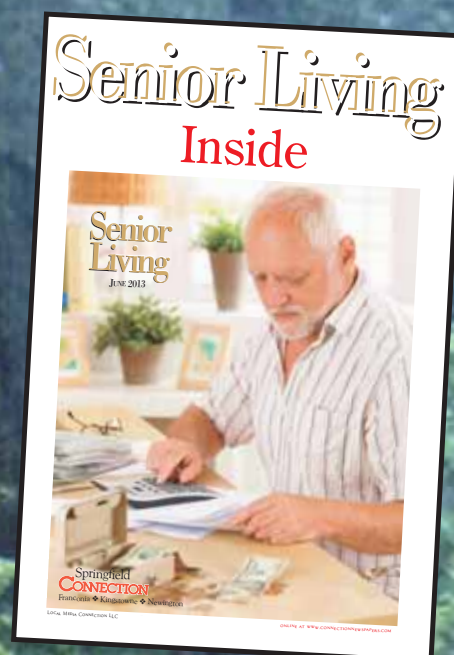


Springfield CONNECTION

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Greenspring
Presents
Scholarships
To Area Students

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Friends
Team Up for
Successful
Book Sale

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A Video Appeal to Save The Trails

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Muddy bike path at Wakefield Park: Zachary Korff's film highlights the effects of mountain bikers riding on wet trails.

JUNE 6—12, 2013

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Lee Lord, Lady Named

McKay honors Samantha Underwood, Kyle Talente.

BY ALEX McVEIGH
THE CONNECTION

The Fairfax County Board of Supervisors announced their Lords and Ladies Fairfax Tuesday, June 4, with each supervisor naming a male and female who they felt best represented the community spirit.

Supervisor Jeff McKay (D-Lee) named Samantha Underwood and Kyle Talente as Lord and Lady for the Lee District.

Underwood, 9, was honored for founding the nonprofit Kids Sending Smiles. Made up of elementary school students, Kids Sending Smiles holds events to assist those in need in the U.S. and around the world.

"When I was in second grade, I had a friend from the Philippines, and she would tell stories about the poor areas and the people living in them," she said. "It made me want to do something, anything, to help them."



Kyle Talente and Samantha Underwood, 9, are named Lord and Lady Fairfax for the Lee District Tuesday, June 4.

UNDERWOOD undertook a project to raise money for a transitional home for girls ages 5 to 17 in Olongapo City, many of whom are victims of abuse or homeless. Their first event netted more than \$500, which helped the center purchase dressers, new pots, pans and dishes, a mirror, DVD player and karaoke machine.

They also collected 18 boxes of donated items such as hairbrushes, toothbrushes, underwear, feminine products, school supplies, jump ropes, badminton sets, pillows and bedding.

"That first event was a great thing to put together, because I saw all these people gathered together with the goal of helping people," Underwood said. "Knowing so many people came together for the same goal inspired us to try and do even more."

Since their first event, Kids Sending Smiles has raised more than \$1,500 for victims of Hurricane Sandy, more than \$1,300 for a children's shelter in Peru, almost \$200 for mosquito nets and antibiotics in Mali and a clothing drive for the Navajo Relief Fund. They spent Memorial Day running a bake sale that raised \$121 for the Regional Food Bank of Oklahoma, and they made cards for the children affected by the tornadoes.

Locally they support the Lorton Community Action Center, donating 450 pounds for the food pantry in a single event, as well as collecting school supplies and winter coats for the center.

"At a time when so many of us feel helpless in the face of ever increasing need, it's

good to see children with the compassion and drive to make a difference," McKay said.

TALENTE has been a longtime member of the Southeast Fairfax Development Corporation, including three terms as president. He also has worked to revitalize the Route One Corridor as a member of the Mount Vernon-Lee Chamber of Commerce.

"Our job is to be economic facilitators for economic development and revitalization in Southeast Fairfax County," Talente said in a public access TV interview. "We focus on four main areas. One is direct recruitment and interaction with the investment community, we support our existing businesses and potential new businesses who are looking to do business in the corridor. We try and educate and reach out to the community about what is going on, what we're doing, what's going on, as well as try and promote and change some of the perceptions of the corridor as a place to live, work and shop."

McKay praised Talente for his relentless efforts on behalf of the community.

"We all benefit when our residents are willing to put their professional capabilities at the service of Fairfax County in a volunteer capacity. Kyle Talente exemplifies that kind of volunteerism and has no doubt spent almost as many hours volunteering as he has spent in his day job," he said. "His energy, dedication and ability to communicate with the residential business communities have done much to further Route One revitalization."

Springfield Lord, Lady Fairfax Named

Michael Congleton and Michelle Stein named 2013 Lord and Lady Fairfax.

BY ALEX McVEIGH
THE CONNECTION

Supervisor Pat Herrity (R-Springfield) named Michael Congleton and Michelle Stein the 2013 Lord and Lady Fairfax for his district Tuesday, June 4. Each year, members of the Board of Supervisors name a man and a woman to recognize exceptional county residents.

STEIN has been president of the Clifton Betterment Association for the past 10 years. The association is a local civic organization dedicated to improving the Clifton area.

"It just sort of happened, I started going to meetings, then became the secretary, then president," she said. "But I don't do anything alone. I feel like this award is more for the whole group, because that's what deserves recognition."

The association sponsors and hosts annual events such as the Clifton Birthday Party, 5K Caboose Run, Clifton Day, the Fourth of July Party and the Clifton Holiday Party.

"We treat these events as something that's fun for the whole community, which is what they are, and I think that helps all of us work together," she said. "We just held our annual 5K and saw about 500 runners, many of the children, and it was so great to see them involved. And the event helped pay to resurface our basketball court and fix some of the electrical systems in the barn."

Stein said the two goals of the association is to preserve the open space and history of Clifton.

"With the goal of promoting and improving the Town of Clifton, she has dedicated countless hours of work to the cause," Herrity said. "She is a staple in Clifton, and through the CBA, she has made it her goal to bring people together and celebrate one of Fairfax County's hidden treasures."

CONGLETON has been a resident of Fairfax County for more than 45 years. For 25 years, he has worked for the



From left, Michelle Stein and Michael Congleton are named 2013 Lord and Lady Fairfax for the Springfield District Tuesday, June 4.

county in the area of code enforcement and urban planning.

When his daughter began playing sports, he began his coaching career, eventually coaching a combined 50 seasons of softball, soccer and basketball.

"Coaching was really such a pleasure for me, to help kids build skills over time was very rewarding," he said. "I couldn't even say I have a favorite sport or season, whatever I was coaching at the moment, that was my favorite."

After coaching, Congleton sought out other opportunities to serve and two years ago he became a Fairfax County Reserve Deputy Sheriff.

"Once I wasn't coaching any more, I had time to give back in another way, and being a sheriff's volunteer has been great," he said. "I help with the Child ID program, as well as Shop with a Sheriff."

Congleton has also served two terms on the Fairfax County Athletic Council, and is the Sheriff's Office representative to the Chamber of Commerce's Valor Awards Selection Committee.

"Through all of his work, Mr. Congleton has had a great impact on our community," Herrity said. "We are proud to call him a resident of Springfield District."

