gift cards and items from Trader Joe's. Also up for grabs will be genetic testing kits for animals; the winners will be able to test their dogs to see what breed or breeds they are.

SEE SHELTER, PAGE 11

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# Respecting Parents' Roles

## Parental notice is key to school discipline reform.

BY CAROLINE G. HEMENWAY  
FAIRFAX ZERO TOLERANCE REFORM

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

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

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

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

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

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

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

### COMMENTARY

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

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

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

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

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

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

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

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

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

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

### LETTERS TO THE EDITOR

## Reema Samaha Remembered

To the Editor:

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

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

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

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

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

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

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

We hope all will join us!

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

# Boy Scout Honored

FROM PAGE 4

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

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

Yet, as was described by current Scoutmaster Chris Wallace, Mayhew's Medal of Merit was more than just recognition of his skills. It was recognition of his instinct to help those in need. Only 126 Medals of Merit were awarded nationwide in 2012.

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

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

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Supervisor John Cook (R-Braddock) names Mark O'Meara Lord Fairfax for the district Tuesday, June 4.



PHOTOS BY ALEX McVEIGH/ THE CONNECTION

## Cook Names Lord, Lady Fairfax

Mark O'Meara and Catie Morales named Lord and Lady Fairfax for Braddock District.

BY ALEX McVEIGH  
THE CONNECTION

Shortly after being named 2013 Lord Fairfax, Mark O'Meara thought there must be a mistake. As he stood with the other honorees at the Board of Supervisors meeting Tuesday, June 4, he thought himself unworthy of the company.

"I'm standing there next to the other people being recognized, and hearing about the incredible things they've done, and I'm thinking I don't belong here," he said. "There's a lot of people in this community that do a lot more than me."

O'Meara might not believe himself qualified, but Supervisor John C. Cook (R-Braddock) felt his years of work for the district was more than deserving.

O'MEARA got into athletics when his daughter began playing, and as she got older and attended Robinson Secondary School, he found his involvement continued, becoming a member of the Robinson Athletic Boosters.

O'Meara has been president of the Robinson Athletic Boosters since 2006, and has been a three-time fundraising chair for the school's All Night Grad Party.

"As a member of the school community, and as a businessman, I don't like to hear that things can't be done because we don't have the money," he said. "I'm a big picture guy, I'm ready to rabble rouse and push the envelope when our kids need it, because that's who it's all about."

O'Meara's persistence helped him coordinate with the county, the school system and the community when it came to getting an artificial turf field at Robinson.

"It was a lot of effort, and a lot of talking with everyone involved. There are times when you want to throw up your hands and give up, but you just



Mark O'Meara is named Lord Fairfax for the Braddock District Tuesday, June 4 by Supervisor John Cook (R-Braddock).

have to take a step back and bring groups back to the table and talk it out," he said.

O'Meara, owner of the University Mall Theaters, has also served on the Fairfax County Athletic Council, is a member of the George Mason University Fairfax Campus Advisory Board, the Central Fairfax Chamber of Commerce and has served as secretary of the National Association of Theatre Owners and president of the regional association.

"His businesses have helped with fundraising for a variety of causes including the American Cancer Society Relay for life," Cook said. "Mark's wide smile and big heart are known throughout the Braddock District."

COOK ALSO NAMED CATIE MORALES as Lady Fairfax for the Braddock District. Morales, who was unable to attend the June 4 ceremony, has served on her community association board for more than a decade, chairs the largest community National Night Out fair in the county, and has assisted with Robinson's All Night Grad Party for the past two years.

"She prides herself on her ability to maintain a successful business while juggling the demands of family and community," Cook said. "Her tireless dedication to Fairfax County is second to none."

Morales, a realtor with Long and Foster, also volunteers with her church's youth group, as well as the Knights of Columbus and their Squire and Squire Rose programs.

