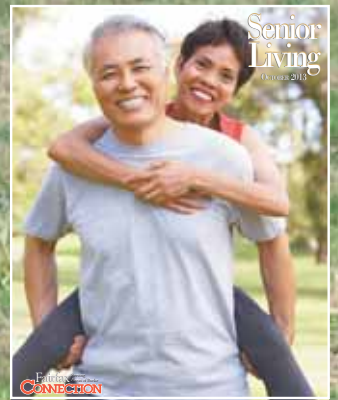


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Inside
Senior Living



Lei Hahn Yango, 10, and brother Ehren, 3, of Fairfax enjoy Sno-Cones during the Mosby Woods Elementary School's 50th anniversary last Friday.

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Recalling Defining Moments At Fairfax High School

Former teacher there returns for class's 50-year reunion.

BY BONNIE HOBBS
THE CONNECTION

In the foreword to her book, "One Moment," Joan Williamson Higgs writes, "The moments that define us are almost never predictable or expected. We go through life thinking we are immune to its inevitable tragedies and its heartbreaking surprises."

But in her personal life and during her time teaching English and theater at Fairfax High, she learned no one is immune and life-changing events can happen in an instant. She explores some of them in her book and, on Saturday, Oct. 5, she'll be at the Hyatt Fair Lakes for the 50-year reunion of the Class of 1963.

At 3 p.m., plus the next day at 10 a.m., Higgs will sign her book in the Fairfax Room and chat with her former students. And together, they'll share fond memories of their class's senior year.

SHE TAUGHT AT FAIRFAX—then located in the building now housing Paul VI High—from 1962-66. And traditionally, the junior class performed a comedy each fall and the senior class did a spring drama. But when Higgs discovered many of her actors were also talented singers, she decided 1963's seniors should put on the school's first-ever musical.

That spring, they did "Bye, Bye Birdie," and it was a huge success. "Those kids came together with very little money to put on a stellar show," said Higgs. "We didn't have theater boosters then; but for every play, everyone who donated \$5 got their name in the playbill."

When the curtains went up for the show's opening number, she said, "The audience stood and applauded before the first song even began, because the set was so fantastic. I'd never seen that happen before."

In March 1964, Higgs's thespians performed the compelling courtroom drama, "Inherit the Wind." But it wasn't easy—three weeks into rehearsal, their lead actor was killed.

His name was Bob Thompson and he was playing the part of Clarence Darrow. "The first time I heard [him] read, I was blown away by his powerful, yet understated, interpretation of the character," said Higgs. "He was a natural. I was so impressed with him because he was perfect for that role."

But a head-on collision on Route 29 took the lives of Thompson and his girlfriend, Randi Wesley, Fairfax High's homecoming queen. He was driving 35 mph in a station wagon, she was in the passenger seat and some friends were in the back seat.

According to Higgs, a speeding car going 90 mph hit them head-on. The driver and his two passengers were all in the front, bench-type seat. "There were beer cans all over the back seat and the police were chasing this car before the crash," she said.

"I always wondered what would have happened if the police had been able to stop them," continued Higgs. "But they weren't, and five kids died—all three

in that car, plus Bob and Randi. Their back-seat passengers were in the hospital for months; it was terrible."

She was just 26 then and as stunned and shocked as her students. But somehow, she found the strength to lead them. "It was a somber, heartbreaking time for everyone," she said. "But I had to set an example of being strong, staying focused and keeping it together."



Joan Higgs.

PHOTOS CONTRIBUTED

FOR AWHILE, rehearsals were cancelled and the fate of the school play was unknown. But eventually, the actors decided the best way to honor Thompson's memory was to perform the show in which he'd been cast, and Higgs said they did a great job.

Afterward, she became close with Thompson's family and, said Higgs, "His father told me how excited Bob was to have that role, and that made me feel good."

"This tragedy and this production were moments in time that forever changed the lives of hundreds of people," she wrote in her book. "It is a testament to the Class of 1964 that they overcame and persevered. I have no doubt that, to this day, when asked about their high school experience, this moment is one that defines it."

Higgs later married, moved to Pennsylvania and became a mother and grandmother, still teaching English and theater until retiring in 2000. After her granddaughter died in 2007, she decided to write a book about loss and how to recover from it.

Besides, she added, "I always wanted to write a book about teaching because I loved it so much, plus the relationship I had with my students. And I feel blessed that I had those years at Fairfax."

Now, she's eagerly looking forward to reuniting with her students from 1963. "Back then, we thought Fairfax High was the most special place on the planet," said Higgs. "It'll be fun to go back and relive some of our memories."



After the last performance of "Inherit the Wind," students (from left) Marc Lodge and Mike Wise give their director, Joan Williamson (Higgs), an orchid corsage.



PHOTOS STEVE HIBBARD/THE CONNECTION

Del. David Bulova, (patron of the bill), Del. Mark Keam, and State Sen. "Chap" Petersen present Dr. Mahri Aste, principal of Mosby Woods Elementary School, with Bill HJ 966 commending Mosby Woods for excellence at its 50th anniversary celebration.

Mosby Woods Elementary Turns 50

School holds two-day celebration with family picnic, fun and games.

Mosby Woods Elementary School celebrated its 50th anniversary last Thursday and Friday, Sept. 26 and 27 in Fairfax. The PTA-sponsored event featured a family picnic, time capsule, and fun and games. It was a "spectacular turnout," said Principal Dr.

Mahri Aste. "It's a great event to bring the whole Mosby Woods family and community together," she said. Visiting dignitaries included School Board Chairman Ilyong Moon, Del. David Bulova, Del. Chap Peterson and Providence District School Board Rep Patty Reed.

—STEVE HIBBARD



Second-grade teacher Megan Dew in the dunk tank.



Sixth-graders Emily Suguru, Kiki Kraiger and Willow Jahnke, all age 11, show off their moustaches.

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A giant caterpillar makes its way down Chain Bridge Road in Old Town Fairfax during the city's 2012 Fall Festival.

The City of Fairfax to Host Fall Festival

Crafts, children's activities, rides, music and food will fill the downtown Fairfax streets during the Fall Festival from 10 a.m. to 5 p.m. on Oct. 12 (Rain date: Oct. 13). Entry is free, fees are charged for various rides and children activities.

The City of Fairfax has redesigned the activities of Fall Festival. The city will be closing University Drive from North Street to Armstrong Street and also Armstrong Street from Chain Bridge Road to University Drive. Main Street from West Street to East Street and Sager Avenue from Chain Bridge to East Street will remain closed as in previous years. These roads will be closed to vehicular traffic during the festival.

Over 400 juried crafters from around the region will sell handmade wares, such as vases, wind chimes, quilts, dolls and toys, jewelry, woodcrafts, needlework and photography. Booths and displays line both sides of University Drive, Main Street and Sager Avenue.

Children's activities throughout the festival include musical entertainment, pumpkin painting, crafts, amusement rides, pony rides and a petting zoo. The Children's Stage features School of Rock (10 a.m.), Turley the Magician (11:45 a.m.), Mr. Knick Knack

(12:45 p.m.), Blue Ridge Wildlife Center (1:45 p.m.), Rocknockerus (3:15 p.m.) and Blue Sky Puppet Theatre (4:30 p.m.).

The Main Stage, located on South Street near University Drive, will feature live music from 11 a.m.-5 p.m. Main Stage entertainment includes: The Reflex (the ultimate '80's Tribute Band) from 11 a.m. to 2 p.m. and Scythian (rousing and raucous Celtic and world music) from 2:30-5 p.m. The Octoberfest beer garden and main food court is in the same area.

New this year: The All-American Lumberjack Show & Interactive Lumberjack Camp sponsored by JL Tree Service will be held throughout the day for festival goers to cheer on professional lumberjacks as they compete in 11 different events. See everything from axes, modified racing chainsaws, water events and crosscut saws to audience participation. Showtimes: 11 a.m., 1:30 p.m., 4 p.m. Camp: 2 p.m.

Also new this year: The Country Stage will feature The Morrison Brothers.

The Festival Stage at Old Town Hall throughout the day, features Main Street Band and CAISO Steel Band and more, with the Fairfax Art League Gallery open all day.

Check www.fairfaxfallfestival.com or for more details or call 703-385-7858.



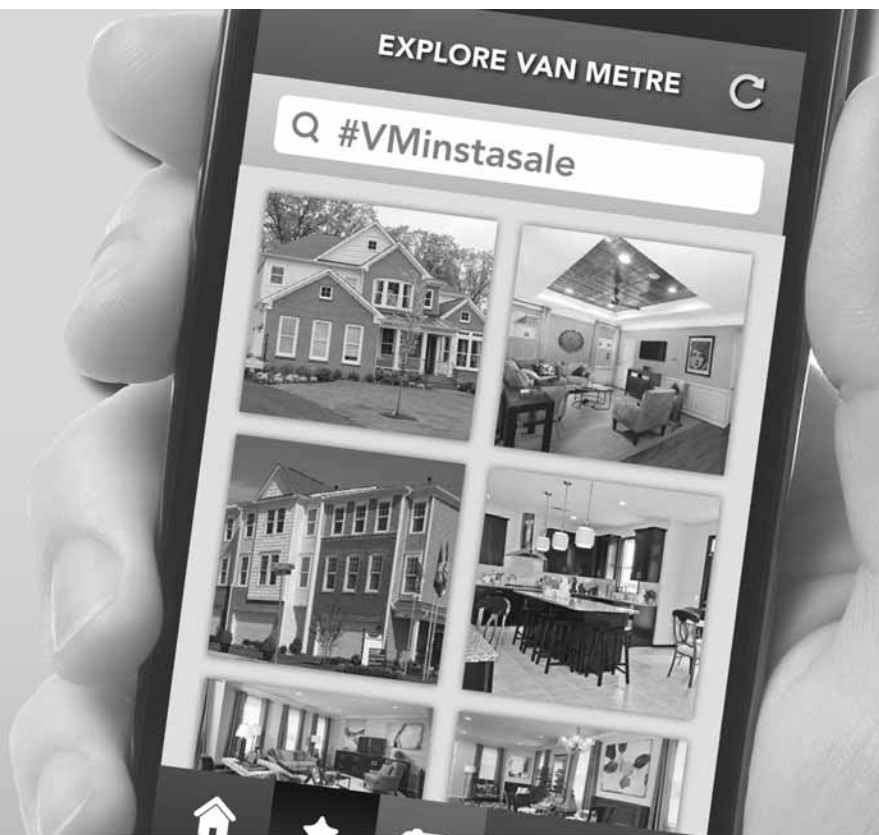
Girlz, Girlz, Girlz—Girls, big and small, rocked out with the pop cover band on the Main Stage during the city's 2012 Fall Festival.