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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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WEEK IN SPRINGFIELD

Arrest in Thefts of Apple Products

Police arrested a 31-year-old Dumfries man and charged him with embezzlement of more than 60 Apple electronic products from unopened shipping packages at his worksite.

Fairfax County Police detectives received complaints from security at the United Parcel Service (UPS) facility at 8200 Alban Road in Springfield in November 2012. Security staff reported that large quantities of Apple products were disappearing from the facility. Thefts were reportedly taking place in batches since September 2012, and included such items as Macbooks, iPhones, iPods and iPads all being shipped directly from Apple to new customers. UPS became suspicious when customers started calling to inquire or complain that they had not received their products.

Detectives worked with company security, and after six months of scrutiny, court orders and a complex investigation, they uncovered the sophisticated scam that involved primarily online buyers and sellers across the D.C., Maryland and Northern Virginia region.

A 31-year-old UPS sorter was arrested May 3 and charged with embezzlement. Police believe he was reportedly taking the unopened Apple products, stuffing them into his pants or otherwise concealing them and then working with others to sell them at bargain prices for holiday shoppers.

Police remind consumers, whether online or in person, to make sure they are not purchasing items that may have been stolen. Shop from trusted, reliable vendors to ensure the quality and authenticity of the product you are seeking. If an online listing price seems extremely low, the purchaser should be wary.

Knowingly purchasing stolen items is a violation of law in Virginia.

A Story 'From the Other Side of the Wall'

"From the Other Side of the Wall," a presentation by Palestinian farmer and director of Tent of Nations, Daoud Nassar, will take place on Monday, June 24, at 7:30 p.m. at Grace Presbyterian Church, 7434 Bath St., 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.

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NEWS

All 20 graduating high school students for the year 2013 at the award ceremony.



PHOTO BY
RYAN DUNN/
THE CONNECTION

Greenspring Scholarships Presented

BY RYAN DUNN
THE CONNECTION

The Greenspring retirement community in Springfield held its annual scholars awards ceremony on Wednesday, May 29. In 1999 Greenspring established the Scholars' Fund, which provides scholarships to local high school students who have worked in various dining services capacities at the retirement community. In addition to receiving a wage, stu-

dents may be eligible for scholarships paid directly to the college or professional school of each student's choice.

The awards ceremony was held at the community's Village Square Theatre. After a welcoming by Executive Director Robin Gliboff, Del. Vivian Watts (D-39) made brief remarks congratulating students and thanking those who made the scholarships possible. Following this was the presentation of the C.N.A. Educational Scholarship to Regina Wilson, an

employee at Greenspring. Next was the presentation of the Steve and Renie Guback Scholarship to Matthew Kaufax, a graduating senior at Thomas A. Edison High School.

The Guback Scholarship is a \$5,000 one-year award to a student planning to study in the field of communication. Greenspring resident Steve Guback has donated \$100,000 for the establishment of the community's first en-

SEE STUDENTS, PAGE 10

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OPINION

Respecting Parents' Roles

Parental notice is key to school discipline reform.

BY CAROLINE G. HEMENWAY
FAIRFAX ZERO TOLERANCE REFORM

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

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

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

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

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

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

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

COMMENTARY

The code of student behavior (Student Rights and Responsibilities) only requires that "the principal will

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

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

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

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

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

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

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

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

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

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

LETTERS TO THE EDITOR

Reema Samaha Remembered

To the Editor:

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

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

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

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

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

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

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

We hope all will join us!

Lu Ann Maciulla McNabb
President, Board of Directors,
Angel Fund
Centreville

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PEOPLE

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.

Senior defender Amalya Clayton, of Springfield, was the recipient of the James Madison University women's soccer team's most valuable defensive player award. She helped anchor a JMU defense that recorded five shutouts and limited its opponents to an average of 1.46 goals.

Lisa Shaughnessy of Springfield combined her 15 years of marketing experience with her love of fitness to form Agility Marketing LLC, a fitness marketing firm. Through her website, AgilitySocialCues.com, she provides resources, targeted plans, strategies and coaching to fitness professionals. Shaughnessy is also the host of the podcast The Fitness Marketing Q & A Show, which features interviews with successful fitness professionals from around the world. The New Rules of Fitness Marketing, published on March 27, 2013, is Shaughnessy's new book which shows fitness professionals how to attract clients and build a successful business, without resorting to cliché sales tactics.

Andy Ingraham Dwyer, Springfield native and George Mason University alum, joined the staff of The State Library of Ohio as an infrastructure specialist within the Information Systems and Technology group. Dwyer studied computer science at George Mason University in Fairfax. He was previously employed for close to two decades running his own computer consulting services business, supporting small businesses, non-profits and individuals in their technology needs. Dwyer parents still live in Springfield.

Bone marrow donor **Mark Cowen of Springfield** met the man to whom his marrow went on Saturday, Sept. 29 in Durham, N.C. at the Duke Adult Bone Marrow and Stem Cell Transplantation

Program's 15th annual reunion.

Duke patient David Kaufman, the recipient, is an acute lymphoblastic leukemia survivor who underwent a bone marrow transplant in 2011. Kaufman expressed his gratitude to Cowen for saving his life, despite the fact that they were complete strangers.

Cowen, a father of two and attorney at the U.S. Department of Labor's Civil Rights Center in Washington, D.C., traveled with his wife from their home in Springfield to meet Kaufman and his family. Cowen originally joined the Be The Match registry in 2006 and five years later, was found to be a match for Kaufman.

To learn more about how you can join the Be The Match registry, visit www.marow.org.

Heather Evans of Hayfield Secondary School was one of 39 vocal musicians from Fairfax County public schools named to the Virginia Honors Choir for 2010. The students will perform at the Virginia Music Educators Association (VMEA) convention Nov. 20 in Norfolk.

Johanna Olson of Lee High School was one of 39 vocal musicians from Fairfax County public schools named to the Virginia Honors Choir for 2010. The students will perform at the Virginia Music Educators Association (VMEA) convention Nov. 20 in Norfolk.

Micheal Romans, 16, has been named one of 41 Emerson Scholars, receiving a full scholarship to attend Interlochen Arts Camp, the world's premier summer arts program for aspiring musicians. The Emerson Scholars program allows high school students with exceptional musical talent to participate in the World Youth Symphony Orchestra and take lessons with professional musicians. Romans, the son of Scott and Sue Romans, will study viola under the leadership of world renowned musicians and conductors such as the violinist Philippe Quint and the Kapellmeister of the Frankfurt Opera, Erik Nielson. Interlochen Arts Camp impacts the individuals as it inspires creativity and inspiration.


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Friends volunteer Bao Nguyen, a college student, makes sure the books are in order for prospective buyers.



Friends volunteer Judy Perry of Springfield admires the vast collection of books, which surpasses last year's variety.

Friends Team Up for Successful Book Sale

Four-day sale at Byrd library nets \$9,483.

BY ELEANOR LAMB
THE CONNECTION

The Friends of the Richard Byrd Library's used book sale soared, providing the Springfield community with a source of intellectual enrichment and literary diversions.

The sale, which ended this past Saturday, was one of two annual book sales the Friends conduct. It boasted an eclectic selection, containing everything from teaching guides to White House cookbooks.

