

Marsha Manning Named Outstanding First-Year Principal

PEOPLE, PAGE 4

Haniya Mehmood, 5, lives right next door to the park. After spending a few minutes considering the height of that inflatable slide at the Lorton Hope and Health Festival, she climbed right up and slid right down. When she reached the bottom, she declared, "It's not really scary!"

A Fun-filled Success

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Lake Braddock Baseball Advances To State Semifinals

SPORTS, PAGE 12



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From left, volunteers from South County Cares, Kyle Fischer, Hebron Yohannes and Ian Kraft hand out bags of basic groceries to festival attendees.



South County Cares volunteer and licensed hair stylist Miriam Luna goes to work on a new haircut for Lorton resident Beenish Mehmood. Volunteer Norma Gunter did assistant duty. "Oh, no," laughed Gunter. "They let me hold the pen, but not the scissors!"

PHOTOS BY ANDREA WORKER/THE CONNECTION

Lorton Hope and Health Festival a Fun-filled Success

Lorton Community Action Center meets goals set.

BY ANDREA WORKER
THE CONNECTION

The Lorton Hope and Health Festival was scheduled from 11 a.m.-1 p.m. on Saturday, June 1, but a good-sized crowd had already gathered in the park venue located behind Lorton Public Library and alongside the headquarters of festival organizers Lorton Community Action Center (LCAC) quite some time before the first words of the official welcome were spoken.

Linda Patterson, executive director of LCAC, was pleased by the early turnout. "We really have two goals for the day—to provide free access to some health-related services to the community, and to provide a fun, safe environment where people can meet one another and enjoy an outing." The non-profit organization seeks to provide low-income individuals in their service area with access to basic needs and empower them through self-sufficiency programs.

"A key component of our work is to connect people with the programs that are out there that will have a positive impact on the individual's or family's long-term health and well-being," Patterson said. To accomplish the goals of the day, LCAC began a dialogue about six months ago with South County Cares, the community service arm of South County Church in Lorton, and Sentara Healthcare. The groups put together an educational and fun-filled event, with something of interest for all ages.

White tents were scattered throughout the park, each housing a service station, an information booth, or a dining area where the festival goers could relax in the shade while feasting on free hot dogs, snow cones and other goodies being prepared by the volunteers of South County Cares. The Sentara folks conducted screenings for high blood pressure, performed Body Mass In-



Lorton resident Al Armando gets help from 3-year-old Arcadia choosing fresh strawberries from the non-profit Arcadia Center for Sustainable Food and Agriculture Mobile Market bus at the Lorton Hope and Health Festival. "We were at the library and Addie saw the moon bounce. That was it. We had to come on over. This is great," said Armando.

dex tests, and offered information about stroke prevention, diabetes and heart health. They even offered tours of their mobile mammography van, scheduled soon to offer screenings at LCAC. INOVA offered on-the-spot cholesterol checks and the Maon Neck Lions Club provided vision and hearing tests in their mobile lab. Representatives from the Health Department, The Medical Care for Children Partnership, the Office for Women and Domestic and Sexual Violence



Auxiliary Policemen Bob Reece, Jr. and Howard Bishop from the Franconia Station had children and parents alike interested in a look-see inside their patrol cars, (with stickers and other give-aways for the youngsters.)



Despite the heat, Kody, 3, had no desire to leave the inflatable maze. He probably figured he could just cool off later with a snow cone.

Services and Child Find, which helps identify children with potential special education needs, were also on hand. Gold's Gym and Total Lifestyle Fitness got everyone moving with Zumba demonstrations, Yoga and even mini fitness bootcamps.

Sounds like the first goal, to provide free access to some important basic services, was well met by this caring army. What about the second goal? Just ask the children. The Kids Zone, manned by South County Cares

youth volunteers, included games, a moon bounce and inflated slides and mazes. A number of moms looked as thrilled as their young ones, availing themselves of free haircuts and chair massages.