PHOTOS COURTESY OF CITY OF FAIRFAX

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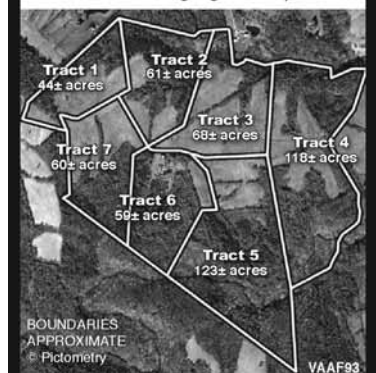
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OPINION

Virginia's Easy Access to Guns

A parent asks why background checks aren't better.

BY RUTH HOFFMAN

How do you respond to a 7-year-old when she comes home from school and says "we did our bad man drill today Mommy, but don't worry it was just for practice, no one really came into our school to shoot us"?

After the Sandy Hook Elementary school shooting on Dec. 14, 2012, I learned that this was a routine drill she had been doing since she started kindergarten in 2011. It was only after Sandy Hook that I had discovered that fact. So what else did I not know? As it turned out — plenty.

Like so many, I was horrified by what had happened in Newtown and as a mother of a 6-year- and 3-year-old, at the time, I wanted to do what any mother would do and find out what precautions my schools were taking. Certainly our schools in Fairfax were safer from gun violence than, say, the schools where I grew up in rural Brookville, Kansas where guns were prevalent. I embarked on this journey and made some startling discoveries.

First, I attended our PTO meeting in February and listened to our principal explain what they could and could not do — there were limitations and budget constraints, and that our school was at a greater risk of a shooting from

a custody dispute or domestic violence than a mass shooting. While I acknowledged his comments, it was unsettling to learn he prepares for risks of gun violence stemming from custody disputes.

Soon after, I discovered that Virginia is among the states that allow open carry. When I was in my grocery store and saw a customer wearing a "I shoot to kill" t-shirt, I asked the manager if weapons were banned from the store. He replied that Virginia was an open carry state but he reassured me that patrons would have to openly display weapons if they carried them.

GUEST EDITORIAL

That led me to my third discovery and that was the facts around concealed weapon permits in Virginia. When I think of someone with a concealed weapon permit I think of someone with extensive training. But the threshold in Virginia was lowered in 2009. Virginia enacted a law allowing an applicant to demonstrate competence with a gun by participating in electronic, video, or online training. Essentially all that is needed is an internet connection, a printer, and small fee. Handling a gun is not a prerequisite.

I discovered these revelations about the time Congress failed to pass a background check, which brought me to my fourth discovery — Virginia does not require universal background checks.

The only thing more startling than learning of the low thresholds and deficiencies in background checks was the revelation that the trajectory over the past 10 years has been to weaken gun laws in Virginia.

I want complete and thorough background

checks before someone purchases a gun in Virginia. Why would anyone not want that, especially in light of Virginia's existing laws allowing open carry and granting a low bar for concealed permits? I want to know that if I'm in my local grocery store shopping for milk and eggs that the customer next to me with a concealed weapon purchased the gun through a background check. I want to know that any risk stemming from a custody dispute or domestic violence, which could spill over into my school, has been mitigated by a law that requires a background check. And most importantly, I want to prevent dangerous weapons from falling into the hands of criminals, violent abusers, and the dangerously mentally ill.

I listened to the governor's debate on Sept. 25. In a post-Newtown and Navy Yard context, I welcomed Mr. McAuliffe's strong position for universal background checks. As a mother, my first priority is protecting my children. A candidate seeking the highest elected office in Virginia should have the wellbeing of all of our children among his highest priorities. Gun violence is a growing threat in this society with Virginia Tech, Tuscan, Aura, Newtown and the Navy Yard. For such a serious issue we need serious solutions from serious candidates not what the NRA is serving up which is a campaign of distraction to excuse the violence committed with guns.

As far as seeking the right words to respond to my daughter's declaration about their "bad man drills" — I haven't found the right words, I just hug her and thank God it was just a drill and she made it through the day safely.

Ruth Hoffman is a resident of McLean.

COMMENTARY Time to Sign Up for Affordable Care

BY JIM MORAN
U.S. REPRESENTATIVE (D-8)

Since the Affordable Care Act (ACA) was signed into law in 2010, millions have benefited from its reforms. Over three million young adults have exercised the option to stay on their parents' insurance plans. Women are no longer charged more simply because of their gender. And no American will ever be barred from buying insurance due to a pre-existing condition again.

Now the time has finally come for the 30 million Americans without insurance, over 100,000 of whom live in Virginia's 8th District, to sign up for affordable, accessible health care under the ACA. This was one of the main thrusts of the law, to provide healthcare security to the millions in our society who completely lack it.

In addition to the uninsured, the self-employed, small business employees, and those currently pur-



chasing plans on the individual market will now find purchasing affordable coverage as simple as creating a Facebook account. Eligible participants can create an account through HealthCare.gov, confirm coverage eligibility, and then pick the plan that is best for them and their families, with coverage becoming available on Jan. 1.

Of course, changes in a law of this magnitude are not without their challenges. Technical glitches are sure to pop up in the coming days and weeks. Similar issues arose during the rollout of Medicare in the 1960s and the Part D prescription drug benefit in the mid-2000s. Both of these programs were successfully implemented, and today they stand as cornerstones in the U.S. health care safety net, consistently receiving high marks from participants.

Under the ACA, open enrollment nationwide will run from Oct. 1, 2013 through March 31, 2014. A Department of Health and Human Service's report recently found that individuals in Northern Virginia will have a total of 63 qualified health plans in our marketplace. Plans will be categorized as "gold," "silver," or "bronze," designating the level of coverage provided by each plan, gold being the highest level of coverage. In Virginia, the average premium for the lowest-cost silver plan will be \$323 and the lowest cost bronze plan will be \$237 before tax credits. Young adults will also have the option of purchasing a "catastrophic" plan that will be low cost, designed for generally healthy people in the event of an emergency.

Affordability and accessibility aren't the only priorities of the ACA, slowing the growth in healthcare costs is also a key design of the plan. Already, new federal rate review rules under the ACA require insurance companies to submit any pro-

posed increase in health insurance premiums greater than 10 percent for federal approval. This provision was put in place in 2011 and helps to drive down costs, requiring insurance companies to maintain low overhead.

The ACA also requires insurance companies to devote 80 percent of consumers' premium dollars to actual health care services, not administrative costs. Last year, to comply with the 80 percent threshold, companies lowered premium costs by \$3.4 billion. Companies in violation returned an additional \$500 million to consumers.

To learn more about the new ACA law, please visit www.healthcare.gov. Special "Navigators," have also been established to help people navigate the ACA, if they have specific questions about how the different plan options would affect themselves and their family. Legal Services of Northern Virginia is working as a navigator; their number is 703-778-6800. You can also visit www.moran.house.gov for more information.

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NEWS DEPARTMENT:
To discuss ideas and concerns,
Call: 703-778-9410
e-mail:
fairfax@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](http://twitter.com/jonroetman)

ADVERTISING:
For advertising information
e-mail:
sales@connectionnewspapers.com

Debbie Funk
Display Advertising/National Sales
703-778-9444
debfunk@connectionnewspapers.com

Karen Washburn
Display Advertising, 703-778-9422
kwashburn@connectionnewspapers.com

Andrea Smith
Classified Advertising, 703-778-9411
classified@connectionnewspapers.com

Editor & Publisher
Mary Kimm
703-778-9433
mkimm@connectionnewspapers.com
[@MaryKimm](http://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
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CIRCULATION: 703-778-9427
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NEWS

Crash Kills Man, Causes Baby's Death

A car crash early Sunday morning on the Fairfax County Parkway killed a Manassas man and caused a pregnant woman to deliver her baby early. Authorities say the newborn did not survive. The incident happened Sept. 29, at 1:40 a.m., just north of Braddock Road.

Fairfax County police say preliminary investigation indicates that Abraham Aragon, 44, of Manassas "was driving his 1993 Mazda MX3 Coupe northbound in the southbound lanes of the [parkway]. Some vehicles were able to avoid impact by veering away from the oncoming car, but the Mazda struck a 2002 Toyota Avalon head-on."

Aragon was pronounced dead at the scene. The Toyota's driver, 30, and his pregnant wife, 29, from Camp Hill, Pa., were transported

to Inova Fairfax Hospital for treatment of non-life-threatening injuries.

But because of the woman's injuries sustained in the crash, their baby daughter was delivered prematurely and died that night, shortly after 8 p.m. According to police, the pregnancy was just 6 months along.

The crash is under investigation by Crash Reconstruction Unit detectives; they're determining whether alcohol was a factor in the crash. All people in both vehicles were wearing seat belts.

Anyone with information is asked to contact Crime solvers at 1-866-411-TIPS/8477, e-mail www.fairfaxcrimesolvers.org, text "TIP187" plus a message to CRIMES/274637 or call police at 703-691-2131.

—BONNIE HOBBS

Medicare, Caregiving Seminars

Fairfax County is offering Medicare 101—a two-three hour program on Medicare basics. Find more information and register at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call the numbers below.

♦Medicare 101
Thursday, Oct. 10
10 a.m.- noon
Shepherd's Center of Oakton-Vienna
Unitarian Universalist Congregation of Fairfax
2709 Hunter Mill Road
Oakton, 703-281-0538, TTY 711.
♦Fairfax County's free Family Caregiver Telephone Support Group meets by phone on Tuesday, Oct. 8, 7-8 p.m. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm. Call 703-324-5484, TTY 711.

♦Fairfax County is offering free Family Caregiver Seminars throughout October and November at the following locations. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

♦Financial Issues for Caregivers
Tuesday, Oct. 8—7 to 8:30 p.m.
Pohick Regional Library, 6450 Sydenstricker Road, Burke ♦When Home Is No Longer an Option (Webinar)

Thursday, Oct. 31—Noon to 1 p.m.
Meet over your computer or telephone.

♦Strategies for Difficult Conversations
Wednesday, Nov. 13—7 to 8:30 p.m.

Alzheimer's Association, National Capital Area Chapter, 3701 Pender Drive, Suite 400, Fairfax
♦Legal Tools for Caregivers
Thursday, Nov. 14—7 to 8:30 p.m.