Nearly as numerous as the plethora of books, CDs and VHS tapes showcased were the sources of help to make the sale possible. Not only did a mystery van carrying 400 professionally packed books arrive for the Friends, the Robert E. Lee High School tennis team and Lake



Realtor Ahmed Alhumigani of Springfield looks through a book on green energy.

Braddock Secondary School Key Club helped compile the assortment. These many helping hands made the four-day event successful.

"So far, we're ahead of last year," said Friends volunteer Judy Perry of Springfield. "We have really good materials."

President of the Friends group

Christine Peterson of Springfield is thrilled to be conducting this sale because of the benefits the books and the funds made from them will do for the community. All of the profit from the books, which ranged in price from \$.25 to \$1, will be put toward summer programs for children.

The sale also offered a few vintage books, which Peterson believes book collectors will treasure. Such novels include "Main Street" by Sinclair Lewis and "The King in Yellow" by Robert Chambers, who is considered a virtuoso in modern horror.

"[One] is in perfect shape," said Peterson. "[One] has a little wear, [but] wear is okay."

While the book sale did present a wide array of books, not everyone browsing found exactly what they wanted. Financier Yonas Demeiyesus of Springfield had trouble finding a book about corporate finance and management. Although he had trouble procuring a text on this topic, he thought the sale was otherwise well rounded and that this event was a good idea for the community.

"Sometimes, you have to own a

book for life," said Demeiyesus.

Even though books regarding corporate management techniques may have been hard to come by, the sale was teeming with other genres, such as children's books. 1,500 children's books had already been sold.

"Doesn't that speak well of the community?" said Peterson.

As the library ended its sale, there were still multiple boxes of books left behind. The remaining children's books will be donated to the Ecumenical Community Helping Others and the remaining adult books will go to the Rotary Club.

"It's a thoughtful system," said Peterson. "We want the books working hard for everyone."

According to Peterson, the sale garnered \$9,483, which is over 20 percent more than last June when they made \$7,759. "Now we can do more for our Springfield community. Not only will we be funding a vigorous children's program at the library this summer, we'll have the money we need for our 55th anniversary party on Aug. 8 and 10."

CALENDAR

Send notes to the Connection at south@connectionnewspapers.com or call 703-778-9416. The deadline is the Friday prior to the next paper's publication. Dated announcements should be submitted at least two weeks prior to the event. For more entertainment events in the county, go to: <http://www.connectionnewspapers.com/news/2013/may/22/fairfax-county-calendar/>.

THURSDAY/JUNE 6

Accotink Academy's Fashion Shoot. 1:15-2:45 p.m., at 8519 Tuttle Road, Springfield. The Accotink Academy showcases clothing designed, produced and modeled by Fashion Club students trained by textiles instructor. 703-451-8041 ext. 250.

SATURDAY/JUNE 8

Rock the Pink Doubles Volleyball Tournament. Occoquan Regional Park, 9751 Ox Road, Lorton. Funds from the tournament will go to Side-Out, whose goal is to make a significant and identifiable difference in the lives of breast cancer patients and their families. side-out.org/rtp.

FARA Benefit Buffet Luncheon. 11 a.m.-1:30 p.m., at Springfield Outback Steakhouse, 6651 Backlick Road, Springfield. Friedrich's Ataxia Research Alliance benefits from an all-you-can-eat buffet fundraiser; live entertainment provided courtesy of Ocean Drive of Fredericksburg, Va. \$25. 703-912-7351, www.curefa.org or obs4713@outback.com.

Fundraising Zumbathon. 1 p.m., at Empire Nightclub at 6355 Rolling Road, Springfield. Come out and support Jocelyn Rodriguez who has been struggling with Sickle Cell disease. Adults: \$20; students: \$10. <http://www.thejocelynproject.com>.

Interactive Science Showcase. 1 p.m., at Robert E. Lee High School, 6450 Franconia Road, Springfield. The IB science seniors present experiments, demonstrations and lessons for children and families to interact with, including 25-plus exhibits featuring content on the brain, memory, lasers, planes, the environment, "secret" states of matter and more; seniors, well-versed in current research are prepared to answer children and adults' questions. 703-924-8300.

Opening Reception of Urban Decay 4. 6-9 p.m., at the McGuireWoods Gallery, 9601 Ox Road, Lorton. The Workhouse Arts Center is kicking off the summer with Urban Decay 4, an exhibition of low-brow urban art. Low-brow art is a populist art movement with origins in the underground comic world, punk music, tattoo and street art. The show is curated by Debra Yarrington of Urban Art Syndicate. 703-584-2900 or workhousearts.org/.



The fundraising Zumbathon on Saturday, June 8 at Empire in Springfield will benefit 15-year-old Jocelyn Rodriguez, who suffers from a rare blood disease, Sickle Cell. The dance-fest day helps pay for the budding artist, musician and Anime-fan's bone marrow transplant coming up in July.

Featured Artists and Studio Exhibitions. 6-9 p.m., at the Workhouse Arts Center, 9601 Ox Road, Lorton. The Workhouse Arts Center presents a variety of artists' work during the Featured Artists and Studio Exhibitions. 703-584-2900.

The United States Navy Commodores. 7-8 p.m., at Workhouse Arts Center, 9601 Ox Road, Lorton. The United States Navy's premier jazz ensemble, performs under the direction of Senior Chief Musician Phil Burlin. www.navyband.navy.mil.

SATURDAY/JUNE 15

Black Masala. 7-8 p.m., at Workhouse Arts Center At Lorton, 9601 Ox Road, Lorton. DC's own gypsy music inspired horn band plays Eastern European and New Orleans influenced ambient/experimental indie rock with a hint of Appalachian twang. www.facebook.com/BlackMasala.

SUNDAY/JUNE 16

The Northern Virginia NTRAK Display. 1-4 p.m., Fairfax Station Railroad Museum, 11200 Fairfax Station Road, Fairfax Station. Members will have a display and N gauge trains running. Adults: \$5; Children: \$1. 703-425-9225 or www.fairfax-station.org.



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Zachary Korff, a 13-year-old Irving Middle School student.



PHOTOS BY LAUREN YOUNG/THE CONNECTION

Wakefield Park sign: The park's trails are a focus of the video produced by 13-year-old Zachary Korff.

A Video Appeal to Save the Trails

Irving Middle School student raises environmental awareness through film.

BY LAUREN YOUNG
THE CONNECTION

Zachary Korff, a 13-year-old Irving Middle School student, recently created a video bringing attention to the effects of mountain bikers riding on wet trails. Zachary was acknowledged by the Northern Virginia Regional Park Authority (NVRPA) and Young Reporters for the Environment (YRE) for his work on the film. YRE is a foundation aimed at those aged 11-21 to address issues in the environment through journalism: Contests are hosted each year for video, photograph and article submissions.

The video Zachary made discusses how bike tires tear up trails when it has recently rained and trails are muddy. This causes severe erosion to the surrounding ecosystem. The bikers create puddles of built up water on the trail, rip of the creek beds, create ruts and disrupt the balance of the ecosystem.

WAKEFIELD PARK, located in Annandale, is highlighted as an example of trails that have erosion as a result of biking in wet conditions. Zachary compares the trails at this park to those at Fountainhead Park in Woodbridge. Wakefield does not have the sufficient funds to maintain trails as Fountainhead does, and as a result the paths are not protected as well. With the funding Fountainhead receives, they close off trails with gates and signs when conditions are not agreeable for recreation, and have a hotline that says if trails are open, which Zachary displays in the video. He tells viewers in his video, "If Wakefield's trails are to survive, riders need to steer clear of damaged trails and the park needs more funding."