## CALENDAR

To have community events listed, send to south@connectionnewspapers.com or call 703-778-9416 with questions. The deadline for submissions is the Friday prior to publication; we recommend submitting your event two weeks ahead of time. To see more entertainment events, go to: <http://www.connectionnewspapers.com/news/2013/5/may/22/fairfax-county-calendar/>.

### FRIDAY/JUNE 7

**Celebrate Fairfax Young Professionals Networking.** 5-7 p.m., at Fairfax County Government Center, 12000 Government Center Pkwy, Fairfax. Join local young professionals for networking, drinks, appetizers and a chance to win access to the festival's VIP Skybox and a weekend pass for four. \$25.

**Summerland Tour.** 7:15 p.m., at the grounds of the Fairfax County Government Centre, 12000 Government Centre Parkway, Fairfax. Come and enjoy the alternative music starring Everclear, Live and Filter & Sponge; tickets in advance are at Wegmans in Fairfax, Dulles and Gainesville. \$4-\$12. [www.celebratefairfax.com](http://www.celebratefairfax.com).

### SATURDAY/JUNE 8

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

**Silent Disco Stage.** 5:30 p.m., at The W Salon, 6003B Burke Center Parkway, Burke. The show is an annual production that brings together local businesses to showcase fashion and beauty. <http://www.wsalonva.com/>.

**The B-52s Concert.** 8 p.m., at the grounds of the Fairfax County Government Centre, 12000 Government Centre Parkway, Fairfax. Rock band The B-52s play, with 35 years of musical experience; advance tickets are on sale at Wegmans in Fairfax, Dulles, and Gainesville. \$4-\$12. [www.celebratefairfax.com](http://www.celebratefairfax.com).

### SUNDAY/JUNE 9

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



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

### MONDAY/JUNE 10

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

### FRIDAY/JUNE 21

**Skatefest/Sk8 For a Cause.** 6-10 p.m., Wakefield Skate Park, 8100 Braddock Road, Annandale. SkateFest is the largest AM contest in the Washington, D.C., Maryland, Virginia area and attracts hundreds of skaters who compete in brackets to raise money for charity. [www.skatefestfairfax.com](http://www.skatefestfairfax.com).

**Night Music.** 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. This five-member band is a tightly-knit ensemble of guitar, drums, bass, sax, keyboard and vocals. [www.nightmusic.biz](http://www.nightmusic.biz).

### SATURDAY/JUNE 22

**Burke Centre Library 5th Anniversary Birthday Bash.** 10 a.m.-3 p.m. Everyone is invited to come and enjoy the special events including a scavenger hunt, LEGO contest display, balloon artist, live animal performers, Korean Autoharp Club, face painter and birthday treats.

**Skatefest/Sk8 For a Cause.** 11 a.m.-12:30 p.m., Wakefield Skate Park, 8100 Braddock Road, Annandale. SkateFest is the largest AM contest in the Washington, D.C., Maryland, Virginia area and attracts hundreds of skaters who compete in brackets to raise money for charity. [www.skatefestfairfax.com](http://www.skatefestfairfax.com).

### MONDAY/JUNE 24-

**THURSDAY/JUNE 27**  
**The 2013 Marshall HS Field Hockey Camp.** 5-8 p.m., at Luther Jackson MS, 3020 Gallows Road, Falls Church. Field hockey camp for grades

3-10 to improve and practice their field hockey skills. \$120. [www.gcmstatesmensports.org](http://www.gcmstatesmensports.org).

### FRIDAY/JUNE 28

**The Hot Seats.** 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. The Hot Seats specialize in unearthing and inventing traditional music and twisting it into new styles. [www.thehotseats.net](http://www.thehotseats.net).

### THURSDAY/JULY 4

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

### FRIDAY/JULY 5

**Folsom Prisoners.** 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Folsom Prisoners is a full time classic country and honky-tonk band. [www.folsomprisoners.com](http://www.folsomprisoners.com).