This was LCAC and partners' first Hope and Health Festival. Judging by the turnout and the smiles and laughter, it probably won't be their last. Mission accomplished. Check out the LCAC website at www.lortonaction.org to see what might be up next.

PEOPLE

Marsha Manning Named FCPS Outstanding First-Year Principal

Marsha Manning, principal at South County Middle School, has been named the Fairfax County Public Schools (FCPS) 2013 Nancy F. Sprague Outstanding First-Year Principal. The announcement was made by FCPS Deputy Superintendent Richard Moniuszko at FCPS Honors, a ceremony for the winners of FCPS employee awards.

Manning, who was a subschool principal at South County Secondary (now High) School before being named principal at the new South County Middle School in 2012, is praised for developing a can-do culture at the new school. "Through Mrs. Manning's efforts, South County Middle School has something that ordinarily takes years to create—an identity," says parent Christine Morin. "This identity was forged by a leader who is truly 'in the trenches' with her teachers and students. It is executed by teachers whom she engaged and energized, and embodied by students who feed off of the positive vibe that fills the school."

Teacher Diane Wilson praises Manning for "maintaining strong connections with our former building" while creating "a unique sense



Marsha Manning, principal at South County Middle School, with FCPS Deputy Superintendent Richard Moniuszko.

of community. ... Her mission is always student-centered.

"Marsha understands the difficulties teachers face and she stresses employee wellness and a sense of fun in the workplace," continues Wilson. "Most of all, she encourages us to think outside of our comfort

zone while providing resources for new initiatives and sharing feedback and appreciation for our efforts."

"We are proud to work in a building that puts learning first," say teacher nominators. "From the moment you pull into our parking lot, the pride and care are evident.

Students and staff are stewards of our school." An eighth grade student adds that Manning is "a great leader" who "strikes the perfect balance between kindness and discipline." Another student describes Manning and "her phenomenal bond with her students" as "one of the best things about South County Middle School."

Science Department Chair Robert Ellis says that when Manning was announced as the new principal, "There was a long standing ovation. ... That kind of admiration for a leader is rare and precious. And, it doesn't come about without hard work, integrity, and exceptional passion."

Manning is praised for her leadership in moving from a secondary to a middle school program, involving all stakeholders in the conversation around change and growth, and harnessing the energy involved in opening a new school in a positive way.

Finalists for the 2013 Outstanding First Year Principal award include Mie Devers of Fox Mill Elementary School, Greg Hood of Thoreau Middle School, and Teresa Khuluki of Wolftrap Elementary School.

SCHOOL NOTES

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

Bradley Pierce Efford of Springfield graduated with a Master of Fine Arts degree in creative writing during Hollins University's 171st commencement ceremony on May 19.

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

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

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AREA ROUNDUPS

Firefighters Provide Smoke Alarms

The Fairfax County Fire and Rescue Department is launching "Safety In Our Community" in hopes of preventing 911 calls. This Friday, June 7, at 10:30 a.m., Fire Chief Richard Bowers will kick off the initiative at Station 40 in Fairfax Center to publicize this safety message.

Then on Saturday, June 8, from 2-4 p.m., firefighters will be in the community checking and installing working smoke alarms. They'll also provide seasonal fire- and life-safety tips for residents. If people aren't home, firefighters will leave a door hanger with important smoke alarm and safety information.

To request a smoke-alarm installation or a visual smoke alarm for deaf and hard-of-hearing persons, at no cost, call 703-246-3801, TTY 711, or visit www.fairfaxcounty.gov/fr.

BULLETIN BOARD

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

SUNDAY/JUNE 16

Father's Day Celebration. 8:30 a.m., 11 a.m. at Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Celebrate Father's Day; church is handicapped accessible, and assisted listening devices are provided if needed. 703-971-5151 or admin@franconiaumc.org.