The NVRPA was very appreciative of the work Zachary did to raise awareness. Paul Gilbert, executive director of the NVRPA, stated that, "Zachary's video has raised awareness among the mountain bike community that riding in muddy conditions damages the trails and the environment. We are honored that he highlighted the good practices at Fountainhead Regional Park."

Creating this video involved several weekends of



Paved path at Wakefield Park: Zachary Korff's film highlights the effects of mountain bikers riding on wet trails.

filming, interviewing and editing in order to ensure the requirements were met for the YRE contest. Zachary says making this film was, "a good use of time and a good challenge for my brain. I'm worried about the environment and not happy with what is happening to the trails." He is an avid mountain biker who started riding the trails in 2008, so trail erosion due to this hobby is a matter he feels strongly about. Jay Korff, Zachary's father, said that his son's "interest in giving a voice to this issue pushed him through all the hard work." He also said, "We talk a lot in our household about the critical role that storytellers, public policy makers, advocates and educators play in the stewardship of our environment. [Zachary's] hope is that his story will add to the chorus of voices calling on riders to stay off wet trails."

RIDERS HELP MITIGATE erosion by not riding or hiking when trails are muddy, and instead riding on paved paths. This prevents further damage until work can be done or the trails dry up to regular consistency. Zachary believes that increased funding, trail cleanups and trail building are viable solutions to this issue. He intends for this video to make a difference in the communities of all who watch the film. "I hope the video is shared so more people know what's occurring. This doesn't just apply to Wakefield; it applies to all trails being destroyed by the ecosystem. People can note this in trails around them. I want people to be aware."



PHOTO BY JESSICA MCKAY

Greenspring resident Steve Guback with the recipient of the first Steve and Renie Guback Scholarship, Matthew Kaufax.

Area Students Honored

FROM PAGE 5

dowed scholarship. Guback, who is a former award-winning sportswriter with The Washington Evening Star, has lived at Greenspring since 2009. Guback was awarded the Ernie Pyle Scholarship when he attended Indiana University at Bloomington. "The scholarship at Indiana helped to launch my career as a sportswriter," said Guback. "I realize how much that helped me so I've always been trying to repay that back as much as I can."

Another speaker at the event was Mark Greenfelder, West Springfield High School principal. "When I was asked to speak tonight, I couldn't believe the number of students being honored and the amount they were being honored with," said Greenfelder. "Because of your generosity, you're allowing another generation to follow their

dreams and reach their goals. ... There is a lot of hope for our future."

Before the presentation of the awards, Dr. Clint Lambert, president of the Greenspring Resident Council gave a message addressed to the scholarship awardees. "Take advantage of the scholarship, and gain as much as you can from it," said Lambert. "The world is awaiting your input."

This year, \$200,000 was donated to the Scholars' Fund by residents, resident clubs and staff members at Greenspring. Due to these donations, this is the first year that students were eligible for \$10,000 scholarships; four years ago, the scholarship amount was increased from \$4,000 to \$6,000 per student. Since the establishment of the Scholars' Fund at Greenspring, the community has come together to raise nearly \$1.5 million for student scholarships.

2013 Greenspring Scholars

Twenty graduating high school students were awarded scholarship funds this year. The 2013 scholars include:

Junaid Ahmed from Robert E. Lee High School
Mariam Bayat from Robert E. Lee High School
Valeria Barco Saenz from Woodbridge Senior High School
Heran Beniam from Hayfield Secondary School
Shaniqua Burhans from West Springfield High School
Jesle Choi from South County High School
Mayra Cruz from Robert E. Lee High School
Michelle Jose from Robert E. Lee High School
Brett Nelson from Robert E. Lee High School
Jessica Oo from Lake Braddock High School
Sudhanshu Patyal from Hayfield Secondary School
Alex Pinto from South County High School
Kenneth Roland from Robert E. Lee High School
Salem Solomon from Robert E. Lee High School
Meronne Teklu from West Springfield High School
Tracy Tranchi from West Springfield High School
Saurabh Verma from Hayfield Secondary High School
Meley Woldetatos from Robert E. Lee High School
Mercedes Zettlemayer from West Springfield High School
Zhou Zhou from Lake Braddock High School

Additional information about Greenspring can be found at www.ericksonliving.com.

HOME SALES

In April 2013, 148 Springfield homes sold between \$1,575,000-\$145,000. This week's list represents those homes sold in the \$1,575,000-\$345,000 range. For the complete list, visit www.ConnectionNewspapers.com