Dolley Madison Library, 1244 Oak Ridge Ave., McLean

♦Legal Tools for Caregivers (Webinar)

Wednesday, Nov. 20—Noon to 1 p.m.
Meet over your computer or telephone.

♦Caregiving 101
Monday, Nov. 18—7 to 8:30 p.m.
Herndon Fortnightly Library, 768 Center Street, Herndon

Fairfax County is offering free Chronic Illness Management workshops. Topics include managing pain and emotions, using medication properly, communicating with health care providers, adopting exercise and nutrition goals and making informed medical decisions. Register and learn more at www.fairfaxcounty.gov/dfs/olderadultservices/chronic-disease.htm or call 703-324-5489, TTY 711.

♦Wednesdays, Oct. 2-Nov. 6
10 a.m.-12:30 p.m.
City of Fairfax Regional Library
10360 North Street
Fairfax

♦Mondays, Oct. 21-Dec. 2
1-3:30 p.m.
Reston Community Center Hunters Woods

2310 Colts Neck Road
Reston
♦Tuesday, Oct. 22-Nov. 26
10 a.m.-12:30 p.m.

Bruen Chapel United Methodist Church
3035 Cedar Lane
Fairfax

♦Thursdays, Oct. 24-Dec. 5
10 a.m.-12:30 p.m.
Great Falls Library
9830 Georgetown Pike
Great Falls

♦Wednesdays, Oct. 30-Dec. 11
1-3:30 p.m.
Sherwood Regional Library
2501 Sherwood Hall Lane
Alexandria



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WEEK IN FAIRFAX

Car Crash Kills Man, 32

Richard Walker, 32, of Fair Oaks, was killed last week after his car crashed into a tree on Popes Head Road. The tragedy occurred last Wednesday, Sept. 25, at 1:52 p.m., near the Fairfax County Parkway.

According to Fairfax County police, preliminary investigation indicates that he was driving a 2012 Mercedes sedan westbound on Popes Head Road "at an excessive speed" as he approached a curve. He was unable to negotiate the curve, ran off the road to

the right and struck a tree.

Police say Walker was pronounced dead at the hospital that day, shortly after 2:30 p.m. Crash Reconstruction Unit detectives are continuing to investigate the crash; they believe he was not wearing a seat belt.

Fairfax High Homecoming Parade

City of Fairfax police remind residents that Fairfax High's Homecoming Parade will be this Friday, Oct. 4, and will affect local traffic. The parade will begin at 4:15 p.m.

at the Country Club Hills pool, traveling north on Old Lee Highway to Fairfax High off of Rebel Run.

Portions of Old Lee Highway will be shut down from approximately 4-4:45 p.m., so drivers are advised to plan accordingly. Police and volunteers will be positioned along the parade route to help divert traffic from the area.

Fairfax Bat Is Rabid

A City of Fairfax police animal control officer responded last Friday, Sept. 27, to the 3800 block of Fair Oak Circle where a

citizen had reported that several juveniles had been seen near a sick or injured bat and possibly could have handled it. The citizen didn't know whether the juveniles had picked up the bat. The officer took the animal to a veterinary hospital where it was euthanized. Subsequent testing by the Fairfax County Health Department determined the bat had the rabies virus. It's therefore essential that the juveniles be identified to determine if post-exposure measures are required. Anyone with additional information about this incident is urged to call Animal Control Officer Holden at 703-385-7919 or dispatch at 703-385-7924.

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CENTRE VIEW



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NEWS

Light the Night Walk on Oct. 5

Fundraiser for 4-year-old girl named 'Ava B,' a leukemia survivor.

BY STEVE HIBBARD
THE CONNECTION



"Ava B" of Fairfax Corner is in remission from leukemia.

Ava B" of Fairfax Corner was a typical 2-year-old when she came down with leukemia on Dec. 9, 2011. After having a fever for four days, her mom "Jeannie B" took her to a doctor and ran a few tests. A hematologist then confirmed that she had Pre-B Acute Lymphoblastic Leukemia. (The family asked that their last name not be used.) "Our family was devastated," said Jeannie B, a stay-at-home mom married to Steve, a computer analyst. "We were heart-broken; our faith and spirit were shattered. We couldn't understand why our daughter of 2 had leukemia."

The treatment was immediately effective and Ava went into remission after eight days. Today, at age 4 1/2, the fearless Ava has completed 21 months of chemotherapy and is in the last phase of her treatment, which ends March 21, 2014, before her fifth birthday. Every three months, she has a spinal tap, and gets chemo injected into her spine four times a year.

Ava, who they call a "bubbly old soul," loves her grandma Baba, and tries to be a normal pre-schooler. A "girly-girl," she plays Barbies and dresses up like a princess, said her mom. "She does fashion shows for me all the time."

In a conversation with this reporter, Ava was delighted to be interviewed. I asked her what she enjoys doing, and she said: "I like to watch 'Sponge Bob' and 'Dora' [The Explorer]." Plus playing with her girlfriends Sasha and Deana.

On Saturday, Oct. 5, a "Light the Night Walk" will be held in Reston Town Center to raise money and awareness for The Leukemia and Lymphoma Society (LLS). Walkers who walk around Reston Town Center will enjoy live music, food and beverages, and family activities. It takes about 20 minutes to complete.

Two other walks will be held locally – Oct. 12 at the Rockville Town Square in Rockville, Md.; and Oct. 19 at Freedom Plaza in the District. The goal is to raise \$2.5 million for research and patient services.

This year, Ava is an Honored Hero, a survivor of blood cancer who provides inspiration and support for others. So far, 20 people have pledged about \$6,000. Last year, Team Ava raised \$8,700. People can also write checks or send cash. If a team

raises \$5,000, they get a table at the walk; if they raise \$10,000, they get their own tent.

"It's beautiful because they have illuminated balloons," said Jeannie of the nighttime walk.

"The Light the Night Walks provide inspiration and hope for our patients and their families, showing them they are not alone in their fight, while remembering those that have lost their battle," said Beth Gorman, executive director of LLS's National Capital Area Chapter.

Each Honored Hero team has their own website and donations can be made at Ava's fundraising page: <http://pages.lightthenight.org/nca/Reston13/TeamAva>. Or visit www.teamava.com or www.lightthenight.org/nca.

The 2013 Honored Heroes include: leukemia survivor Aracelis Vicente of Silver Spring; Manassas resident and lymphoma survivor Richard Zavadowski; Arlington leukemia survivor Moira Hogan; 4-year-old leukemia survivor Logan Taliaferro of Upper Marlboro, and leukemia patient Billind Taib of Centreville.

Because Ava is an Honored Hero, mom Jeannie spoke about LLS at the Microsoft Store in Pentagon City to help raise awareness. Last year the Microsoft Team raised close to \$30,000 for Light the Night, and have committed another \$75,000 to LLS in 2013. "We hope that no other child and family has to experience what we're going through," said Jeannie. "We need to find better cures; it's so important because if anybody's going to find a cure, it's going to be them."

ClearChannel & WTTG will serve as media partners at this year's Light the Night Walks. The Northern Virginia walk will be led by 98.7 WMZQ's Boxer of "The Boxer Show" ("Today's Country Music"). For more information on forming a team, visit www.lightthenight.org/nca or call 703-399-2941.

What's interesting to note is the LLS has 59 U.S. chapters, and the National Capital Area Chapter is one of the highest revenue-generating chapters in the nation.

Dr. Woodward ~ Congratulations and best wishes from Pet Medical Center of Springfield on your retirement from Kings Park Veterinary Hospital!

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ENTERTAINMENT

Charming, Smart, Comedic

Cabaret duo “Marcy and Zina” arriving in Fairfax.

BY DAVID SIEGEL
THE CONNECTION

Neurotically optimistic songs about love and life” are coming to Northern Virginia audiences as the award-winning Marcy Heisler and Zina Goldrich pull into the Northern Virginia Jewish Community Center (JCCNV). You may not know their names right off hand, but Kristin Chenoweth, Audry McDonald and Michael Feinstein regularly sing their compositions.

Goldrich and Heisler are self-described “two city girls who write about love, and the sometimes lack of love,” said Heisler, the lyricist. They enjoy the close-in, close-up cabaret style of performance since it allows for “intimate story-

telling, almost like mini-musicals, sharing intense feelings about life with an audience.”

“We write about our life’s funny experiences. We write to celebrate life,” said Goldrich, the composer. Performing together for 20 years, the partnership builds upon “a similar spirit, a similar voice, one that loves to look at the crooked specifics of life,” added Goldrich.

Their songs range from comical tales of unexpected infatuation, to deep pangs of love, to the bitter-sweet ballads of thwarted love. Their musical style is classic, hummable, vivacious Broadway.

Some song titles reveal their range. There is “Taylor the Latte Boy” a comedy song that tells of a flirtation with a barista at Starbucks, “Alto’s Lament” about

performing as a harmony singing alto who dreams of singing soprano melody, to the witty, wry, breezy “Baltimore.”

There are also the heart-filling “Love Like Breathing” and the new “Ever After” about two hearts joined together. The delightful “15 Pounds from Love” always brings sly grins as the last unexpected stanza is performed. The duo has links to the D.C. area, receiving 2011 Helen Hayes Award nominations for “Snow White, Rose Red and Fred” which premiered at the Kennedy Center and having appeared at Arlington’s Signature Theatre.

Heisler and Goldrich received 2009 Drama Desk nominations for Outstanding Music and Lyrics for “Dear Edwina.” They penned the score for the “Great American Mousical” a 2012 musical love-letter to Broadway. They are also recipients of the prestigious “Fred Ebb Award,” which recognizes excellence in musical theatre songwriting.

For everyone, non-members and members alike of the JCCNV, the effervescent “Marcy and Zina Show” will bring “their special brand of musical theater entertainment ... creativity, energy and fun,” said Dan Kirsch, cultural arts director, JCCNV.

The performances promise to be a most lively enchanting musical



Marcy Heisler



Zina Goldrich

PHOTOS CONTRIBUTED

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FAITH NOTES

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

Fairfax Baptist Temple holds a Bible study fellowship at 9 a.m. Sundays followed by a 10 a.m. worship service. Nursery care and children’s church also provided. 6401 Missionary Lane, Fairfax Station, 703-323-8100 or www.fbtministries.org.

