



Historic Home Hits Market

NEWS, PAGE 6

Great Falls Waves Good-bye To Santa Representative

NEWS, PAGE 11

Battleground Northern Virginia

NEWS, PAGE 3

Cornwell Farm, a property on the National Register of Historic Places in Great Falls, is for sale.

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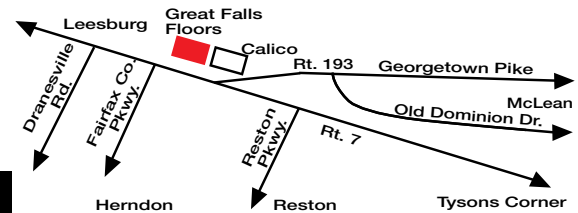
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Republican gubernatorial candidate Ken Cuccinelli



Democratic gubernatorial candidate Terry McAuliffe

PHOTOS BY MICHAEL LEE POPE/THE CONNECTION

Battleground Northern Virginia

BY MICHAEL LEE POPE
THE CONNECTION

For many years, Northern Virginia has been written off by both parties as a Democratic stronghold — a place where Republicans simply try to cut their losses while they focus on the rest of the commonwealth. But this election cycle may be different. All three of the gubernatorial candidates are from Fairfax County. And recent statewide candidates have not been able to win without picking off selected jurisdictions in Northern Virginia.

“As you look at Northern Virginia that’s further from Washington, you see a more Republican area — Prince William, western Fairfax, Fauquier,” said Stephen Farnsworth, professor at University of Mary Washington. “That’s where the real action is in Northern Virginia politics.”

As Election Day draws closer and television becomes a virtual battlefield for attention, a real battle is brewing on the ground here in Northern Virginia. Candidates and their advisors are looking at the path to victory back in 2009 for Republican Bob McDonnell, who won Prince William County, Fairfax County and Fauquier County. Although this race is likely to be closer than 2009, the importance of Northern Virginia is looming larger than ever.

“I don’t expect Ken Cuccinelli to actually win Fairfax County, which Bob McDonnell actually managed to do in 2009,” said Geoff Skelley, analyst with the University of Virginia Center for Politics. “Cuccinelli will do very poorly in Reston or Annandale, so just because he’s from Fairfax doesn’t mean he has appeal throughout the county.”

ONE OF THE QUIRKS of Virginia politics is that the gubernatorial elections follow presidential elections, a phenomenon that has frequently seen voters reject the party that won the White House the previous year. But a look at the numbers tells a different story. Although 3.7 million voters cast a ballot in 2008, fewer than 2 million votes participated the next year. That means that election officials are expecting about half of last year’s turnout, which included



Supporters of both major party candidates for governor rally at the entrance to the Capital One campus in McLean on Wednesday, Sept. 25, just before Ken Cuccinelli (R) and Terry McAuliffe (D) participated in an hour-long debate sponsored by the Fairfax Chamber of Commerce.

PHOTO BY MARY KIMM/THE CONNECTION

a record-breaking 3.8 million votes.

“For [Democrat Terry] McAuliffe, the goal is to get as many voters out as possible,” said Skelley. “For Cuccinelli, the goal is to hold down the margins.”

According to Census data, Northern Virginia expanded its population about 24 percent in the last decade — growing from 2.6 million from 2.1 million. Northern Virginia is the most populous region of the commonwealth and the Washington Metropolitan Area. And the rate of growth here far outpaces other urban areas in Virginia, including Richmond and Hampton Roads. That means rural and outlying areas are experiencing an erosion of influence, particularly in western parts of the state and Southside.

“The big problem for Republicans statewide is how they do in the more rapidly suburbanizing areas,” said Farnsworth. “This is true in Northern Virginia and in the Richmond area.”

DURING THE GUBERNATORIAL debate last week, Republican Ken Cuccinelli was trying to establish himself as the choice for Northern Virginia. He mentioned the region five times, and he tried to use his experi-

ence representing Fairfax County in the General Assembly to his advantage. When the issue of the government shutdown was raised, Cuccinelli responded with a direct appeal to residents of the region who have strong economic ties to the federal government.