### THURSDAY/JULY 11

**The United States Air Force Concert Band w/ Singing Sergeants.** 5-6:30 p.m., at Fairfax County Government Center, 12000 Government Center Parkway, Fairfax. Remaining true to the Air Force's pioneering spirit, the Concert Band has established an international reputation as a champion of new works for band, with dozens of world premieres to its credit. [www.usafband.af.mil](http://www.usafband.af.mil).

### FRIDAY/JULY 12

**Town Mountain.** 7:30-8:30 p.m., at Royal Lake Park, 5344 Gainsborough Drive, Fairfax. Featuring original bluegrass and roots country, from the band's fourth album, "Leave the Bottle," released September 2012. [www.townmountain.net](http://www.townmountain.net).



Encore dancers doing a number called "People Magazine."

PHOTO CONTRIBUTED

## Encore Dance Show Is This Weekend

Encore Theatrical Arts Project will be performing in "Style, A Celebration in Dance," this Saturday, June 8, at 8 p.m., and Sunday, June 9, at 3 p.m., at NOVA's Ernst Cultural Center, 8333 Little River Turnpike in Annandale. A variety of Broadway style dances will be showcased from swing to Charleston, blues and tango.

Tickets are \$22, adults; and \$20, students and senior citizens. Go to [www.encore-tap.org](http://www.encore-tap.org) or call 703-222-5511. Girls ages 9-18 belong to the Chantilly-based company of 27 dancers best known for their annual, Rockette-style Christmas show. The company has been rehearsing tirelessly 15 hours/week to prepare for the spring performance.

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## FAITH NOTES

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

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

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

**Lord of Life Lutheran** offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Saturdays at 5:30 p.m. and Sundays at 8:15, 9:45 and 11:15 a.m. Services in Clifton are held on Sundays

at 8:15 and 10:30 a.m. 703-323-9500 or [www.Lordoflifeva.org](http://www.Lordoflifeva.org).

**First Baptist Church of Springfield** offers Sunday school at 9:15 a.m., followed by a 10:30 a.m. worship service at 7300 Gary St., Springfield. 703-451-1500 or [www.fbcspringfield.org](http://www.fbcspringfield.org).

**Clifton Presbyterian Church**, 12748 Richards Lane, Clifton, offers Sunday worship services at 8:30 a.m. and 11 a.m. Nursery care is provided. Christian education for all ages is at 9:45 a.m. 703-830-3175.

**St. Andrew the Apostle Catholic Church**, 6720 Union Mill Road, Clifton, conducts Sunday masses at 7:30 a.m., 8:45 a.m., 10:30 a.m. and 12:30 p.m. It also offers a Saturday vigil at 5:30 p.m. and a Thursday Latin mass at 7 p.m. 703-817-1770 or [www.st-andrew.org](http://www.st-andrew.org).

**Prince of Peace Lutheran Church**, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also offers discussion groups for adults. 703-451-5855 or [www.poplc.org](http://www.poplc.org).

## COMMUNITIES OF WORSHIP

### Assembly of God

Jubilee Christian Center  
703-383-1170  
Fairfax Assembly of God  
703-591-4284  
Way of Faith Assembly of God  
703-573-7221

### Baptist

Braddock Missionary ... 703-830-4125  
Calvary Hill... 703-323-1347  
Fairfax Baptist... 703-273-1820  
Fairfax Circle... 703-573-7372  
Greater Little Zion... 703-764-9111

Iglesia Bautista La Gran Comisica... 703-323-5858  
Judaic Praise Fellowship Christian... 703-758-1456  
Northern Virginia Primitive Baptist... 703-255-0637