The Guhyasamaja Buddhist Center, 10875 Main St., Fairfax City provides free classes to both newcomers and advanced practitioners of Tibetan Buddhism. The center emphasizes working with the mind and learning how to understand the workings of the mind, overcoming inner causes of suffering, while cultivating causes of happiness. Under the direction of Lama Zopa Rinpoche, the center is a place of study, contemplation and meditation. <http://www.guhyasamaja.org>.

Lord of Life Lutheran offers services at two locations, in Fairfax at 5114 Twinbrook Road and in Clifton at 13421 Twin Lakes Drive. Services in Fairfax are held on Satur-

days at 5:30 p.m. and Sundays at 8:30 and 10 a.m. Services in Clifton are held on Sundays at 8:15 and 10:30 a.m. 703-323-9500 or www.Lordoflifeva.org.

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

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

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

Prince of Peace Lutheran Church, 8304 Old Keene Mill Road, Springfield, offers casual worship services on Saturday evenings at 5:30 p.m. featuring contemporary music. More traditional services take place on Sunday mornings at 8:15 and 11 a.m. Sunday School is from 9:45-10:45 a.m. for children and adults. The church also

offers discussion groups for adults. 703-451-5855 or www.poplc.org.

Kirkwood Presbyterian Church, 8336 Carrleigh Parkway in Springfield, supports a Mothers of Preschoolers (MOPS) program on the first and third Wednesday of each month. Meetings are 9:30-11:30 a.m. at the church. All mothers and children are welcome. The program provides mothers an opportunity to get to know other mothers through discussions and craft activities. Register. 703-451-5320.

JCCNV Mother’s Circle program, for women who are not Jewish but are raising Jewish children. Jewish Community Center of Northern Virginia, 8900 Little River Turnpike in Fairfax. Contact Laurie Albert, 703-537-3064 or LaurieA@jccnv.org.

Franconia United Methodist Church, 6037 Franconia Road, Alexandria, offers traditional Sunday church services at 8:30 a.m. and 11 a.m. plus Sunday School classes for all ages at 9:45 a.m. Childcare is available 8:15 a.m.-12:15 p.m. 703-971-5151 or admin@franconiaumc.org or www.franconiaumc.org.

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CALENDAR

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

THURSDAY-THURSDAY/OCT. 3-31

19th annual Fall Festival & Pumpkin Playground. 9 a.m.-8 p.m. Sundays-Thursdays; 9 a.m.-9 p.m. Fridays-Saturdays, at Burke Nursery, 9401 Burke Road, Burke. Inflatable slides, obstacles courses and playgrounds, pumpkins galore, artisan market, fall plants and foliage for sale, many children's activities and all the fall-themed fun you can imagine. 703-323-1188 or www.pumpkinplayground.com.

FRIDAY/OCT. 4

Soraida Martinez: National Hispanic Month Exhibition. 6-7:30 p.m., at Mason Hall Gallery, 4400 University Drive, Fairfax. Meet the artist known for creating the art style of Verdadism in 1992; she has been recognized as one of the 15 most prominent Hispanics helping shape the U.S. cultural scene. www.soraida.com.

Dance-A-Thon. 6-9 p.m., Buffa's Dance Studio, 9570 Burke Road, Burke. A three-hour fundraiser for the studio also serving as a beginning-of-the-season get-together; dancers collect pledges and dance the whole or part of the evening. 703-425-5599 or www.buffas.com/.

"Twelfth Night." 8 p.m. George Mason University Center for the Arts, 4400 University Drive, MS 2F5, Fairfax. Aquila Theatre performs one of Shakespeare's comedies complete with an original musical score. \$22-44; Mason ID permits 1 free ticket. cfa.gmu.edu.

FRIDAY-SUNDAY/OCT. 4-NOV. 5

Temple Hall Corn Maize & Fall Festival. 10 a.m.-5 p.m., at 15855 Limestone School Road, Leesburg. Sponsored by Northern Virginia Regional Park Authority, enter the corn maize for fall fun; fall foods and wares add to the ambiance. 703-779-9372 or www.templehallfallfest.com.

SATURDAY/OCT. 5

Fall Baking Demos. 11 a.m.-1 p.m., 3-5 p.m., at Fairfax Marriott at Fair Oaks, 11787 Lee Jackson Memorial Highway, Fairfax. Attend free baking demos to learn and see how to make great baked goods, both for sweet tooth and savory whole grains. Two programs, offered one after the other: "Perfect Pies and Scones" & "Baking With Yeast." 800-827-6836 or kingarthurfloor.com/baking.

A Library Jubilee. 5-8 p.m., at the Burke Centre Library, 5935 Freds Oak Road, in Burke. Let loose in the library with author events from Shari Randall ("Keep it Simple"), Ellen Crosby ("The Wine Country Mysteries"), Donna Andrews, author of the Meg Langslow series and the Turning Hopper series, Andy Jampoler ("The Last Lincoln Conspirator"), Taylor Kiland ("Lessons from the Hanoi Hilton") and Rear Adm. Terry McKnight, ("Pirate Alley: Commanding Task Force 151 Off Somalia"). www.fairfaxcounty.gov/library/branches/bc/.

"Saturday Nite Fever." 8 p.m., George Mason University Center for the Arts, 4400 University Drive, MS 2F5, Fairfax. Anthony Maiello conducts the American Festival Pops Orchestra in a celebration of 70s and 80s hits. The Friends of the Center



PHOTO COURTESY OF THE ARTISTS

Chamber Orchestra Kremlin, to perform at the Center for the Arts at GMU Sunday, Oct. 6 at 4 p.m. under the baton of founder and music director Misha Rachlevsky.

for the Arts sponsors a pre-performance discussion begins at 7:15 on the Center's Grand Tier III and is free to ticket-holders. \$24-48. A Mason ID permits one free student ticket on Sept. 24.

MONDAY/OCT. 7

Golf Tournament for Charity. 11:30 a.m. shotgun start at The Country Club of Fairfax, 5110 Ox Road, Fairfax. American Disposal Services hosts their 6th annual Customer Appreciation Classic Golf Tournament, which features raffles, golf games and prizes and raises money for the American Cancer Society. <http://www.ccfairfax.org/Club/Scripts/Home/home.asp>.

THURSDAY/OCT. 10

Robin Lees. 6:30 p.m., at the Mason

Inn and Conference Center, 4352 Mason Pond Drive, Fairfax. The folk gospel artist performs for the Chaplains Leadership Training Event. <http://www.tatemusicgroup.com/epk/?id=15217>.

FRIDAY-SATURDAY/OCT. 11-12

Scientific Myths and Divine Realities. 7:30 p.m. Friday, 9:30 a.m.-5 p.m. Saturday at Unity of Fairfax, 2854 Hunter Mill Road, Oakton. British author Jon Freeman conducts a lecture Friday on his book, "The Science of Possibility." On Saturday he leads an experiential workshop entitled "Evolving Consciousness: A Leap into Possibility." \$25 talk, \$60 for conference. www.unityoffairfax.org/jon-freeman.



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SPORTS

Rattanaphone's Interceptions Lead TC Past Woodson

Titans improved to 3-1, Cavaliers drop to 0-4.

BY JON ROETMAN
THE CONNECTION

With five turnovers, including a lost fumble when victory was all but assured, the T.C. Williams offense allowed winless Woodson multiple opportunities to pull off an upset Saturday afternoon.

Luckily for the Titans, senior defensive back Timmy Rattanaphone was able to close the door on the resilient Cavaliers.

Making his first defensive start, Rattanaphone intercepted three passes, including one that ended Woodson's final drive, as the Titans defeated the Cavaliers 21-14 on Sept. 28 at T.C. Williams High School.

Rattanaphone said he felt ill the night before the game, but showed up ready to play.

"I always knew he could play," TC defensive back Philip Tyler said about Rattanaphone. "He has speed and stuff, [but] I didn't know he was going to do it like that. I'm really proud of him."

With standout defensive backs Rashawn Jackson and Tyrice Henry out due to injury, Rattanaphone, primarily a receiver, made his first start at safety. He ended Woodson's opening possession with an interception, giving TC the ball at the Woodson 38-yard line. Four plays later, quarterback Darius Holland connected with Terry Jordan for an 11-yard touchdown, giving the Titans a 7-0 lead.

Rattanaphone's second interception halted Woodson's opening drive of the second half and set up a nine-play, 67-yard Titans scoring drive. Lamont Whiteside's 9-yard touchdown run gave TC a 21-7 lead with 7:55 remaining in the third quarter.

No. 9's final interception came with less than two minutes remaining in the fourth quarter and Woodson driving in TC territory with a chance to tie.

"He played outstanding," TC defensive coordinator Avery Williams said. "He's a smart football player. He's an outstanding athlete — one of our top athletes. He got the coverages down, he knew exactly what he was supposed to be



Woodson running back Zane Pritchett carries the ball against T.C. Williams on Sept. 28.

doing and he was in the right spots at the right time."

THE VICTORY improved TC's record to 3-1. The Titans are off to their best start since 2005, when TC won its first three but lost its next six and finished 4-6.

The TC defense played a major role in Saturday's win, forcing four turnovers.

"We played our style of ball," Rattanaphone said. "We attacked, attacked, attacked."

Titans' special teams made an impact, as well. Tyler returned a punt 77 yards for a touchdown late in the first quarter, giving the TC a 14-0 advantage.

"It was return right, and I didn't have a return right, so I just cut back," said Tyler, who made his way up the left side of the field. "I saw Kevin Perry (make the) meanest crackback [block] and ... my eyes just opened up and it was a touchdown."

While defense and special teams played well, the TC offense struggled. The Titans turned the ball over five times, including four lost fumbles.

With TC leading 21-14, Holland's 28-yard run gave the Titans a first down at the Woodson 46 with less than three minutes remaining.

With the Cavaliers out of timeouts, the Titans were in prime position to bleed the clock. Instead, TC lost a fumble on its next play, giving Woodson one more chance.

CAVALIERS QUARTERBACK Patrick Riley moved the team into TC territory with a 14-yard pass

to China Moon, but Rattanaphone ended the threat with an interception three plays later.

"I'm really proud of them," Woodson head coach Joe Dishun said. "They're very resilient. It kills us not being able to finish that off, but I really like the way they responded."

Woodson dropped to 0-4.

Riley completed 12 of 29 passes for 142 yards with one touchdown and three interceptions. Jimmy McLaughlin had four catches for 61 yards and a score. His 17-yard touchdown reception early in the second quarter cut the TC lead to 14-7.

Moon scored on a 30-yard run early in the fourth quarter, cutting the Titans' lead to 21-14. Zane Pritchett carried 17 times for 43 yards.