“I’m a Northern Virginian. I’ve lived up here my whole life,” said Cuccinelli. “We’re already seeing in the Virginia economy the problems associated with the uncertainty of federal budgeting as it is, both in Northern Virginia and in Southeastern Virginia in the Hampton Roads area.”

Despite the fact that the debate took place in Tysons Corner, the McAuliffe did not point out that he has lived in Fairfax County for more than 20 years. Instead, the Democrat attempted to portray himself as the best candidate for the interests of Northern Virginia voters. At one point, he pointed out Fairfax Chamber of Commerce president and CEO Jim Corcoran in the front row and mentioned he agreed with the chamber’s position on Medicaid expansion. Later in the debate, he argued that Cuccinelli’s tax proposal would hurt Northern Virginia.

“What it would mean to Fairfax County

What role will the region play in the election?

to be losing this revenue,” said McAuliffe. “What it would mean to Sharon Bulova and Fairfax County and the loss of teachers at a time we should be investing in our teachers, investing in those STEM courses, science, technology, engineering and math,” said McAuliffe. “His plan literally would force us to lay off thousands of teachers.”

THE TENSION within the region was evident in recent weeks as business leaders across Northern Virginia began issuing their endorsements. The first was from the political arm of the Northern Virginia Technology Council, which endorsed Cuccinelli last month. But that announcement was delayed after some internal dissension within the organization, which led to a series of accusations and counter-accusations. The drama surrounding the delay of the endorsement became a talking point for Republicans eager to portray McAuliffe as a Washington insider.

“I am appalled that Terry McAuliffe and other prominent Democrats would threaten to hold the legislative agenda of Northern Virginia business leaders hostage to their political agenda,” said Republican House of Delegates Speaker Bill Howell in a written statement. “That might work in Washington, but it is unacceptable here in Virginia.”

Hours after Cuccinelli and McAuliffe debated each other at the Fairfax Chamber of Commerce’s forum, the organization issued its own endorsement for the Democrat. In a statement explaining the endorsement, the business group praised McAuliffe for opposing mandatory project labor agreements and supporting Virginia’s longstanding right-to-work law. The chamber also mentioned his support for accepting federal funds for Medicaid expansion and his support of the transportation funding package that passed the General Assembly earlier this year — both of which were opposed by the Republican candidate.

“In terms of the priorities of the Northern Virginia business community,” said Corcoran in a written statement, “Mr. McAuliffe’s policy positions and proposals closely align with the Fairfax Chamber’s legislative agenda.”

A slate of candidates, both incumbents and challengers vying for seats in Virginia's state legislature, attended a candidates' forum at the Vienna American Legion Post 180 on Saturday, Sept. 28 to talk social justice issues.



PHOTOS BY VICTORIA ROSS/ THE CONNECTION

Social Justice Matters

SALT forum gives candidates a chance to tell voters where they stand on social justice issues.

By VICTORIA ROSS
THE CONNECTION

As the countdown to election day begins, most candidates are laser-focused on promoting themselves as the one who really does put jobs and the economy first.

But one group also thinks voters should know where candidates stand on social justice issues when they go to the polls Nov. 5.

"Our elected officials have a great deal of influence on the common good, so it's reasonable that we find out where candidates stand on these issues," said John Horejsi, founder of SALT (Social Action Linking Together), a non-partisan, faith-based advocacy group started in 1983.

"We're here to see where candidates stand today," said Horejsi at SALT's annual candidates' forum held at the Vienna American Legion Post 180 on Saturday, Sept. 28. A slate of candidates, both incumbents and challengers vying for seats in Virginia's General Assembly, attended the forum. They included incumbent delegates Ken Plum (D-36); Mark Keam (D-35); Vivian Watts (D-39); Jim LeMunyon (R-67); and Mark Sickles (D-43). Challengers included Patrice Winter, the Republican who is challenging David Bulova (D-37); Democrat Jerrold Foltz, who is challenging Republican Tim Hugo (D-40); Democrat Ed Deitsch, who is challenging Republican incumbent Dave Albo (R-42); Democrat Hung Nguyen, who is challenging LeMunyon; and Democrat Jennifer Boysko, who is challenging Tom Rust (R-86). Democrat Marcus Simon (D) also attended the forum. He is facing Brad Tidwell (R) in the 53rd district, an open seat to replace the previous incumbent, Jim Scott, who is retiring.