MONDAY/JUNE 24

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

MONDAY/JULY 15-FRIDAY/JULY 19

Everywhere Fun Fair Vacation Bible Study. 9 a.m.-noon, at the Franconia United Methodist Church, 6037 Franconia Road, Alexandria. Children ages 3-12 will make friends with neighbors and discover that God's love can be found everywhere; interactive Bible storytelling, global games, international music and cool crafts. Register between May 12-July 8 at www.franconiaumc.org. 709-971-5151 or frankiet@cox.net.

TUESDAY/OCT. 8

Meet Candidates for State Delegate from Lee District. 7 p.m., at Franconia Government Center, 6121 Franconia Road, Alexandria. LDACO and League of Women Voters of Fairfax Area will co-host a meet and greet event for candidates for state delegate or their representative. LDACova.org.

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OPINION

Respecting Parents' Roles

Parental notice is key to school discipline reform.

BY CAROLINE G. HEMENWAY
FAIRFAX ZERO TOLERANCE REFORM

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

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

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

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

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

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

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

COMMENTARY

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

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

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

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

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

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

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

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

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

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

LETTERS TO THE EDITOR

Reema Samaha Remembered

To the Editor:

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

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

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

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

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

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

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

We hope all will join us!

Lu Ann Maciulla McNabb
President, Board of Directors,
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Fairfax Station,
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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:

burke@connectionnewspapers.com

Kemal Kurspahic
Editor ♦ 703-778-9414
kemal@connectionnewspapers.com

Chelsea Bryan
Editorial Assistant
703-778-9410 ext.427
cbryan@connectionnewspapers.com

Victoria Ross
Community Reporter
301-502-6027
rosspinning@yahoo.com

Bonnie Hobbs
Community Reporter
703-778-9438
south@connectionnewspapers.com

Jon Roetman
Sports Editor
703-778-9410
jroetman@connectionnewspapers.com
[@jonroetman](https://twitter.com/jonroetman)

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Classified Advertising, 703-778-9411
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Debbie Funk
National Sales
703-778-9444
debfunk@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](https://twitter.com/MaryKimm)

Executive Vice President
Jerry Vernon
jvernon@connectionnewspapers.com

Editor in Chief
Steven Mauren
Managing Editor
Kemal Kurspahic
Photography:
Deb Cobb, Louise Krafft,
Craig Sterbutzel
Art/Design:
Laurence Foong, John Heinly
Production Manager:
Jean Card
Geovani Flores

Special Assistant to the Publisher
Jeanne Theismann
703-778-9436
jtheismann@connectionnewspapers.com
[@TheismannMedia](https://twitter.com/TheismannMedia)

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NEWS

Free EKG Screenings In Lopynski's Honor

Class of 2008 Robinson graduate 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 on April 26, 2009 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 athletes 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



Ryan Lopynski

school athletes in hopes of preventing other families from experiencing this same tragedy.

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

The entire process should take 10-15 minutes per student and parents will receive the results that day.

Permission and Waiver form. Bring the signed and completed form to the screening. 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.

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that Dr. Kathleen Phillips will be joining our staff as a full time associate starting June 1st 2013. Dr. Phillips grew up in Buffalo, New York and is still a huge Sabres and Bills fan. She attained a Bachelor of Science in Microbiology from the University of Rochester and graduated from Cornell University College of Veterinary Medicine in 2001. She has been working at a small animal practice in the Springfield area for the past 12 years. She shares her life with two beautiful kitties, one impertinent pug, her husband Matt and their young son Ethan. When she is not busy treating her patients, she is likely enjoying a ballgame at Nationals Park or exploring the Virginia countryside with her family.