Address	BR .	FB .	HB ...	Postal City	Sold Price	Type	Lot AC	Subdivision
7117 BRADDOCK RD	6	...	4 ... 2	SPRINGFIELD	\$1,575,000	Detached	1.72	LEEWOOD
6994 CLIFTON KNOLL CT	4	...	3 ... 1	ALEXANDRIA	\$815,000	Detached	0.21	CEDAR KNOLL
8759 CENTER RD	6	...	4 ... 1	SPRINGFIELD	\$763,000	Detached	0.24	RED FOX ESTATES
6219 CARDINAL BROOK CT	4	...	3 ... 1	SPRINGFIELD	\$730,000	Detached	0.20	CARDINAL RUN
6305 STILL SPRING PL	4	...	4 ... 1	ALEXANDRIA	\$700,000	Detached	0.09	KINGSTOWNE
8192 POHICK STREAM PL	5	...	4 ... 1	SPRINGFIELD	\$680,000	Detached	0.12	POHICK CROSSING
6020 WOODLAKE LN	5	...	4 ... 1	ALEXANDRIA	\$680,000	Detached	0.21	KINGSTOWNE
7804 HUNTSMAN BLVD	4	...	2 ... 1	SPRINGFIELD	\$660,000	Detached	0.21	LAKEWOOD HILLS
7414 CARATH CT	6	...	3 ... 1	SPRINGFIELD	\$645,000	Detached	0.17	GLENWOOD MANOR
6720 DELAND DR	5	...	3 ... 0	SPRINGFIELD	\$635,000	Detached	0.57	WEST SPRINGFIELD
8103 AINSWORTH AVE	4	...	3 ... 0	SPRINGFIELD	\$620,000	Detached	0.36	WEST SPRINGFIELD
7396 LOUGHBORO LN	4	...	2 ... 1	SPRINGFIELD	\$600,000	Detached	0.37	BONNIEMILL ACRES
8834 SHADOWLAKE WAY	5	...	3 ... 1	SPRINGFIELD	\$593,000	Detached	0.20	LAKEWOOD HILLS
7212 ORIOLE AVE	5	...	3 ... 0	SPRINGFIELD	\$590,000	Detached	0.51	SPRINGVALE
5514 EYLER DR	3	...	2 ... 2	ALEXANDRIA	\$589,945	Townhouse	0.06	KINGSTOWNE
8901 SPUR RD	4	...	3 ... 0	SPRINGFIELD	\$585,000	Detached	0.27	ROLLING VALLEY
6346 MERIWETHER LN	3	...	2 ... 1	SPRINGFIELD	\$555,000	Detached	0.50	MERIWETHER LANE
9214 PALOMA LN	4	...	2 ... 1	SPRINGFIELD	\$545,000	Detached	0.23	LAKEWOOD HILLS
6927 CONSERVATION DR	4	...	2 ... 1	SPRINGFIELD	\$541,000	Detached	0.45	ORANGE HUNT ESTATES
6940 CONSERVATION DR	5	...	3 ... 0	SPRINGFIELD	\$540,000	Detached	0.26	ORANGE HUNT ESTATES
6733 SULLIVAN WAY	3	...	2 ... 2	ALEXANDRIA	\$540,000	Townhouse	0.06	ISLAND CREEK
7513 FRESHWOOD CT	4	...	2 ... 1	ALEXANDRIA	\$532,000	Detached	0.32	HAYFIELD FARM
6605 DUNWICH WAY	3	...	3 ... 1	ALEXANDRIA	\$530,000	Townhouse	0.04	KINGSTOWNE
8107 HATTERAS LN	5	...	3 ... 0	SPRINGFIELD	\$520,000	Detached	0.33	RAVENSWORTH
8619 LAUREN DR	4	...	3 ... 1	SPRINGFIELD	\$520,000	Detached	0.13	KNOLLS AT MIDDLE RUN
7519 BERWICK CT	5	...	3 ... 0	ALEXANDRIA	\$516,000	Detached	0.21	HAYFIELD FARM
8840 WOODLAWN WAY	4	...	2 ... 1	SPRINGFIELD	\$515,000	Detached	0.29	NEWINGTON FOREST
8724 WHITSON CT	4	...	3 ... 1	SPRINGFIELD	\$515,000	Detached	0.19	ROLLING VALLEY
6312 BRIDGETON CT	5	...	3 ... 0	SPRINGFIELD	\$510,000	Detached	0.28	CARDINAL FOREST
8659 MORNING STAR CT	4	...	3 ... 1	SPRINGFIELD	\$505,000	Detached	0.26	NEWINGTON FOREST
7001 KINGS MANOR DR	3	...	2 ... 1	ALEXANDRIA	\$504,950	Townhouse	0.07	MEWS THE
7704 MARTEL PL	4	...	3 ... 0	SPRINGFIELD	\$500,000	Detached	0.28	WESTVIEW HILLS
6421 WAINFLEET CT	3	...	2 ... 2	SPRINGFIELD	\$497,500	Townhouse	0.07	RHYGATE
8452 GOLD SKY CT	4	...	2 ... 1	SPRINGFIELD	\$496,000	Detached	0.17	NEWINGTON FOREST
5171 BALLYCASTLE CIR	3	...	2 ... 1	ALEXANDRIA	\$495,000	Townhouse	0.04	KINGSTOWNE
8807 AQUARY CT	4	...	2 ... 1	SPRINGFIELD	\$487,750	Detached	0.22	ROLLING VALLEY/SPRINGFIELD STATION
5812 APPLEFORD DR	3	...	3 ... 1	ALEXANDRIA	\$477,000	Townhouse	0.04	MEWS THE
6022 CROMWELL PL	3	...	3 ... 1	ALEXANDRIA	\$475,950	Townhouse	0.06	KINGSTOWNE
7908 CLIFF ROCK CT	4	...	3 ... 0	SPRINGFIELD	\$475,000	Detached	0.22	NEWINGTON FOREST
8631 BRISTLECONE PL	4	...	2 ... 0	SPRINGFIELD	\$475,000	Detached	0.33	BRAMBLEWOOD
6634 FROST LAKE LN	3	...	3 ... 1	ALEXANDRIA	\$475,000	Townhouse	0.04	KINGSTOWNE
5522 JOWETT CT	3	...	2 ... 2	ALEXANDRIA	\$475,000	Townhouse	0.04	KINGSTOWNE
6611 MORNING RIDE CIR	3	...	2 ... 1	ALEXANDRIA	\$475,000	Detached	0.11	LANDSDOWNE
8704 GREELEY CT	5	...	3 ... 0	SPRINGFIELD	\$472,000	Detached	0.44	KEENE MILL STATION
7810 WORTHING CT	5	...	2 ... 0	ALEXANDRIA	\$469,900	Detached	0.19	HAYFIELD FARM
7751 SULLIVAN CIR	3	...	2 ... 2	ALEXANDRIA	\$469,900	Townhouse	0.04	ISLAND CREEK
8665 CENTER RD #1	3	...	1 ... 0	SPRINGFIELD	\$465,000	Detached	1.00	SCHWARTZ ACREAGE
8002 TANWORTH CT	3	...	2 ... 2	SPRINGFIELD	\$464,000	Townhouse	0.04	DAVENTRY PARK
6603 REYNARD DR	5	...	3 ... 0	SPRINGFIELD	\$463,000	Detached	0.33	ORANGE HUNT ESTATES
6273 WALKERS CROFT WAY	3	...	3 ... 1	ALEXANDRIA	\$463,000	Townhouse	0.04	KINGSTOWNE
8102 KINGS POINT CT	4	...	3 ... 0	SPRINGFIELD	\$461,000	Detached	0.26	SARATOGA
6123 WRENLEIGH ROW	3	...	2 ... 2	ALEXANDRIA	\$457,000	Townhouse	0.04	KINGSTOWNE
5519 EASTBOURNE DR	3	...	2 ... 0	SPRINGFIELD	\$452,000	Detached	0.26	KINGS PARK