TC quarterback Holland completed 9 of 17 passes for 68 yards with one touchdown and an interception. He also carried 11 times for 50 yards.

Malik Carney finished with nine carries for 52 yards and Whiteside rushed 17 times for 49 yards.

"The bottom line is we won the game," TC head coach Dennis Randolph said. "Offensively, we just didn't click. We fumbled the ball five times, we gave up an interception. The defense kept us in the game. ... Our kids just haven't got to the point where they actually believe that they're as good as they are. We've got to overcome that somehow. The defense is playing with a lot of confidence, the offense is not."

TC will travel to face Annandale (1-3) at 7:30 p.m. on Friday, Oct. 4. Woodson will host Oakton.



West Springfield captain Kara Kachejian, right, contributed to the game-winning goal against West Potomac on Oct. 1.

Spartans Field Hockey Wins in Overtime

West Springfield extends winning streak to five games.

BY JON ROETMAN
THE CONNECTION

Twenty-one corners and quality ball movement provided the West Springfield field hockey team ample offensive opportunities against West Potomac on Oct. 1. But after finding the cage only once in regulation, the Spartans needed someone to make a play.

Kara Kachejian and Sydney Salter answered the call.

Kachejian flicked the ball toward the goal in overtime and Salter tapped it in the cage as the Spartans extended their winning streak to five games with a 2-1 victory over the Wolverines at West Potomac High School.

West Potomac captain Amy Holm scored late in the first half to give the Wolverines a 1-0 advantage. West Springfield captain Jocelyn Siveroni answered with 18:35 remaining in the second half, tying the score at 1. While West Springfield had many opportunities to win it, the Spartans had to sweat it out until Salter put in the game-winner.

"I took the shot and it went between [West Potomac goalkeeper Eve Hauptle's] pads," Kachejian said. "I went around her and I did a reverse flick and it started dribbling into the goal. We had no idea if it was going in and then my teammate [Salter] tapped it right in to make sure it was going in."

West Springfield head coach Rosie Donaldson said the Spartans moved the ball well but need to do a better job finishing.

"I think getting to the goal, we played really well," Donaldson said. "We were able to move the ball down the field, we had a good transition, we just couldn't finish. Twenty-one corners, you've got to put it in more than once."

After a 2-0-1 performance during the Under the Lights Tournament at Lee High School on Aug. 26 and 27, West Springfield lost four straight against strong competition: Fairfax (region semifinalist last season), Westfield (defending region champion), Herndon (started 9-1 this year) and South County (last year's region runner-up). The Spartans have responded with five consecutive victories, beating Hayfield, Robinson, Annandale, Woodson and West Potomac to improve to 7-5-1.

Donaldson said the Spartans, who graduated many key players from last year's team that finished one win shy of the state tournament, can experience similar success if they can find a way to capitalize on opportunities. "I think having [to face] those really good teams right at the beginning showed everyone they've got to pick up their level of play," Donaldson said. "Unfortunately, it didn't help us in the finishing area. ... We can do as well as we did last year as long as we can get that final piece."

West Potomac fell to 4-8, but head coach Dana Hubbard said the team's offense has improved.

West Potomac will travel to face Lee at 5:30 p.m. on Friday, Oct. 4. West Springfield will host T.C. Williams at 7:30 p.m. on Monday, Oct. 7.

PHOTO BY CRAIG STERBUTZEL/THE CONNECTION

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City of Fairfax PUBLIC NOTICE

* The deadline to register to vote in the November 5, 2013 General Election is Tuesday, October 15, 2013. Qualified City of Fairfax residents may register at the General Registrar's Office located the Sisson House, 10455 Armstrong Street during normal business hours of 8:30am - 5pm.

21 Announcements

21 Announcements

LEGAL NOTICE

The Virginia Department of Rail and Public Transportation (DRPT) will host its first public meeting for the Route 1 (Richmond Highway) Multimodal Transportation Alternatives Analysis on Wednesday, October 9, from 6-8 pm, at the South County Government Center, 8350 Richmond Highway, Alexandria, VA. The public is invited to participate and learn more about this study to improve transit, bicycle, pedestrian and vehicular travel along a 14-mile segment of Route 1 from Woodbridge to I-495. Project partners include Fairfax County, Prince William County, Virginia Department of Transportation, and the Office of Intermodal Planning and Investment. For more information, visit route1multimodalaa.com or call 804-786-4440.

The Department of Rail and Public Transportation (DRPT) is committed to ensuring that no person is excluded from participation in, or denied the benefits of its services on the basis of race, color or national origin, as protected by Title VI of the Civil Rights Act of 1964. For additional information on DRPT's nondiscrimination policies and procedures or to file a complaint, please visit the website at www.drpt.virginia.gov or contact the Title VI Compliance Officer, Linda Balderson, 600 E. Main Street, Suite 2102, Richmond, VA 23219, or 804-786-4440.

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"Dr. Sibley is a highly regarded, recognized leader in the field, and we are honored he has chosen to join our practice. He brings extraordinary leadership skills and clinical expertise to our new radiation center, as well as a passion to provide patients the best possible experience and outcomes as they meet the challenge of cancer," said Linda Anderson, executive director of VCS.

In addition to joining the practice, Dr. Sibley has brought along a team of highly skilled professionals. Dr. Sibley has extensive experience with the latest cutting-edge radiation therapies, and he is highly skilled at computerized treatment planning. In addition to treating a wide range of cancers, he also specializes in the use of brachytherapy for the treatment of prostate cancer. Throughout his career, Dr. Sibley has received recognition for his research and articles in professional journals dealing with the treatment of breast, lung, prostate and other cancers.

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Mary Hovland 703-946-1774
Cathy DeLoach 571-276-9421



Fredericksburg **\$184,900**
Home in Deerfield Subdivision. Well maintained 4BR, 2FB with eat in kitchen. Large back yard with nice rear deck, in a well established neighborhood all at end of Cul-De-Sac.
Paul Wesche 540-847-3848



Fairfax/Bonnie Brae **\$639,000**
California styling meets Virginia with soaring ceilings, walls of glass, and beautiful spacious yard! Proud owners have updated this home including stainless kitchen with marble floors, gleaming hardwoods, and amazing bath renovations including marble, frameless walk in shower in master, and more! Fully finished walk out lower level, gorgeous deck and back yard. Walk to school, lake, pool, VRE is close by!
Marsha Wolber 703-618-4397



Gainesville **\$455,000**
Enjoy 55+ lifestyle in Heritage Hunt with activities, golf, pools, trails. SFH - 2200 SF main level living w/ hardwoods thru-out. 3BR/3BA with 2 car garage & patio. One block to clubhouse. See photos & more 55+ homes www.marylroche.com. Call Mary to view.
Mary LaRoche 703-919-0747



Burke **\$599,000**
Great Cul-de-sac location in Burke Centre. Wonderful screened in porch and walk out lower level views. Sparkling hardwoods in kitchen, breakfast room and den, along with new appliances. Master bedroom with bonus room, Great House, Location, & Price!
Carol Hermandorfer 703-216-4949



Reston **\$899,900**
Gorgeous 5BR, 4.5BA home in prime location on over 0.4 acres.
Courtney Jordan 703-786-5330



Near Lake Anna **\$225,000**
Lovely 3 BR, 2 BA one level home on 2+ acres of open and partially wooded land. 1754 sq. ft. Home is bright, open w/neutral colors. His/her walk-in closets. 2 car garage AND detached garage/workshop. Motivated sellers!
Karen Donnelly 540-967-8104



Fairfax **\$699,900**
Beautiful colonial with 4 BR's upper level and one den/BR lower level, with 3.5 baths. This house is move in ready with fresh paint, new carpets, refinished hardwood floors, renovated deck, new microwave, and much more. Must See.
Judy McGuire 703-581-7679



Woodbridge **\$355,000**
Spacious 4 bedroom, 3 bath, with recent repairs, painting, carpeting, flooring, great yard with deck, screened porch, private. Nice cul-de-sac in great neighborhood; close to shops, schools, parks, transportation.
Mary FitzHenry 703-250-8915

Access the Realtors' Multiple Listing Service: www.searchvirginia.listingbook.com

A photograph of a smiling senior couple in a park. The man, with grey hair, is wearing a light grey t-shirt. The woman, with dark hair, is wearing a red sleeveless top and has her arms around his shoulders. They are both smiling warmly at the camera. The background is a soft-focus green lawn and trees.

Senior Living

OCTOBER 2013

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THURSDAY/OCT. 3

Evelyn Mo Plays Piano. 2:15 p.m., at Reston Community Center, Center Stage, 2310 Colts Neck Road, Hunters Woods Village Center, Reston. Evelyn Mo is a 14-year-old piano prodigy and sophomore at Thomas Jefferson High School who has already won awards. She plays in the third of six Thursday afternoon "Meet the Artists" concerts cosponsored by Osher Lifelong Learning Institute at George Mason University and Reston Community Center. 703-503-3384, olli@gmu.edu or www.olli.gmu.edu.

TUESDAY/OCT. 8

Caregiver Support Group. 7-8 p.m. Fairfax County's free family caregiver telephone support group, meets by phone. Register beforehand at www.fairfaxcounty.gov/dfs/olderadultservices/caregiver.htm or call 703-324-5484, TTY 711.

Family Caregiver Seminars. 7-8:30 p.m. at Pohick Regional Library, 6450 Sydenstricker Road, Burke. "Financial Issues for Caregivers." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/OCT. 9

Health Expo. 10 a.m.-2 p.m. at U.S. Patent and Trademark Office, 600 Dulany St. Free. Features healthy cooking demonstration, heart healthy information, health screenings, booths and more. Registration is preferred, but not required. Call 1-855-My-Inova (855-694-6682) or visit inova.org/expo.

Medicare 101. 3-4:30 p.m. at Chantilly Regional Library, 4000 Stringfellow Road, Chantilly. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-324-5205.

Oktoberfest Tour and Tasting. 5:30-8:30 p.m. at Port City Brewing Company, 3950 Wheeler Ave., Alexandria. \$50. Register at www.seniorservicesalex.org.

THURSDAY/OCT. 10

Medicare 101. 10 a.m.-noon at Shepherd's Center of Oakton-Vienna, Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. Fairfax County is offering Medicare 101 — a two-three hour program on Medicare basics. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-281-0538.