### Buddhist

Guhyasamaja Buddhist Center... 703-774-9692

### Bible

Bancroft Bible Church... 703-425-3800

### Catholic

St. Leo the Great Catholic... 703-273-5369

St. Mary of Sorrows Catholic Church... 703-978-4141

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

### Coptic Orthodox

St. Mark... 703-591-4444

### Disciples of Christ

Fairfax Christian Church... 703-385-3520

### Episcopal

Church of the Apostles  
703-591-1974

Truro Episcopal... 703-273-1300

### Jewish

Congregation of Olam Tikvah... 703-425-1880

Chabad Lubavitch... 703-426-1980

### Lutheran

Bethlehem Lutheran... 703-978-3131

Christ Lutheran... 703-273-4094

Kings of Kings... 703-378-7272

Lord of Life... 703-323-9500

### Methodist

Bruen Chapel United... 703-560-1665

Fairfax United... 703-591-3120

Pender United... 703-278-8023

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St. George's United... 703-385-4550

### Non-Denominational

Fair Oaks... 703-631-1112

Fairfax Church of Christ... 703-631-2100

Fairfax Community Church... 703-323-0110

Sovereign Grace Church... 703-691-0600

Jesus Christ Crucified... 703-385-9015

Metropolitan Community Church  
703-691-0930

Salvation Army... 703-385-9700

Shepherd's Heart... 703-385-4833

Word of Life Church International...  
703-978-7101

### Pentecostal

The Greater Pentecostal Temple... 703-385-9426

### Presbyterian

Christ Presbyterian Church... 703-278-8365

Fairfax Presbyterian... 703-273-5300

Korean Presbyterian... 703-321-8090

Providence Presbyterian... 703-978-3934

New Hope... 703-385-9056

Shalom Presbyterian... 703-280-2777

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### United Church of Christ

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

PHOTO COURTESY OF HEATHER RIPLEY



Adam Seymour

PHOTO CONTRIBUTED



Adam in a lighthearted moment.

PHOTO CONTRIBUTED

# Adam's Angels Hosts 5K Fundraiser

**Raises money for scholarships and heart research.**

BY BONNIE HOBBS  
THE CONNECTION

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://pracing.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/](http://www.adampseymourfoundation.org/).

"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 [auto-



Adam discovered a talent for pottery in high school.

PHOTO CONTRIBUTED

mated 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 internationally known 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; hand-made 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 Parkway in Burke, or race day, June 15, from 6:30-7:30 a.m., at the school.

**"Robinson officially retired Adam's soccer jersey, number 5, in May."**

— Jim Seymour

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



## NEWS

# Sundog Productions Opens, Reduces Carbon Footprint

BY CAROLINE BURR  
THE CONNECTION

Think a “Made in America” product that features custom tie-dye, all created in an eco-friendly way is too good to be true? Sundog Productions has it all and recently celebrated the grand opening of its 40,000-square-foot facility on Saturday, June 1. Located at 3850 Jermantown Road, Sundog Productions is the only manufacturing facility on the East Coast to adopt a method of green energy that powers the entire production process all under one roof. By using solar energy, the company estimates that it avoids CO2 production of about 80 tons a year. Jack Levenson, development director from Amidus, a clean energy company headquartered in Maryland, headed the solar installation. He explained the savings to be equivalent to “an annual planting of over 20 acres of forest or over 300 cars being taken off the road.” The new facility saves 3.75 million British thermal units (Btu’s) per day by focusing on green and sustainable solutions. This will “reduce its carbon footprint through the use of geothermal and solar energy systems and eco-friendly dyes,” said CAS Shiver, founder of Sundog Productions.

Starting in out of his father’s garage, CAS Shiver has been making hand-dyed t-shirts since 1986. Jermantown Road is the company’s fourth location. Now the factory stands within what was previously a parking garage. Shiver saw the potential of this large space, filled in the lot’s walls and created a facility that now produces more than 13,500 t-shirts a day. Sundog Productions employs only 55 workers, which includes three company designers who create designs for Disney, Universal Studios and bands such as the Grateful Dead. Eco-friendly dyes are applied by hand and the prepared shirts are eventually folded by hand. The closest things to machines are the washing machines that are powered by a heat tank heated by solar energy. As some shirts require



PHOTOS BY CAROLINE BURR/THE CONNECTION

**Founder CAS Shiver leading a ribbon cutting for Sundog’s grand opening on Jermantown.**

specific graphics, Sundog uses a simple air-driven screen printing press. The screens are reused and remade as long as possible.