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THE CONNECTION

ENTERTAINMENT

Encore Dance Show Is This Weekend

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

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

**Encore dancers
doing a number
called “People
Magazine.”**

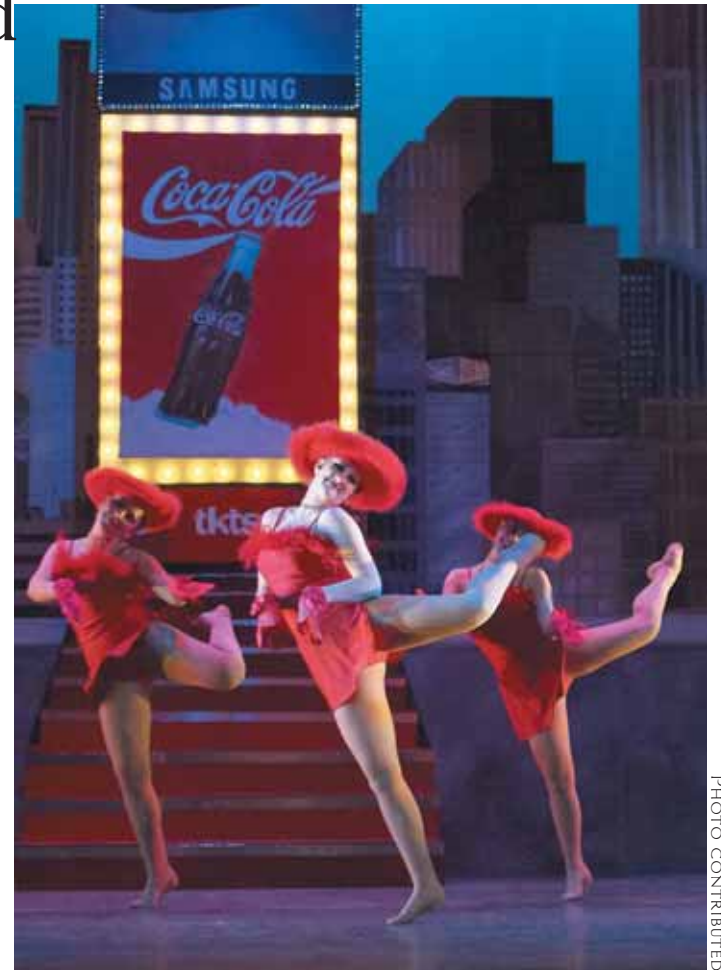


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When you visit one of these Open Houses, tell the Realtor you saw it in this Connection Newspaper. For more real estate listings and open houses, visit www.ConnectionNewspapers.com and click on the "This Week in Real Estate" link.
Call Specific Agents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

Burke

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

Centreville

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

Chantilly

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

Clifton

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

Fairfax Station

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

Franconia/Kingstowne

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

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

Springfield

7100 Granberry Way.....\$1,199,000....Sat 1-4.....James Lee.....Infinity..703-354-7515
6225 Cardinal Brook Ct.....\$809,000....Sun 1-4.....Reid Voss.....Avery-Hess..703-403-6855
8585 Beatrice Ct.....\$799,000....Sun 2-5.....Ali Hasan.....United American..703-866-2424
7907 Jansen Ct.....\$680,000....Sun 1-4.....Karen Brown.....Exit..703-599-1520
9214 Cutting Horse Ct.....\$545,000....Sun 1-4.....Irene McGhee.....Avery-Hess..703-628-4048
7201 Dormont St.....\$449,000....Sat 1-4.....Jason Trigo.....Sun..540-371-0050
6401 Racetec Ct.....\$417,900....Sun 1-4.....Carla Moore.....Exit..703-994-0508
7880 Rolling Woods Ct #104....\$410,000....Sun 1-4.....Linda Maxwell..... Long & Foster..703-452-3912
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Burke \$609,950
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Springfield/Lakewood Hills \$549,950
Multiple Offers Received