NARFE Meeting. 1:30 p.m. at the Vienna Community Center 120 Cherry St., Vienna. National Association of Federal and Active Retired Employees, Chapter 1116 Vienna-Oakton presents Gayle Nelson from Blue Cross, Blue Shield. Also Del. Mark Keam and challenger Leiann Luse. Free and is open to all members and their guests. Call 703-938-7346.

TUESDAY/OCT. 15

Medicare Open Season Workshop. 10:30 a.m. at Lincolnia Senior Center, 4710 N. Chambliss St., Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-914-0223.

WEDNESDAY/OCT. 16

Navigating the Local Transit System. 10 a.m.-12:30 p.m. at Reston Association, 12001 Sunrise Valley Drive. Learn to read bus schedules and route maps, pay the fare and how to signal the driver to stop, as well as other bus travel skills. The bus will deliver participants to a Metrorail station to learn how to determine the fare and purchase Metrorail fare cards, load SmarTrip cards and read the system map. 55 years and older. Free. Call 703-435-6577 to register.

Medicare Open Season Workshop. 11 a.m. at South County Senior Center, 8350 Richmond Highway, Suite 325, Alexandria. Fairfax County is offering free Medicare Open Season workshops. Information at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm.

Can I Afford That? 1:30 p.m. at Alzheimer's Family Day Center, 2812 Old Lee Highway, Suite 210, Fairfax. Free educational program. A financial manager will lead the discussion on the cost of long term care, options available, and steps to prepare for future care needs. Call 703-204-4664 to RSVP.

NARFE Meeting. 7 p.m. Dinner meeting for Federal Employment Retirement and Benefits Presentation at Neighbor's Restaurant, 252 Cedar Lane, Vienna. There is a cost. Sponsored by NARFE Chapter 1116 (Vienna-Oakton). If interested in attending, call 703-205-9041 or 703-938-7346 for reservations.

WEDNESDAYS/OCT. 16-NOV. 20

Chronic Disease Management. 10 a.m.-noon at The Shepherd's Center of Oakton-Vienna, 541 Marshall Road, S.W., Vienna. Free six-week chronic disease self-management program, held in partnership with Division of Adult and Aging Services/Fairfax Area Agency on Aging/ElderLink. Learn strategies to cope with concerns and develop personal goals. Caregivers and older adults with chronic conditions also welcome. Registration deadline: Oct. 11. Attendees must register at 703-281-0538. Contact Maureen Riddel, Shepherd's Center volunteer at 703-481-2371 or Casey Tarr, SCOV Health Advocate at 703-821-6838.

THURSDAY/OCT. 17

Annual Seniors Fair. 9 a.m.-noon at Inova Mount Vernon Hospital, 2501 Parkers Lane. Event will feature free health screenings, wellness information and more. Free massages are also offered. Registration required. Call 1-855-694-6682 and press 2.

Medicare Open Season Workshop. 12:45 p.m. at Lorton Senior Center, 7722 Gunston Plaza, Lorton. Fairfax County is offering free Medicare Open Season workshops. Information and registration at www.fairfaxcounty.gov/dfs/olderadultservices/vicap.htm or call 703-550-7195.

Vietnam Vets of America Chapter Meeting. 7:30 p.m. at Neighbor's Restaurant, 262D Cedar Lane, Cedar Lane Shopping Center, Vienna. All veterans, friends and the general public are invited to hear Jack Connolly, Army veteran and career State Department Foreign Service officer, who will share his personal experiences of the battle of Vientiane, Laos in 1961, Saigon intrigue in 1968, and the assassination of an American ambassador to Lebanon in 1976. 703-255-0353 or www.vva227.org.

THURSDAYS/OCT. 17-NOV. 21

Independent Living Project. 1-3 p.m. at Martha Washington Library, 6614 Fort Hunt Road, Alexandria. Join Fairfax County's Independent Living Project, a free seminar series along with exercise classes for strength and balance that help older adults remain independent. The program also offers professional home safety reviews. Register at www.fairfaxcounty.gov/dfs/olderadultservices/independent.htm, call 703-324-7210, TTY 711 or email Jennifer.Edge@fairfaxcounty.gov.

SATURDAY/OCT. 19

Craft Sale. 9 a.m.-2 p.m. at Hollin Hall Senior Center, 1500 Shenandoah Road. More than 30 crafters, silent auction, bake sale, lunch and door prizes will be featured. Free admission. This is the main fundraiser for the center. 703-324-4600 TTY 711.

Senior Law Day 2013. 8:30 a.m.-12:15 p.m. at First Baptist Church, 2932 King St. Learn from law enforcement, legal and financial experts about the diverse frauds, scams, identity theft, financial abuse and other schemes targeting seniors in the Washington Metropolitan area. Free. To register visit www.seniorservicesalex.org or call Senior Services of Alexandria at 703-836-4414, ext. 10.

SUNDAY/OCT. 20

Hope for the Holidays Seminar. 4-7 p.m. at Jefferson Funeral Chapel. Designed to help people who have lost loved ones since last Christmas. Free, but registration by Oct. 11 is requested. E-mail info@jeffersonfuneralchapel.com or 703-971-7400 to register.

SEE CALENDAR, PAGE 7

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Senior Living

Choosing a Home for the Golden Years

Many options for retirement communities in the region.

BY MARILYN CAMPBELL
THE CONNECTION

Jim Harkin, 81, and his wife, Phyllis, 80, have little free time these days. Jim spends his days protecting and photographing wildlife on the 60-acre campus at The Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. He helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.

Phyllis Harkin manages a small gift shop and runs marathon bridge games. The couple moved to The Fairfax more than two-and-a-half years ago from their home in Fairfax because they wanted the freedom to pursue their interests and live among people with similar lifestyles without the responsibility of maintaining a household.

"We were getting older and keeping up a house and yard in Fairfax was getting harder," said Jim Harkin, a retired Navy captain. "We also wanted to make our own decisions about where and when we moved and not have that left up to our busy children."

Phyllis Harkin, a former real estate appraiser, said, "We did it in time, but after living at The Fairfax, we wish we'd done it earlier. You have no idea how much fun it is over here."

Kathy Aust, 67, has lived at Heritage Hunt Golf and Country Club, an independent liv-



Phyllis and Jim Harkin are active residents of the Fairfax, a Sunrise Senior Living Community, in Fort Belvoir. Jim, 81, runs the facility's birding club and Phyllis, 80, manages the campus gift shop. The couple wanted to live among people with similar lifestyles without the responsibility of maintaining a household.

ing retirement community, in Gainesville, Va., since 2001. She moved there from Burke, she said, for social reasons. "I wanted to move into a community where there were people who had lifestyles that were similar to mine," said Aust, a retired federal employee who has no children. "I like living in

a community with people in similar situations. It is very active here. There are indoor and outdoor pools, tennis and golf. There is so much to be done here." Aust volunteers on the Heritage Hunt community task force and with the

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community's women's group.

THESE TRANSITIONS were smooth and logical for them, based on their own choice.

But the decision to move out of one's home and into a retirement community is often complicated and can be fraught with anxiety. Experts in geriatrics say that reasons to relocate to a retirement community usually boil down to three factors: social connections, physical condition and personal safety.

"It's like a trifecta or a three-legged stool. It is hard to be stable if one leg isn't working" said Andrew Carle, an executive-in-residence at George Mason University's program in senior housing administration in Fairfax. "A person might be physically healthy, but if they are isolated in their home and not driving or have lost touch with friends, they could become depressed."

Carle, who has more than 25 years of

**"We wish we'd
[moved] earlier.
You have no idea
how much fun it
is over here."**

— Phyllis Harkin

SEE CHOOSING A HOME, PAGE 4

Diverse Needs, Desires Drive Mobility Solutions

Seniors increasingly seek innovative plans that embrace both the present and the future.

BY JOHN BYRD

Russ Glickman was a traditional full-service remodeler until the late 1990s when he abruptly added a host of accessibility certifications to a long list of building industry credentials. The service extension was less about opportunity than a personal call to apply what he'd learned from personal experience in helping his son, Michael, who was born with cerebral palsy.

"As a professional builder and a parent, I was fascinated with the challenges entailed in helping people with mobility issues make use of their homes, and really eager to absorb the evolving strategies and technologies that were then beginning to evolve," Glickman said. "I spent several years acquiring new certifications while continuing to execute full-scale remodeling projects."

Starting initially as a helpful neighbor with sound advice, Glickman, who has op-

erated Glickman Design Build for more than 30 years, eventually recognized that the demand for accessibility solutions was larger than he had thought.

"I was offering feasibility studies in special needs situations mostly on referral, but the inquiries pretty quickly became about half of my work," he said. "It wasn't that there weren't other practitioners in this field. But I soon discovered that the need for original solutions was as pronounced among people with mobility requirements as it is in remodeling — may be more so."

His conclusion: an accessibility solution that's tailored to an individual is always best, especially when designed to accommodate both current and probable future needs.

"Mastering guidelines and practices specific to a particular condition is a good starting point," Glickman said. "The Americans with Disabilities Act, for instance, publishes recommendations everyone should know.

But the reality is that every disability is also uniquely personal, and every house presents challenges that must be fully understood if a solution is to work well."

On top of this, Glickman said, there are always code and budget issues, emerging technologies and, often, collaborative input from therapists, engineers and other specialists.

In the end, it is field experience that makes a mobility or access solution practical.

"This is an enormous societal issue, with a significant and growing practice literature that must be absorbed," he said. "Having said this, I find that the best solutions arise from effectively collaborating with someone facing challenges who's really passionate about making the most of their situation."

IF THERE'S ONE TREND that's well underway in Northern Virginia, it's that seniors are consistently deciding to age in place — even when a major retrofit is called for.

In McLean, for instance, a retired executive and his wife recently hired Glickman to develop a plan for installing a three-story

elevator in their 10,000-plus-square-foot house. "The owners are in their late 60s, and walking without assistance. The stairs have gradually become a chore, however, a situation that was unlikely to improve."

SEE DIVERSE NEEDS, PAGE 6

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Senior Living

Choosing a Home for the Golden Years

FROM PAGE 3

executive-level senior housing and health care experience, adds that if a person has had a stroke or another condition that affects mobility, living alone is challenging. "If you need assistance with dressing and bathing that would make it difficult for you to stay in your home alone," he said.

Safety issues, such as a risk of falling or medication management, are other reasons that one might not be safe living alone, said Carle. "If you fall and hit your head and nobody comes, you could die," he said. "There is also the medication issue. The average 75-year-old is on between seven to 12 medications each day. The number one cause of hospitalization in people over 75 is medication error. The number one cause of death due to injury in seniors is falls."