With the diversity of product and variability of requests, they are still able to screen print two million shirts annually and John Sague of Sundog said, “the thing that’s amazing about this place is we never say no.”

The grand opening featured a bundle of guided factory tours. Popular shirt designs, framed in Sundog’s old screen print frames, line the hallways at the entrance of the factory. From shirts created for independent retailers, to shirts designed for Joe’s Crab Shack, Sundog Productions’ increased efficiency does it all. The attention to finding a sustainable solution reduces Sundog’s carbon footprint by 40 percent. Sundog’s Dave Wood said, “This is a fun place to be.” Having known Shiver from high school, he’s been with the company for about 14 years. “We all come from different viewpoints and in a creative environment like this, it all comes together,” he said.

## Fundraiser Planned for Animal Shelter

FROM PAGE 5

Although most of the animals at the shelter are dogs and cats, the facility takes in practically any potential pet imaginable, such as birds, snakes, turtles, chinchillas and hamsters. Currently, it has several baby chicks that were given as Easter presents and then turned in to the shelter.

It’s also undergoing a major renovation that should be complete by fall. The dog holding areas—including isolation, quarantine, stray and adoption kennels—are all finished now, and all the dogs have been moved into the new section of the building. Cats for adoption have all been relocated to 40 cat condos in the new cat adoption room.

When construction is complete, there’ll also be 40 holding cages for cats. Other small animals are also now housed in the new area, and the new adoption wing is open, as is the new lobby. But the shelter still has many other needs, and that’s where the FFCAS comes in.

The all-volunteer group gives all the money it raises to the shelter. Proceeds from last year’s wine-tasting event were used to train shelter staff and volunteers to work with the dogs. This year, said Grieve, one of the things FFCAS wants to focus on is the dog hold-

ing areas.

“Last year’s fundraiser enabled us to buy Kuranda beds for the dogs,” she said. “They’re nicer and softer than their old beds and are elevated off the ground. So from this year’s funds, we’d like to buy another 20-30 beds.”

FFCAS also helps fund some special needs of the animals—such as when a dog brought in after being hit by a car requires emergency medical treatment or older animals need lab work done to prove that they’re in good health and are still adoptable. In addition, it provides money and education for other programs, including the importance of spaying and neutering pets.

During all of 2012, FFCAS raised almost \$60,000 total for the shelter. And Grieve would like more people to donate, join the group’s mailing list and help support its work.

**ANYONE WISHING TO DONATE** to FFCAS may do so at the website, or by sending checks payable to the organization to: FFCAS, P.O. Box 2321, Centreville, VA 20122. It’s also part of the Combined Federal Campaign, so contributions may be made there, as well, by designating number 88219.

## THIS IS “GRETCHEN”



After raising four of her own kittens and one orphan kitten she also took in, Gretchen is looking for a home to call her own. She’s very laid back and her personality really shines when she has one-on-one time with people. If you’re looking for a laid back feline addition to your family, Gretchen is looking for you.