7572 CROSS GATE LN	2	...	2 ... 1	ALEXANDRIA	\$449,950	Detached	0.13	KINGSTOWNE
5411 INVERCHAPEL RD	4	...	2 ... 0	SPRINGFIELD	\$449,000	Detached	0.30	RAVENSWORTH
5529 EASTBOURNE DR	4	...	2 ... 1	SPRINGFIELD	\$449,000	Detached	0.26	KINGS PARK
5703 HEMING AVE	5	...	3 ... 1	SPRINGFIELD	\$445,000	Detached	0.43	NORTH SPRINGFIELD PARK
8539 FORRESTER BLVD	4	...	2 ... 2	SPRINGFIELD	\$445,000	Townhouse	0.04	CHARLESTOWN
8304 CUSHING CT	4	...	3 ... 0	SPRINGFIELD	\$445,000	Detached	0.44	NEWINGTON STATION
6331 SIMMER CIR	3	...	2 ... 1	SPRINGFIELD	\$444,950	Townhouse	0.04	GREENWOOD
8304 LINDSIDE WAY	4	...	2 ... 1	SPRINGFIELD	\$442,300	Detached	0.30	TERRA GRANDE
6431 DEEPFORD ST	5	...	2 ... 1	SPRINGFIELD	\$442,000	Detached	0.25	MONTICELLO WOODS
6210 GREELEY BLVD	5	...	2 ... 1	SPRINGFIELD	\$436,100	Detached	0.42	KEENE MILL MANOR
6313 MILLWOOD CIR	3	...	2 ... 2	SPRINGFIELD	\$435,000	Townhouse	0.05	MILLWOOD ESTATES
8449 LAKINHURST LN	5	...	2 ... 1	SPRINGFIELD	\$435,000	Townhouse	0.05	CHARLESTOWN
8400 MILLWOOD DR	3	...	2 ... 2	SPRINGFIELD	\$434,999	Townhouse	0.08	MILLWOOD ESTATES
7317 OLDHAM LEEDS WAY	3	...	3 ... 1	SPRINGFIELD	\$433,000	Townhouse	0.04	TOWNES OF MANCHESTER WDS
5913 GLOUCESTER AVE	4	...	2 ... 1	SPRINGFIELD	\$430,000	Detached	0.26	SPRINGFIELD
5226 JULIET ST	4	...	2 ... 0	SPRINGFIELD	\$429,000	Detached	0.26	NORTH SPRINGFIELD
6108 FOX HILL ST	3	...	2 ... 0	SPRINGFIELD	\$428,000	Detached	0.21	YATES VILLAGE
6506 WESTHAVEN LN	3	...	2 ... 2	SPRINGFIELD	\$425,000	Townhouse	0.04	WESTHAVEN
5317 MOULTRIE RD S	5	...	3 ... 0	SPRINGFIELD	\$425,000	Detached	0.26	RAVENSWORTH
7826 ATTLEBORO DR	5	...	3 ... 0	SPRINGFIELD	\$420,000	Detached	0.19	SARATOGA
6572 OSPREY POINT LN	3	...	2 ... 1	ALEXANDRIA	\$420,000	Townhouse	0.04	ISLAND CREEK
7512 AMESBURY CT	3	...	2 ... 2	ALEXANDRIA	\$420,000	Townhouse	0.04	HAYFIELD VIEW
6604 KELSEY POINT CIR	3	...	2 ... 2	ALEXANDRIA	\$420,000	Townhouse	0.03	KINGSTOWNE
6000 PIECO CT	3	...	2 ... 2	ALEXANDRIA	\$419,900	Townhouse	0.07	MANCHESTER LAKES
6006 BINGLEY RD	3	...	3 ... 1	ALEXANDRIA	\$417,900	Townhouse	0.04	MANCHESTER LAKES
6024 CRAIG ST	4	...	3 ... 0	SPRINGFIELD	\$415,000	Detached	0.25	SPRINGFIELD
7520 INZER ST	3	...	1 ... 1	SPRINGFIELD	\$415,000	Detached	0.24	NORTH SPRINGFIELD
7507 ESSEX AVE	3	...	2 ... 0	SPRINGFIELD	\$405,000	Detached	0.33	SPRINGFIELD
5217 LIGHT ST	4	...	2 ... 0	SPRINGFIELD	\$405,000	Detached	0.26	NORTH SPRINGFIELD
7313 HUSKY LN	4	...	2 ... 0	SPRINGFIELD	\$405,000	Detached	0.19	NORTH SPRINGFIELD PARK
7719 MARKHAM GRANT LN	3	...	2 ... 1	ALEXANDRIA	\$402,000	Townhouse	0.03	ISLAND CREEK
6710 HOPEWELL AVE	4	...	2 ... 0	SPRINGFIELD	\$400,000	Detached	0.24	EDSALL PARK
9127 GALBRETH CT	3	...	2 ... 2	SPRINGFIELD	\$398,000	Townhouse	0.03	GLENWOOD MANOR
8452 GOLD SKY CT	3	...	2 ... 1	SPRINGFIELD	\$396,000	Detached	0.17	NEWINGTON FOREST
6023 CRAIG ST	5	...	3 ... 0	SPRINGFIELD	\$385,000	Detached	0.18	SPRINGFIELD
6714 JEROME ST	3	...	2 ... 0	SPRINGFIELD	\$385,000	Detached	0.24	LOISDALE ESTATES
8306 WICKHAM RD	3	...	2 ... 2	SPRINGFIELD	\$383,500	Townhouse	0.03	CHARLESTOWN
8443 GREAT LAKE LN	4	...	2 ... 1	SPRINGFIELD	\$380,000	Detached	0.18	NEWINGTON FOREST
6562 MORNING MEADOW DR	2	...	2 ... 2	ALEXANDRIA	\$380,000	Townhouse	0.04	LANDSDOWNE
7412 HASTINGS ST	2	...	2 ... 0	SPRINGFIELD	\$375,000	Detached	0.29	MONTICELLO FOREST
6315 GREELEY BLVD	4	...	3 ... 0	SPRINGFIELD	\$375,000	Detached	0.29	WESTVIEW HILLS
8533 GAMBEL OAK DR	3	...	3 ... 1	SPRINGFIELD	\$375,000	Townhouse	0.03	SPRINGFIELD OAKS
8588 TYROLEAN WAY	3	...	2 ... 2	SPRINGFIELD	\$375,000	Townhouse	0.04	BURGOYNE FOREST WEST
7826 GLENISTER DR	4	...	3 ... 0	SPRINGFIELD	\$373,000	Detached	0.34	WESTVIEW HILLS
8813 WINDING HOLLOW WAY	3	...	2 ... 2	SPRINGFIELD	\$371,250	Townhouse	0.05	THE TIMBERS
6405 JAPONICA ST	3	...	2 ... 0	SPRINGFIELD	\$367,500	Detached	0.53	SPRINGFIELD FOREST
7962 BETHELEN WOODS LN	3	...	2 ... 2	SPRINGFIELD	\$367,500	Townhouse	0.06	BETHELEN WOODS
6469 BLARNEY STONE CT	4	...	2 ... 1	SPRINGFIELD	\$360,000	Townhouse	0.05	SHANNON STATION
6733 ANDERS TER	2	...	2 ... 0	SPRINGFIELD	\$358,000	Detached	0.20	SEQUOIA PARK
7316 ROLLING OAK LN	3	...	3 ... 1	SPRINGFIELD	\$355,000	Townhouse	0.04	BETHELEN WOODS
8482 RIPPLED CREEK CT	3	...	1 ... 1	SPRINGFIELD	\$353,000	Detached	0.13	NEWINGTON FOREST
5413 INVERCHAPEL RD	4	...	2 ... 0	SPRINGFIELD	\$351,000	Detached	0.35	RAVENSWORTH
9069 TIFFANY PARK CT	3	...	2 ... 1	SPRINGFIELD	\$345,000	Townhouse	0.08	KEENE MILL VILLAGE