Not everyone who leaves their home does so willingly. Gail, who has no children or family in the area and asked that her last name be withheld, moved to Potomac Valley Nursing and Wellness Center in Rockville, Md., after her close friends and a social worker determined that she was not healthy enough to live alone. "I want to go back to my house," she said. "That is where I want to be."

Linda Guly, Ph.D., a professor of psychology at Marymount University in Arlington, who teaches aging psychology, says that despite the amenities and services that make retirement communities a good fit for many people, a feeling of losing the ability to make decisions about one's life makes many seniors resistant to leaving their homes.

"One of the biggest psychological issues faced by the older person is the feeling they are giving up control of their lives in so many ways and that can be depressing," she said. "Engage the older person in the process as much as possible and respect their choices, whether it is how to decorate their place or what to bring."

Andrew Carle said, "The very best strategy for a resistant parent is respite stay, which is essentially a short-term stay. The family goes on vacation and lets the senior stay at a retirement community for a week or two. It gives the senior a chance to meet the people, eat the food and participate in the activities. Usually after about a week or two the senior realizes that living alone in their home and watching television all day isn't all it is cracked up to be."

WHEN ONE DECIDES that living alone is no longer wise, there are plenty of options. Local retirement communities run the gamut from independent living where a person lives among fellow seniors, but does not need special care, to levels of assisted living. Assisted living facilities provide different levels of care for those who need help with small tasks such as medication administration, to those who need help with daily tasks such as getting dressed or taking a bath. Skilled nursing facilities, where residents have greater medical needs, are another option.



Jim Harkin, a resident of The Fairfax in Fort Belvoir, helped build, refurbish and maintain more than 20 birdhouses on the grounds, including homes for tree swallows and purple martins.



John Mutchler



Peg Bixler



Dorothy Lavoie

PHOTOS COURTESY OF THE HERMITAGE

Some facilities such as The Fairfax and the Hermitage in Alexandria, are actually continuing care retirement communities that enable residents to transition from independent living to nursing care in the same facility as conditions change.

"Independent living basically meets a person's social needs," said Carle. "Assisted living is for people who have physical needs or limitations. I don't think of nursing homes as senior housing. It is long-term health care or for someone who is recovering from an injury or who needs physical therapy."

Lynette Mitchell, director of marketing and community outreach at The Hermitage, explains that, "We have everything from people who are totally independent to people who need help bathing and dressing. We can deliver all of those services."

Debra Norberg, associate director of marketing at The Hermitage, said that in addition to amenities on campus, which include a game and fitness rooms, there is support throughout the facility.

"There is a community aspect," Norberg said. "If someone doesn't show up for a meal, we notice. We work as a team to make

sure we all know the residents, and if they don't show up for something, someone is going to check on them."

Activities as simple as a meal in the dining room can become an opportunity for socializing. "Some of these people were coming from situations where they were isolated," she said. "This is a new chapter in their lives. We try to pair people up and give them a buddy and we have activities every single day of the week."

Many assisted living facilities also offer mental health counseling services. "We have a social work component that deals with the psycho-social issues," said Norberg. "We can provide grief counseling and we have psychiatrists on staff."

"Fox Hill's... amenities, services and fascinating residents all combine to offer a distinctive retirement lifestyle that is both very attractive and very accessible," said Julie Sabag, director of marketing at Fox Hill, in Bethesda, Md.

Westminster at Lake Ridge in Occoquan, Va., another continuing care retirement community, offers residents an array of activities that run the gamut from performing arts to gardening.

"We have the Westminster, a choir and the Westphalians, a drama group," said Carolyn Crosby, assistant administrator at Westminster. "We also have a resident garden, which the residents tend themselves. They grow vegetables and leave overflow produce for other residents to take."

SOME RETIREMENT COMMUNITIES, such as Great Falls Assisted Living in Reston, Brightview Senior Living in Great Falls and Sunrise At Fox Hill in Bethesda, Md., also offer memory care services for those with illnesses such as Alzheimer's disease and dementia.

Peg Bixler, an assisted living resident at The Hermitage, said her doctor advised her that she should not live alone anymore. "And I didn't want to be a burden to my children," Bixler, a retired oncology nurse, added. "I do miss my career and I miss traveling, but I've traveled all over the world."

Bixler says living in an assisted living community allows her to maintain an active lifestyle and avoid isolation and loneliness while still getting the help that she needs. She volunteers in the gift shop of the John F. Kennedy Center for the Performing Arts in Washington, and for the USO at Washington Reagan National Airport, greeting veterans and passing out flags.

"I'm busy 24 hours a day. I get out and walk every single day," said Bixler. "I do a lot of reading. You socialize at meals here. I go out when they go on the shopping trips, which gets you out and about."

Most importantly, said Bixler, she's still able to live in close proximity to her family, which includes a daughter who lives in Alexandria and a son who lives in Maryland. She also has a son in Pennsylvania and a daughter in Maine.

While Bixler has remained near her family, relocating from a different state to be close to family as one ages is also a common choice. That was the case for 93-year-old Dorothy Lavoie, another resident of The Hermitage. "I don't have any children, but I am close to my niece" said Lavoie, a former nurse who served in World War II and the Korean War. "I was living in California, and my niece who lived here wanted me to live near her."

Another Hermitage resident, John Mutchler, a retired chemist who has a daughter in Arlington, and a twin sister in Alexandria, moved from New Jersey to Alexandria to be closer to his family. "It is no problem for me to visit with my family often, which is nice for me," he said. "I keep busy here. I am the chairman of the executive committee. I am also a member of the poetry group where we read poetry every week. I am a member of the current events group."

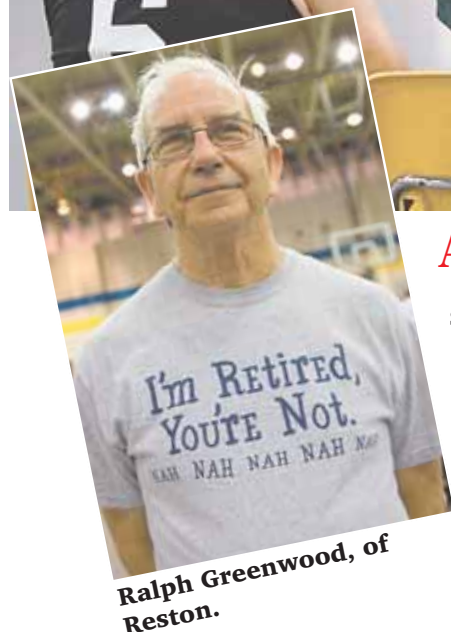
"It is a great way to retire and a great way to live," said Jarad Smith, director of marketing and sales at The Fairfax. "Clients want to be active, social and in a safe environment. As I walk around, I see residents play poker or bridge. We're on 60 acres. There are a lot of nature trails."

SENIOR LIVING



PHOTOS BY
LAUREN
SCHNEIDERMAN

Jim Martin, of Rosslyn, talks to members of an opposing team while waiting for the basketball game to begin.



Ralph Greenwood, of Reston.

Active Seniors Compete for Glory

After 11 days of more than 50 events held Sept. 7-19, the Northern Virginia Senior Olympics finished with a golf event at Forest Greens Golf Course in Triangle, Va. Other events ranged from cycling, swimming and pickle ball to Mexican train dominos and Scrabble.

NVSO Chairman Janet Garber said, "Nearly 750 adults, age 50 and over, competed in this year's events which took place at 17 different venues throughout Northern Virginia. We are always impressed with the enthusiasm and camaraderie of the participants who ranged in age from 50 to 103." She also said, "These seniors exemplify NVSO's mission, living healthy longer, and are spectacular role models." Results for each of the events are available at www.nvso.us.

NVSO is sponsored by the Parks and Recreation departments and other agencies in the counties of Arlington, Fairfax, Fauquier, Loudoun and Prince William and the cities of Alexandria, Fairfax and Falls Church.



Mary Lou D'alessandris, of Falls Church.



Judy Massabny, of Arlington, awards Ed Ladd (Falcons Landing, Va.) a bronze medal for the field goal competition.



Shelia Gildea, of McLean, shoots the ball while Suzanne Spicer, from Arlington, watches.



The Hawaiian Stars, from the Senior Center, Without Walls took first place. The Hawaiian Stars are: Edna Noe, Annandale; Michelle Ro, Burke; Marilu Morada, Burke; Tessie Buri, Burke; Fran Cornett, Fairfax Station; Rita Perrotti, Springfield; and Melanie Willis, Fairfax.



Team Silver Diamond took second place. Silver Diamond dancers are: Susie Thomas, Burke; Cathy Byun, Annandale; JeeHee Kim, Clifton; Chungsoon Yang, Fairfax; Kisook Garber, Woodbridge; and Youngsook Chon, Centreville.

The Lee Center Dancers, who came in third are: Kathy Fanelli, Annandale; Neelima Gokhale, Inga Ercolano, May McWilliams, Marcia Diamond, Janey Brauning and Melissa Mendell, of Arlington; and Bill Wong, Fairfax.



Mia Bernette, Jeanette Wurster, Gloria Reisman, Phebe Masson and Jane McKeel, from Goodwin House in Bailey's Crossroads, make up The Silver Steppers. The Silver Steppers came in fourth.



Mia Bernette, a 94-year-old line dance competitor, receives a special award from event director Joan Silverman.

Diverse Needs, Desires Drive Mobility Solutions

FROM PAGE 3

Since elevator access within the home's existing structure wasn't feasible, Glickman's plan calls for a 60-foot tower designed to house an elevator shaft — a substantial modification that will not be visible from the front facade.

Inside, the tower will connect a finished lower level, a study on the main level and a third floor sitting room. The owners are also considering an option to build-out the fourth floor as a guest room suite, a choice which will entail extending the tower another floor, finishing selected attic rooms and tying off the roof.

The execution is meant to be architecturally seamless, with the tower clad in brick to match the 25-year-old, original masonry. The new roof will then be tied into existing rafters, reframed and reslated.

Not surprisingly, professionals regarded this as a highly specialized assignment.

"There aren't lot of local contractors who could execute a project like this," said Andria Gregory of Area Access, Inc, the firm that will install the elevator inside the new shaft.

"The specifications are always exacting, so it's important to us to work with people who have a track record," Gregory said.

Gregory notes that Glickman's experience in mobility prescription puts him in a selective class. "He's among a handful of our preferred contractors in Northern Virginia," Gregory said. "It's critical to us that the project satisfies the client in every respect."