THE CONNECTION  
NEWSPAPERS

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## OPEN HOUSES SATURDAY/SUNDAY, JUNE 8 & 9

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](http://www.ConnectionNewspapers.com) and click on the “This Week in Real Estate” link. **Call Specific Agents to Confirm Dates & Times**

### Burke

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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  
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8960 Fascination Ct #316.....\$339,990....Sun 12-3.....Shawn Evans.....Long & Foster..703-790-1990  
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### Springfield

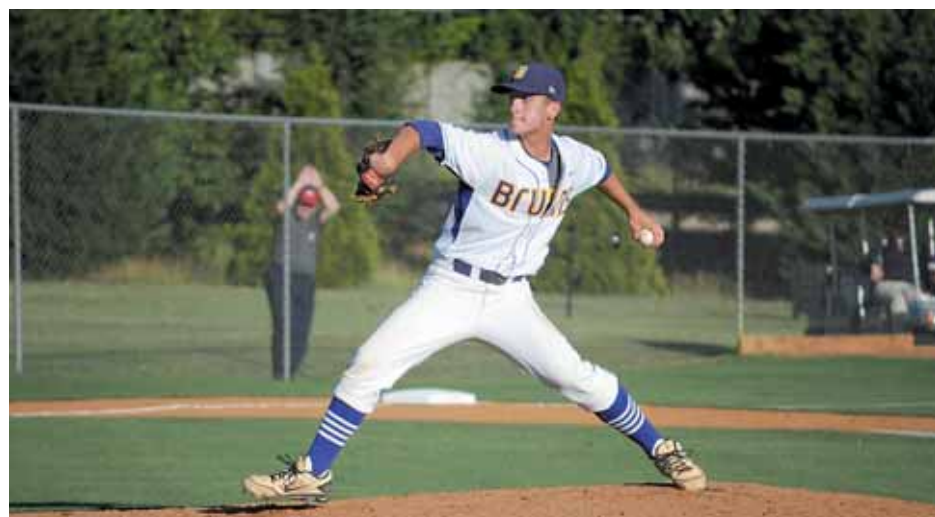
7100 Granberry Way.....\$1,199,000....Sat 1-4.....James Lee.....Infinity..703-354-7515  
6225 Cardinal Brook Ct.....\$809,000....Sun 1-4.....Reid Voss.....Avery-Hess..703-403-6855  
8585 Beatrice Ct.....\$799,000....Sun 2-5.....Ali Hasan.....United American..703-866-2424  
7907 Jansen Ct.....\$680,000....Sun 1-4.....Karen Brown.....Exit..703-599-1520  
9214 Cutting Horse Ct.....\$545,000....Sun 1-4.....Irene McGhee.....Avery-Hess..703-628-4048  
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6401 Racetec Ct.....\$417,900....Sun 1-4.....Carla Moore.....Exit..703-994-0508  
7880 Rolling Woods Ct #104.....\$410,000....Sun 1-4.....Linda Maxwell.....Long & Foster..703-452-3912  
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**All listings due by Tuesday at 3 P.M.**





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



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

# Lake Braddock Baseball Advances to State Semifinals

## Bruin pitcher Rodgers earns quarterfinal win against Patriot.

BY JON ROETMAN  
THE CONNECTION

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

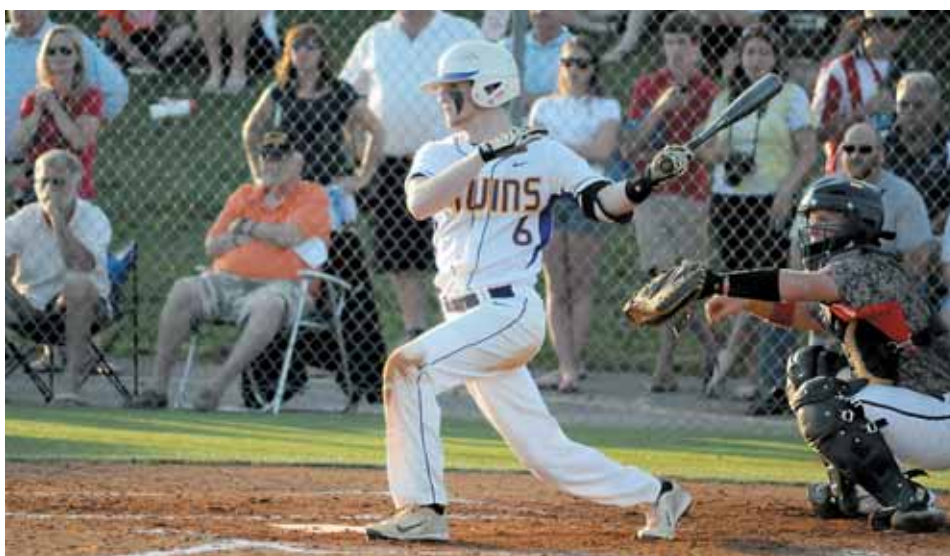
The Bruins overcame a slew of early-season ailments suffered by key players to reach this point. Rogers, a left-handed pitcher who signed with the University of North Carolina, underwent off-season Tommy John surgery and has been limited to a pitch count during each of his starts. On Tuesday, June 4,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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