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SPORTS



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

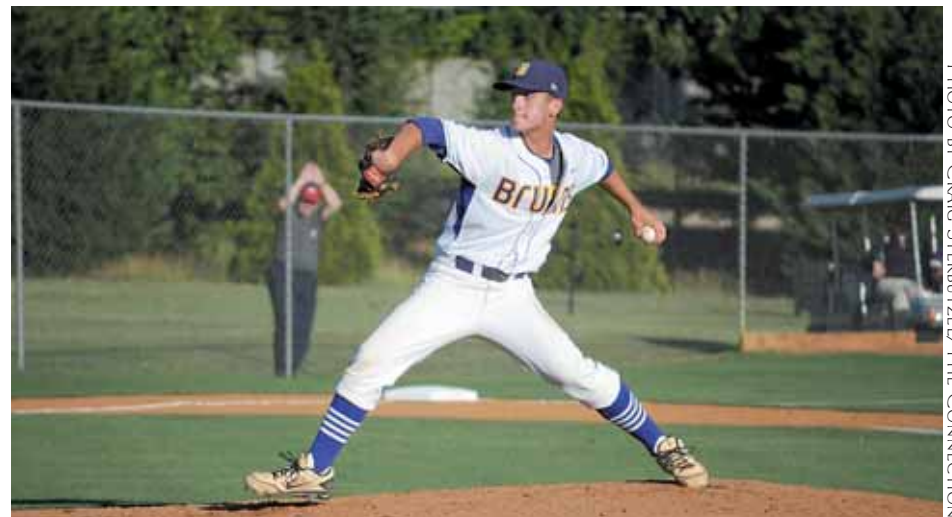


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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

Lake Braddock Baseball Advances to State Semifinals

Bruin pitcher Rodgers earns quarterfinal win against Patriot.

BY JON ROETMAN
THE CONNECTION

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

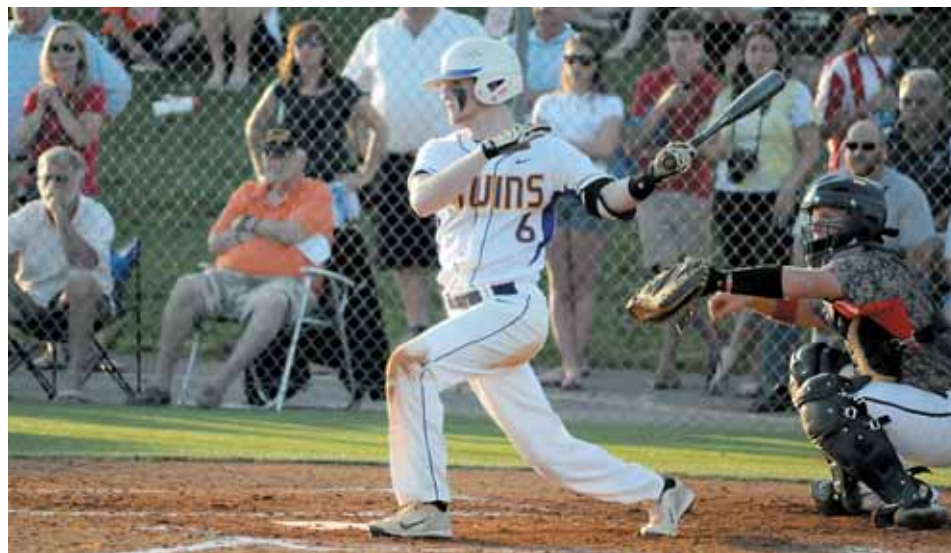
The Bruins overcame a slew of early-season ailments suffered by key players to reach this point. Rogers, a left-handed pitcher who signed with the University of North Carolina, underwent off-season Tommy John surgery and has been limited to a pitch count during each of his starts. On Tuesday, June 4,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

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

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

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

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



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

SPORTS ROUNDUPS

Madison Softball Finishes Region Runner-Up

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

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

Madison Boys', Girls' Lax Reach State Semis

The Madison boys' and girls' lacrosse teams advanced

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

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

Langley Girls' Lax Reaches State Semis

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

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

McLean Softball Falls in Region Semis

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

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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.