STEPHEN CLERMONT, research director of Every Child Matters Education Fund, started the event as the keynote speaker, reciting some sobering statistics about Virginia's children:

- *More than 280,000 children in Virginia live in poverty;
- *More than 18,000 children are homeless;
- *One in every six children doesn't have enough to



From left—Del. Mark Keam (D-35), Del. Ken Plum (D-36) and Del. Vivian Watts (D-39) attended a candidates' forum at the Vienna American Legion Post 180 on Saturday, Sept. 28 to talk social justice issues. Plum is one of only two state delegates unopposed this election.



Stephen Clermont, research director of Every Child Matters Education Fund, was the keynote speaker at SALT's candidates' forum at the Vienna American Legion Post 180 on Saturday, Sept. 28.

eat, and 148,000 have no health insurance. "Children need you to make their voices heard," Clermont said. "What are you going to tell children about the schools you closed, or a child not able to see a doctor?"

Clermont said ECM believes that a top priority for government "must be helping children survive and thrive."

"Failing our children today is not just morally wrong; it's counterproductive, ultimately leaving us less competitive in the global society," Horejsi said.

After Clermont's keynote address, Horejsi invited each candidate to give a one-minute "elevator speech" about their issues, and then opened the floor to the audience, who submitted written questions for candidates. The questions touched on a wide variety of topics, ranging from prison reform, transportation, immigration reform, Medicaid expansion, uranium mining and corporate tax breaks.

Del. Vivian Watts (D-39) was emphatic when she answered a question about the cost of the federal food stamp cuts being passed down to states:

"Let's be clear: this is no small thing for the state," Watts said. "This is people's food. This is people's lives. This is the difference between families being able to feed their children or paying the rent."

Residential Studios Put on Hold

Supervisors establish committee, plan additional public outreach.

At the recommendation of Chairman Sharon Bulova (D-At-Large) and Supervisor Michael Frey (R-Sully), the Fairfax County Board of Supervisors on Tuesday deferred its Nov. 20 public hearing on a proposed residential studios (RSUs) amendment to conduct additional community outreach.

The board also established a Planning Commission Residential Studios Committee.

"It is important that the County hear from the various stakeholders affected by the proposed residential studios amendment," Bulova said.

"The Planning Commission's Residential Studios Committee will provide an engagement process with the goals of addressing and resolving questions and concerns associated with the RSU amendment. I encourage residents to participate in the process," Bulova added.

ON JULY 30 – in a move designed to increase affordable housing options for working-class individuals - the board unanimously voted to authorize a public hearing on a proposed zoning ordinance amendment regarding residential studio units (RSUs) that would permit RSU use in various residential, commercial and industrial districts by special exception or in all planned development districts.

"There is a tremendous need for housing at all income levels in Fairfax County," Chairman Sharon Bulova said after the July 30 vote. "Permitting residential studios is an excellent way to accommodate lower income rental units and provide more housing choices for our residents. RSUs can be a great tool for providing efficiency apartments for our younger entry level workers, for seniors and others who may not need or want a lot of space."

In the past 40 years, Fairfax County has become one of the wealthiest counties in the nation. As land prices soared, the creation of low to moderate priced housing plummeted.

For several years, county officials have grappled with housing options that will aid efforts

to end homelessness, accommodate the area's aging single population, and increase affordable housing for a workforce earning less than 60 percent of the area median income (AMI).

Donna Pesto, the county's senior assistant to the zoning administrator, said the proposal would not change the building codes, and would apply to rental units only.

Under the proposal, Pesto said there could be no more than 75 residential studio units in a building and a minimum of 80 percent of units have to be affordable to low-income earners, those making about \$45,000 per year or less. The maximum square footage for the units would be 500 square feet, plus a bathroom and kitchen.

BUT PUBLIC REACTION to the proposal has been less than enthusiastic. Despite assurances from county planners that RSUs would not be developed in ways that would dampen property values, many residents and homeowners groups voiced opposition to the proposal.

In order to address community concerns members of the Planning Commission have suggested a process for encouraging engagement in changes to the advertised ordinance.