### SPORTS ROUNDUPS

## Madison Softball Finishes Region Runner-Up

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

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

## Madison Boys', Girls' Lax Reach State Semis

The Madison boys' and girls' lacrosse teams advanced

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

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

## Langley Girls' Lax Reaches State Semis

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

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

## McLean Softball Falls in Region Semis

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



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**June 21, 2013**

## LATE PAYMENT PENALTY

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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

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

**“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

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

### 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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# 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."

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

"David came highly recommended, but it was meeting him that proved decisive," said Rogers. "His love of building impressed me. As we started



Wanda and Ted Rogers in front of their remodeled home.

walking through the house together, I could see that he understood my vision."

**THE STARTING POINT:** a 2,553 square-foot, three-bedroom ranch on two acres, and a conversation regarding the best options for accommodating a master bedroom suite, a spacious gourmet kitchen, a two-car garage with a second floor studio and a home generator adequate

for powering everything for days a time without need for refueling.

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

## More

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

In Rogers' case, Foster specified a state-of-the-art unit, one powerful enough to run all of his client's electrical needs for about a week without changing gas or oil.

And the timing couldn't have been more perfect.

Shortly after the project's completion in spring 2012, the now-infamous derecho in early July blacked-out large sections of Fairfax County for five memorably hot and humid days.

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

The rest of the neighborhood was another story.

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

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

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

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

# 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 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](http://www.SunDesignInc.com).



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

PHOTO BY BETH WALTERS

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# Happiness and Fulfillment in Golden Years

FROM PAGE 3

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

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

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

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



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

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

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

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

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

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



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

## 'Age in Place' to Satisfy Evolving Needs

FROM PAGE 3

walker, ensure there is enough space.

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

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

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

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

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



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

### OVERCOMING BARRIERS

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

There may be seldom-used space on the first floor that can be reconfigured into a cozy master suite with the expert eye of a design-build team.

Regardless of emotional attachment to the

family home, homeowners being involved in the remodeling process allows them to create a space that best mirrors their individual needs to age gracefully and with less stress.

Transforming a home to accommodate the later years in life creates a place that is easier to manage without giving up the opportunity to reminisce, or surrendering the cherished role of hosting distant family and friends.



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# Crafting a Wheelchair Friendly Master Bath

Accessibility designer inspired by personal experiences.

BY JOHN BYRD

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

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

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

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

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



PHOTOS BY WAYNE JACKSON

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

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

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

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

## More

Russ Glickman periodically offers workshops on accessible living and aging-in-place topics. Visit [www.GlickmanDesignBuild.com](http://www.GlickmanDesignBuild.com) or call 301-444-4663

file 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.

# 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.

“Life changing,” he said of his stroke.

Lewis 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’ text-

book 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 mothers and fathers.

“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... I had no idea such things existed.”

“It gave me perspective on my own life, with my children,” she said.

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 pos-

sible, 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. “You have to believe in yourself.”

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

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

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

Ellen Breen bypasses opportunity to give advice.

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

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

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



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