MEANWHILE, IN ARLINGTON, a mobility plan with incremental components has been implemented in the two-level ranch Jaime and Janice Marquez have occupied for 24 years.

Jaime, 59, who had polio as a child but



A McLean couple in their late-60s had Glickman design a 60-foot 4-level elevator tower on the home's right elevation. The tower will be re-clad in brick that matches the existing masonry and will not be visible from the front facade.

Details

Russ Glickman periodically offers workshops on accessibility solutions for seniors. Visit www.GlickmanDesignBuild.com or call 301-444-4663

walked without assistance for most of his adult life, started intermittently using crutches again about 10 years ago.

"This wasn't a surprise," Janice Marquez said. "The research shows that polio survivors can have increased mobility challenges as they age, so we wanted a wheel-chair friendly plan even though it's not a necessity right now."

The biggest obstacles: a curving, ruggedly-steep front walk that links up with a front stoop; standard-width interior halls and doorways that had proven restrictive; and a back deck inaccessible to Jaime Marquez from the ground.

"It had become difficult for Jaime to negotiate the house on crutches, so we're looking ahead," Janice Marquez said. "Initially, I wasn't sure if we should remain in this house, but I had read about Glickman and decided to get his feedback."

Compounding the "move vs. improve" question was the couple's mutual concern that an accessibility solution might make the house less functional for others, including two daughters away at college who are frequent visitors.

"I've seen accessibility modifications that become obstructive," Janice Marquez said. "I wanted to see if we could make changes that would enhance the property — functionally and aesthetically."

To improve front elevation access, Glickman and team removed the existing front walk, re-graded the front slope so that it rises at the rate of one inch per foot and introduced a "zero step" entry.

Inside, hallways have been widened from 36 inches to 48; doorways from 30 to 36 inches.

To facilitate Jaime Marquez's access between the rear deck and the yard, Glickman designed and constructed a wider, low-rise staircase that accommodates his crutches.

While focused and small-scale, the changes have dramatically improved Jaime Marquez's ability to move freely from driveway to front door and throughout the house. They've also bestowed an unexpected benefit.

"The interior now feels much more spacious," Janice Marquez said, "and the wider doorways allow more natural light."

Also, she notes, the new front walk adds considerable curb appeal. "Honestly," she said, "I wish the walk had been in place when I was still pushing the girls in their stroller. It's just a lot easier for everyone."



When Jaime Marquez began having difficulties getting from the house to the driveway, Glickman Design Build created a graduated front walk for the Arlington family. The new walk rises one inch per foot. The plan included replacing a front stoop with a "zero step" entry and widening interior doors and halls.



The original front walk — which included stairs in several places — was too steep for Jaime, who now requires crutches to get around the house.

OUT IN STERLING, the Saads, both in their mid-60s, asked Glickman for a plan that would make life easier for Mrs. Saad — who recently transitioned to a

wheel-chair — yet would preserve the home's resale value should the couple eventually decide to move to a retirement home.

"It's a three-level single-family home," Glickman said. "So we first looked at options for installing an elevator ... only to find that the space required would obstruct some of the bathroom accessibility benefits Mrs. Saad was seeking."

The couple's desire to stay in place for the near-term, however, soon inspired an alternative vision: convert the 2,000-square-

foot lower level into a four-room suite complete with accessible bath, kitchenette and other amenities.

To facilitate access to the new one-level living area, Glickman designed a lift that connects the first floor to the new suite. Top level bedrooms are now reserved for guests and storage.

To make it easier to see who has come to call, the home's front door has been equipped with a security camera linked to the couple's laptop.

"Our goal was to satisfy immediate needs while implementing a makeover that will add resale value," Glickman said. "In this sense, the house has simply been redefined as a traditional single family home that includes a full-size in-law suite. It's a very marketable improvement, yet meets all the present requirements."

PHOTOS COURTESY OF HOME FRONTS NEWS



Arlington seniors Jaime Marquez and Janice Shack-Marquez on their newly designed accessible front walk.

Senior Living Calendar

FROM PAGE 2

FRIDAY/OCT. 25

Candidate Forum. 10-11:30 a.m. at Fairlington Community Center, 3304 S. Stafford St., Arlington (enter from Quaker Lane on 33rd St.). Discuss aging issues with Arlington's and Alexandria's Virginia General Assembly candidates from House Districts 45-49, including 45: Rob Krupicka*, Jeffrey Engle; 46: Charniele Herring*; 47: Patrick Hope*, Laura Delhomme; 48: Bob Brink*; and 49: Alfonso Lopez*, Terrence Modglin (* Incumbents). Contact the Arlington Agency on Aging via e-mail ArlAAA@arlingtonva.us or by phone at 703-228-1700.

THURSDAY/OCT. 31

Family Caregiver Seminars. Noon-1 p.m. "When Home is No Longer an Option" - webinar, meet by computer or telephone. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

THURSDAY/NOV. 7

Family Caregiver Seminars. 3-4:30 p.m. at Kingstowne Library, 6500 Landsdowne Centre, Alexandria. "Behavior as Communication in Alzheimer's Disease." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/NOV. 13

Family Caregiver Seminars. 7-8:30 p.m. at Alzheimer's Association, National Capital Area Chapter, 3701 Pender Drive, Suite 400, Fairfax. "Strategies for Difficult Conversations." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

THURSDAY/NOV. 14

Family Caregiver Seminars. 7-8:30 p.m. at Dolley Madison Library, 1244 Oak Ridge Ave., McLean. "Legal Tools for Caregivers." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

WEDNESDAY/NOV. 20

Family Caregiver Seminars. Noon-1 p.m. "Tools for Caregivers" - webinar, meet by computer or telephone. To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

MONDAY/NOV. 18

Family Caregiver Seminars. 7-8:30 p.m. at Herndon Fortnightly Library, 768 Center St., Herndon. "Caregiving 101." To register, visit www.fairfaxcounty.gov/OlderAdults and link to Register Now for Caregiver Seminars, or call 703-324-5205, TTY 711.

CHRONIC ILLNESS MANAGEMENT

Free Workshops. Fairfax County is offering free Chronic Illness Management workshops. Topics include managing pain and emotions, using medication properly, communicating with healthcare providers, adopting exercise and nutrition goals and making informed medical decisions. Register and learn more at www.fairfaxcounty.gov/dfs/olderadultservices/chronic-disease.htm or call 703-324-5489, TTY 711.

Wednesdays, Oct. 2-Nov. 6. 10 a.m.-12:30 p.m. at City of Fairfax Regional Library, 10360 North St. Fairfax.

Mondays, Oct. 21-Dec. 2. 1-3:30 p.m. at Reston Community Center Hunters Woods, 2310 Colts Neck Road, Reston.

Tuesdays, Oct. 22-Nov. 26. 10 a.m.-12:30 p.m.

at Bruen Chapel United Methodist Church, 3035 Cedar Lane, Fairfax.

Thursdays, Oct. 24-Dec. 5. 10 a.m.-12:30 p.m. at Great Falls Library, 9830 Georgetown Pike, Great Falls.

Wednesdays, Oct. 30-Dec. 11. 1-3:30 p.m. at Sherwood Regional Library, 2501 Sherwood Hall Lane, Alexandria.

ONGOING

Coffee/Tea Poetry Group. Poets and poetry lovers seek to form a group to meet once a month at a local coffee/tea shop to enjoy each other's creations. Call 703-819-1690.

Senior Fall Prevention Classes are held in a heated indoor pool and are designed to work on balance and core muscles in order to prevent injuries and falls. Instructor is certified in back and hip rehab. Classes are held Tuesdays and/or Thursday, 1:30-2:30 p.m.; at The Woodlands Retirement Community, 4320 Forest Hill Drive, Fairfax. \$10 per class. Registration required, call 703-667-9800. Space is limited.

The Parkinson's Disease Support Group of Alexandria meets the 1st Wednesday of each month at 2 p.m. At the Hollin Hall Senior Center, Room 109, 1500 Shenandoah Road. All Parkinson's patients and caregivers are welcome.

At Home in Alexandria! Those interested in becoming AHA! Friends should call AHA! at 703-231-0824 or download the application form from the AHA! website at www.athomeinalexandria.org. AHA! is a 501(c)(3) organization that supports Alexandrians ages 55+ who prefer to remain independent in their own homes.

Alzheimer's Association support groups provide a place for people with Alzheimer's, their caregivers, family members, and/or friends to share information, caregiving tips and concerns throughout the Alzheimer's journey. Groups are facilitated by trained group leaders and are ongoing, free and open to the community. Call the Alzheimer's Association 24/7 Helpline at 800-272-3900 before attending a group for the first time to verify meeting information, obtain directions or other

information. A complete list of all groups in the National Capital Area region can be viewed at www.alz.org/nca.

Free Mall Walking Program for Seniors.

Tuesdays and Thursdays at 8:30 a.m. Walk at your own pace in a safe and friendly environment. Group stretch and cool down led by hospital staff. Call 703-558-6859. Ballston Common Mall (Food Court Level), 4238 Wilson Blvd.

Strength & Stretch For Seniors. Mondays and Thursdays at 1 p.m. Improve range of motion, strength & bone health. All abilities welcome. \$42. Mondays at Virginia Hospital Center, 1701 N. George Mason Drive. Thursdays at Health Pavilion, 601 S. Carlin Springs Road.

Adaptive/Seated Yoga. Tuesdays at 11:15 a.m. For older or physically challenged adults with limited mobility, chronic pain or neuropathy. Adaptive yoga emphasizes breathing, gentle stretching and going at your own pace. \$66 Health Pavilion, 601 S. Carlin Springs Road. Call 703-558-6859.

Lifeline Personal Alert System. Virginia Hospital Center Senior Health staff locally manage the personal emergency response system. Help is available 24 hours a day, seven days a week. Monthly cost starts at \$42. Call 703-558-6859 for more information.

VOLUNTEER OPPORTUNITIES

The Mount Vernon Adult Day Health Care Program needs a volunteer to greet people and answer phones one day per week from 10:30 a.m.-noon to start as soon as possible. Contact Fairfax County's Volunteer Solutions at 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov, or visit www.fairfaxcounty.gov/dfs/olderadultservices and click on volunteers.

Fairfax County's Meals on Wheels needs drivers and a coordinator. Contact Fairfax County's Volunteer Solutions at 703-324-5406, TTY 703-449-1186, VolunteerSolutions@fairfaxcounty.gov or visit www.fairfaxcounty.gov/dfs/olderadultservices and click on volunteers.

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