The Committee will provide opportunities for detailed consideration of the Zoning Ordinance Amendment by Planning Commissioners, citizens, and other stakeholders through five scheduled Committee meetings. All meetings will be open to the public and will allow opportunities for discussion.

The Planning Commission will continue to conduct Work Sessions scheduled for Sept. 25 and Oct. 2 at the Fairfax County Government Center.

Following the Work Sessions, the Residential Studios Committee will convene in late October with further meetings in November, December, and January, and a public hearing in late February. The public hearing currently slated for Nov. 19, 2013 will be rescheduled.

— VICTORIA ROSS

SEE SOCIAL JUSTICE, PAGE 9

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PHOTOS CONTRIBUTED

Cornwell Farm, a historic property in Great Falls, is now for sale.

A room at Cornwell Farm in Great Falls, which includes built-in shelving. The property, on the National Register of Historic Places, is for sale.

Historic Home Hits Market

Cornwell Farm for sale.

BY ALEX McVEIGH
THE CONNECTION

Cornwell Farm, a 13.1-acre historic property located within a mile of the Great Falls Village Centre, has been listed for sale by the HBC Realty Group (Keller Williams) of McLean.

The four bedroom, 3.5 bathroom home was built around 1831, and was accepted to the National Register of Historic Places in April 1977.

"It is scenically important in that it is the major architectural element to be seen

along the historic Georgetown Pike, the first road in the state to be designated a Virginia By-Way," reads the National Register of Historic Places. "Built in 1831, the house, with its Georgian outline, displays the architectural conservatism characteristic of the region. The house is well crafted, its Flemish-bond brickwork is exceptionally fine, being of a quality comparable to finest townhouses of Georgetown or Alexandria."

According to the register, the two-story Georgian house differs from the Greek revival style that was popular at the time.

The house is 5,102 square feet, and features 10-foot high ceilings, plaster walls,

nine wood burning fireplaces and four chimneys. It also features original glass blown windows, two libraries, a full dining room with built-in china cabinets and a family room with custom built-in shelving and painted woodwork.

The property is divided into two parcels, an 8.1-acre parcel that includes the historic home, a horse barn and caretaker's cottage, and a five-acre parcel with an easement for egress.

The land was originally part of Great Falls Manor, a 12,588-acre property once owned by Lord Fairfax. It was made into a farm as early as 1801 by John Jackson, who even-

tually constructed the house as a home for his daughter, Julia Jackson Davis.

The property was used as an encampment for Union soldiers during the Civil War. Prior to a restoration, soldiers' names from New York, Connecticut and New Jersey, among others, were inscribed on the plaster walls.

The house was restored under the supervision of architect Theodore Dominick from 1936 to 1937. The restoration included the addition of a two-story wing and porch on the south end.

The property is being listed at \$4.9 million. More information can be found at www.hbcrealtygroup.com.



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PEOPLE

Celebrating Love at Farmers Market

Emily Doerman, registered dietitian and certified chef, daughter of Randall Doerman, M.D. and Denise Doerman, RD, will be at the farmers market this Saturday, Oct. 5 for the last Saturday before her marriage to Ben Frizell the following Saturday. Emily has been the nutritionist/chef at the Great Falls Farmers market just about every Saturday since last winter, demonstrating how to eat nutritiously and deliciously. People have come by to say what a difference she has made in helping them adapt their cooking techniques and use of fresh vegetables to prepare healthy foods for the nutritionally challenged family members of all ages.

In celebration of this big event, the farmers market is preparing a beautiful celebration and you are invited. We will have lovely cakes, homemade ice cream, fresh apple cider, decorations and an atmosphere of joy as we show Emily and Ben our delight in their commitment to each other. All of the vendors already know how dedicated they are. What other guy would wake up at the



PHOTO CONTRIBUTED

Emily Doerman, RD/chef, makes zucchini pasta with homemade tomato sauce from Great Falls Farmers Market ingredients purchased that morning.

crack of dawn to help his girlfriend set up her tent and sit there in the freezing cold all winter, spring and summer to make sure everything goes well? Only love knows the importance of just being there for the other.