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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 and click on the "This Week in Real Estate" link. Call Specific Agents to Confirm Dates & Times

Burke

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

Centreville

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

Chantilly

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

Clifton

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

Fairfax Station

7820 Manor House Dr.....\$1,225,000....Sun 1-4..Carol Hermendorfer.....Long & Foster..703-503-1812
11090 Sandy Manor Dr.....\$1,200,000....Sun 1-4..Carol Hermendorfer.....Long & Foster..703-503-1812
10608 Kilcormac Way.....\$1,175,000....Sun 2-4.....Pat Fales.....RE/MAX..703-503-4365
8611 Woodwren Ln.....\$875,000....Sun 1-4.....Kathy Peters.....Long & Foster..703-915-2165
11501 Liltling 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

Lorton

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

Springfield

7100 Granberry Way.....\$1,199,000....Sat 1-4.....James Lee.....Infinity..703-354-7515
6225 Cardinal Brook Ct.....\$809,000....Sun 1-4.....Reid Voss.....Avery-Hess..703-403-6855
8585 Beatrice Ct.....\$799,000....Sun 2-5.....Ali Hasan..United American..703-866-2424
7907 Jansen Ct.....\$680,000....Sun 1-4.....Karen Brown.....Exit..703-599-1520
9214 Cutting Horse Ct.....\$545,000....Sun 1-4.....Irene McGhee.....Avery-Hess..703-628-4048
7201 Dormont St.....\$449,000....Sat 1-4.....Jason Trigo.....Sun..540-371-0050
6401 Racetec Ct.....\$417,900....Sun 1-4.....Carla Moore.....Exit..703-994-0508
7880 Rolling Woods Ct #104....\$410,000....Sun 1-4.....Linda Maxwell.....Long & Foster..703-452-3912
7880 Rolling Woods Ct #101....\$405,000....Sun 1-4.....Linda Maxwell.....Long & Foster..703-452-3912
7880 Rolling Woods Ct #202....\$350,000....Sun 1-4.....Linda Maxwell.....Long & Foster..703-452-3912

To add your Realtor-represented Open House to these weekly listings, please call Erin Peck at 703-778-9449 or E-mail the info to epeck@connectionnewspapers.com All listings due by Tuesday at 3 P.M.

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.

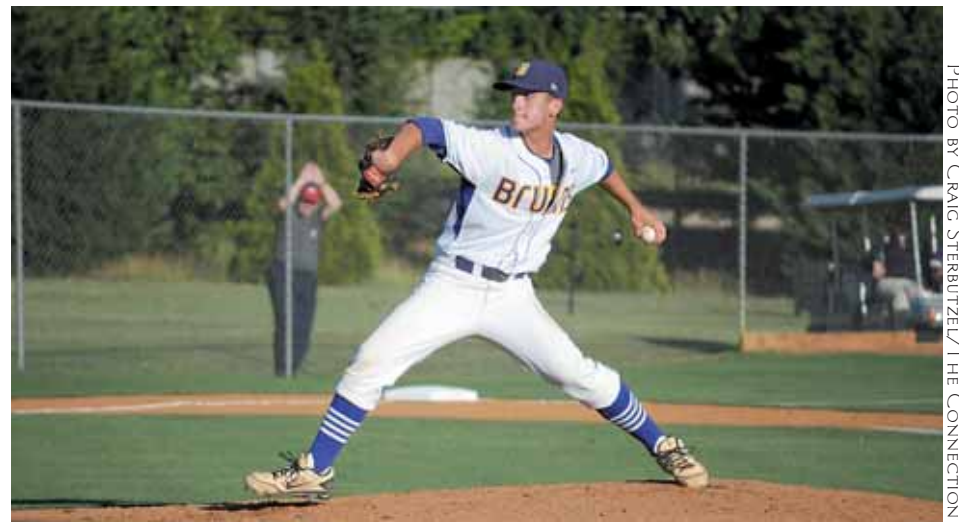


PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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.

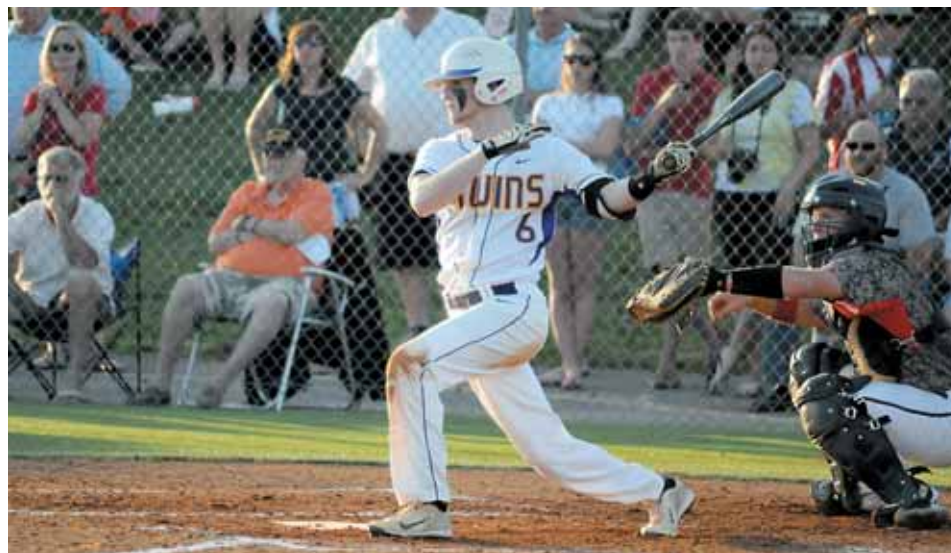
The Bruins overcame a slew of early-season ailments suffered by key players to reach this point. Rogers, a left-handed pitcher who signed with the University of North Carolina, underwent off-season Tommy John surgery and has been limited to a pitch count during each of his starts. On Tuesday, June 4, 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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June 21, 2013

LATE PAYMENT PENALTY

To avoid a 10% late payment penalty and interest charges, payment in full must be made in person or postmarked by close of business on

June 21, 2013

Taxes may be paid in person Monday – Friday
8:30 a.m. to 5:00 p.m.
Treasurer's Office, Room 234, City Hall

IMPORTANT

Even if you do not receive a bill,
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For Additional Information, please call 703-385-7904