“I moved here to be closer to my

“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

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

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

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

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



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

report contentment with their lives. “Everybody is unique, but overall happiness comes if people continue to do things that they have done over their lifetime that have

brought them joy and strength,” said Ioana Boie, Ph.D., an assistant professor of coun

SEE HAPPINESS, PAGE 6

‘Age in Place’ to Satisfy Evolving Needs

BY JOSH BAKER
FOUNDER, BOWA BUILDERS

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

WHERE THE HEART IS

Many people have spent years making memories in their home and have grown to be deeply connected to their neighbors and the property’s ideal location. So instead of uprooting and leaving their home’s rich history for a new property, couples are seizing the opportunity to transform their beloved home into a space that fits their specific short- and long-term needs. Sometimes this



Baker

A ‘SUITE’ ADDITION

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

decision involves revamping existing space or incorporating a user-friendly residential elevator into the home. In many cases couples opt to add ground-level space in a way that complements the home.



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

minimal disturbance.

DETAILS THAT MATTER

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

SEE EVOLVING NEEDS, PAGE 6

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Active and Prepared

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

BY JOHN BYRD

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

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

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

Along these lines, the retired economist has been working with Mindy Mitchell, certified aging-in-place specialist at Burke-based Sun Design Remodeling, planning out the future of a home in Arlington she’s occupied for more than 30 years. Recently, the design-build firm remodeled several rooms in Sorrentino’s four-bedroom ranch; she was pleased with the outcome, and gratified to



PHOTOS BY BETH WALTERS

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

learn that the firm’s expertise includes re-designing homes to meet aging-in-place requirements.

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

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

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



More

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

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

everything I need with minimal challenge,” said Sorrentino.

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

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

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

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

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

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

Rogers’ Retirement Dream

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

BY JOHN BYRD

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

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

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

“We were looking for long term comfort and security,” said Rogers. “That meant the usual wish-list — upgraded kitchen, larger

master bedroom suite.”

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

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

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

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

“The more I looked into it, the more I realized that there are a lot of issues with home

generators that have to be worked out between the contractor and the gas company,” Rogers recalled.

“I was aware of plans like mine that hadn’t worked well for the homeowner. I wanted enough power to keep the house running for days at a time, but the technology is still evolving and relatively few contractors have mastered it.”

Then Rogers met David Foster, president of Foster Remodeling Solutions in Lorton, a veteran builder with a track record in home generator solutions.

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

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



Wanda and Ted Rogers in front of their remodeled home.

days a time without need for refueling.

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

parent to everyone.”

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

And the timing couldn’t have been more perfect. Shortly after the project’s completion in spring 2012, the now-infamous derecho in early July

More

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

“But when I walked through my front door two days into the outage, my generator was on, the house was cool, and all the electrical systems were working just fine.”

The rest of the neighborhood was another story. “My neighbor’s basement flooded when his sump pump stopped,” said Rogers. “People were dealing with spoiled food, no lights, no phone — and no air conditioning during some of the hottest temperatures in years.”

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

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

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

Older Residents Reflect on Decades

BY KEN MOORE
THE ALMANAC

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

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

Her grandchildren call her Rah Rah.

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

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

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

“Life changing,” he said of his stroke.

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.

BOTH ELLEN BREEN and Dennis Lewis live in a Potomac retirement community.

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.

Lewis 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 it opened my eyes to life. 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

SEE REFLECT. PAGE 7

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



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.

More

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

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.



PHOTOS BY WAYNE JACKSON



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.

Residents Reflect on Decades Gone By

FROM PAGE 5

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.”

Lewis said he learned from two experi-

ences in his life when he bucked the trend, doing the opposite of what people advised him to do.

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.”

That was after the disco era.

“It was the second time I ignored what

people demanded what I write,” he said. “The other time, they wanted me to write that disco was dead. And the next year, Saturday Night Fever came out. I was glad I resisted.”

Lewis takes Metro Access most every other week to see a new movie either on Bethesda Row, the Landmark, or downtown and to shop at book stores.

He subscribes to film magazines, and watches the Oscars every year, knowing most every movie nominated.

Lewis said he cried when Dwight Eisenhower lost the Presidential election in

1956. “It taught me that the best man doesn’t always win,” he said. “In movies, you are always fooled by happy endings and you think that’s the way it works.”

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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