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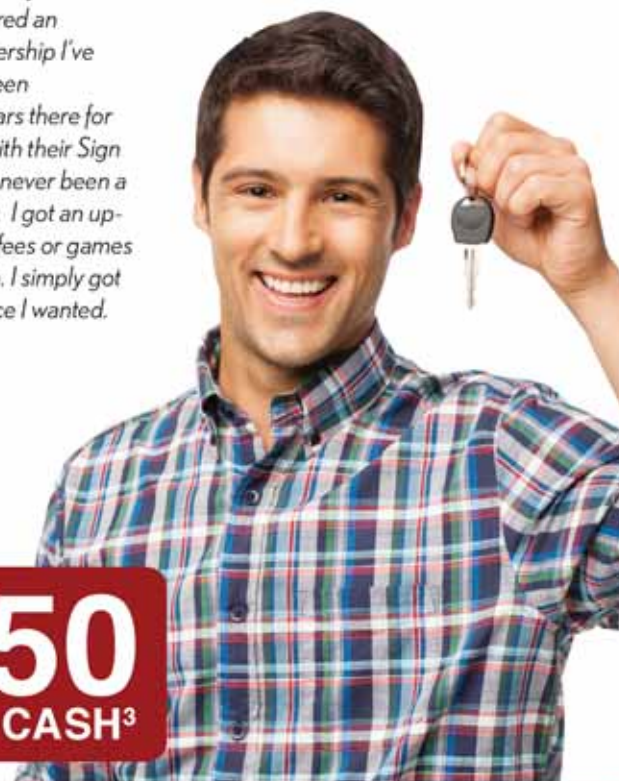
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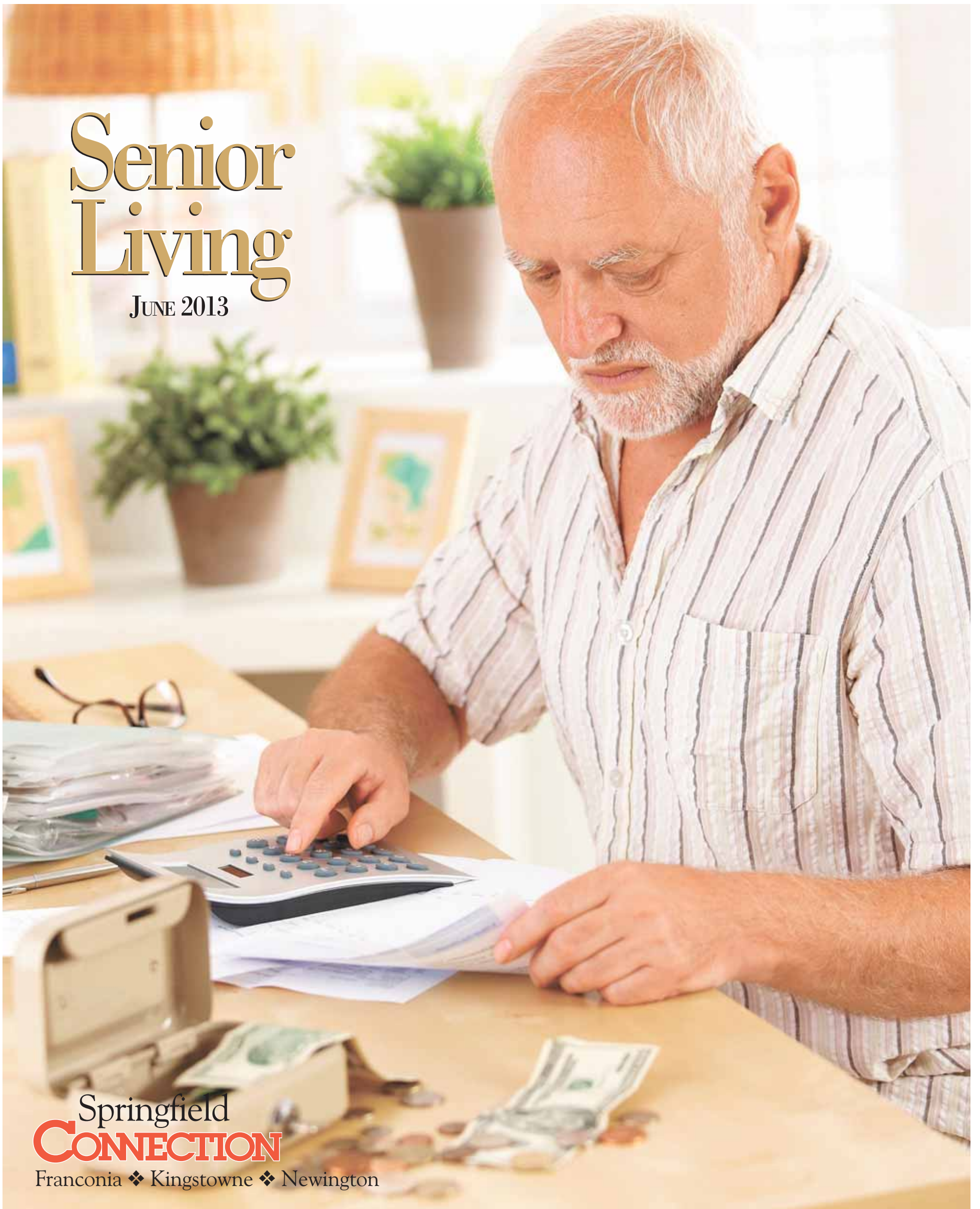
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Senior Living

Happiness and Fulfillment in Golden Years

Mental health experts share factors that contribute to contentment.

BY MARILYN CAMPBELL
THE CONNECTION

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

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

— Dot Brown

“I moved here to be closer to my

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

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

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

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



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

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

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

SEE HAPPINESS, PAGE 6

‘Age in Place’ to Satisfy Evolving Needs

BY JOSH BAKER
FOUNDER, BOWA BUILDERS

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

WHERE THE HEART IS

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



Baker

A ‘SUITE’ ADDITION

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

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



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

minimal disturbance.

DETAILS THAT MATTER

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

SEE EVOLVING NEEDS, PAGE 6

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Active and Prepared

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

BY JOHN BYRD

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

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

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

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



PHOTOS BY BETH WALTERS

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

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

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

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

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



More

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

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

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

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

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

blackened-out large sections of Fairfax County for five memorably hot and humid days.

“We were actually out of town when the power failed,”

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

The rest of the neighborhood was another story.

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

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

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

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

Older Residents Reflect on Decades

BY KEN MOORE
THE ALMANAC

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

DENNIS LEWIS HAS ADVICE for younger generations.

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

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

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.

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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.

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lost [adj]: 1. unable to find the way; 2. not appreciated or understood; 3. no longer owned or known

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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.

More

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



PHOTOS BY WAYNE JACKSON

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

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

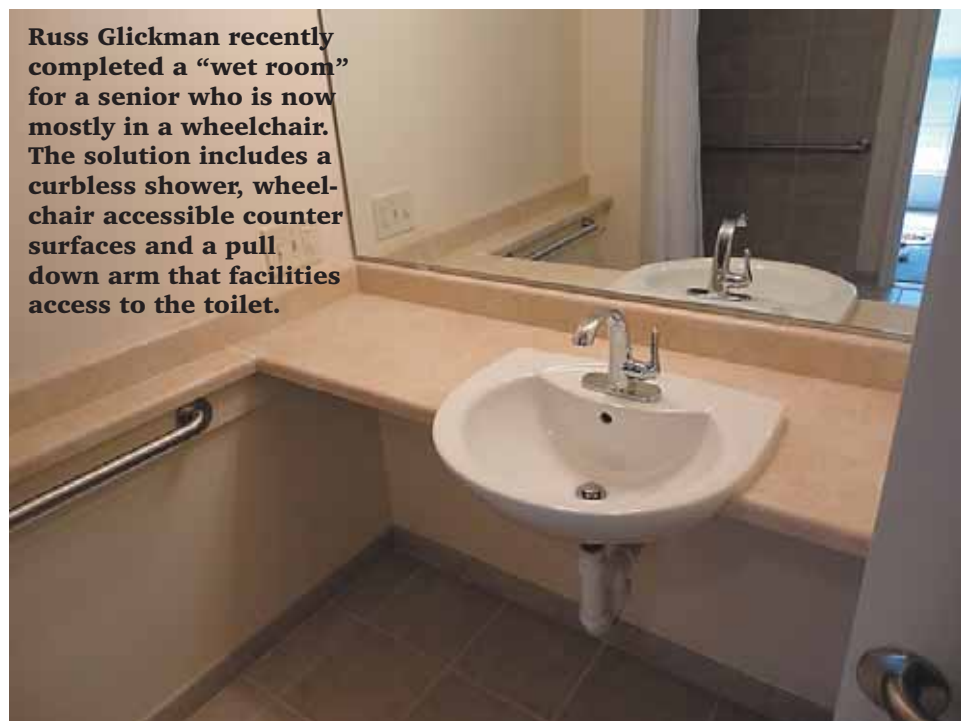
The result is what is known in the industry as a “wet room”—a completely waterproofed space that includes a curbless level-

access shower, conveniently located grab bars, and counter space designed for easy wheel chair maneuverability.

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

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

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



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

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