— KATHLEEN MURPHY

BULLETIN BOARD

To have community events listed in the Connection, send to mclean@connectionnewspapers.com. The deadline for submissions is the Friday prior to publication.

THURSDAY/OCT. 3

The Great Falls Memory Cafe will meet from 2-4 p.m. at Andrew Chapel United Methodist Church in Vienna. The memory cafe is a casual social meeting venue for those with progressive memory or cognitive impairment and their caregivers. Call Carol Blackwell 571-236-6933 for more details.

SUNDAY/OCT. 6

Blessing of the Animals. 5 p.m., at St. John's Episcopal Church, 6715 Georgetown Pike, McLean. A celebration of St. Francis of Assisi who is remembered for his love of animals, in which dogs, cats, birds, turtles, guinea pigs, goats, horses and any other creature may be blessed; treats are available for all. 703-356-4902 or www.stjohnsmclean.org.

TUESDAY/OCT. 8

Political Debates. 7 p.m., at the Great Falls Grange, 9818 Georgetown Pike, Great Falls. The Great Falls Citizens Association holds a summary and vote on the budget and briefing on the school bond referendum, followed by a program at 7:45 p.m. with Q&A from delegate candidates Republican incumbent Barbara Comstock and Democratic challenger Kathleen Murphy, both longtime McLean residents; Fairfax County sheriff candidates do a following Q&A presentation with candidates Republican Bryan Wolfe and a substitute speaking on behalf of Democrat Stacey Kinkaid, who attends a concurrent League of Women Voter's event.

WEDNESDAY/OCT. 9

Chronic Pain Support Group. 1:30-3:30 p.m., at the Kaplan Center for Integrative Medicine, 6829 Elm Street, Suite 300, McLean. The Kaplan Center for Integrative Medicine and The Pain Connection offer a free monthly support group for people suffering with chronic pain. The purpose of the group is to provide a forum for individuals suffering with chronic pain and illness to share their struggles and strategies for staying as healthy and hopeful as possible. Topics of discussion include constructive ways of coping with physical limitations, relationships, work and more. 703-532-4892

AAUW Makes a Difference. 7 p.m., at Patrick Henry Library at 101 E. Maple Ave., Vienna. The Vienna branch of the AAUW explains their

support for pay equity, human and civil rights, and public education since 1881. 703-321-7499.

THURSDAY/OCT. 10

Great Falls Writer's Group. Noon-2 p.m., at the Great Falls Library (Large conference room), 9830 Georgetown Pike, Great Falls. The Great Falls Writer's Group (GFWG) joins for in-depth discussion on the joys and challenges of writing, and how to make it more of a part of daily life. Great Falls author Kristin Clark Taylor leads the group discussion. Local writers and authors are invited to take part in the twice-a-month meetings. 703-757-8560.

NARFE Chapter Meeting. 1:30 p.m., at the Vienna Community Center, 120 Cherry St., Vienna. Gayle Nelson from Blue Cross, Blue Shield and Delegate Mark Keam and challenger Leiann Luse discuss the upcoming election. The meeting is free and is open to all members and their guests. 703-938-7346.

Life in the Community Workshop. 6:30-9:30 p.m., at Lake Braddock Secondary School, 9200 Burke Lake Road, Burke. Career and transition advice at a free resource fair for students of all ages with disabilities and their families. Participants will learn about vocational, residential, leisure, recreational, independent living and advocacy options for students eligible for ongoing employment and community support services after graduation. <http://www.fcps.edu/cco/prc/resources/events/index.shtml>.

SATURDAY/OCT. 12

Women's Conference, "Set Your Heart on Fire." 9 a.m.-2 p.m., at The Antioch Christian Church, 1860 Beulah Road in Vienna. Guest speaker Patty Houser, writer and teacher, leads with the topic of renewing passion for God at the free conference with a complimentary luncheon. The public is invited. antiochchristianchurchvienna@gmail.com or www.antiochdoc.org.

TUESDAY/OCT. 15

Providence District Meet and Greet. 7-9 p.m., at Thoreau Middle School, 2505 Cedar Lane, Vienna. Qualified candidates for sheriff and state delegates for Districts 35, 37, 41, and 53 are invited. Meet the candidates in the bandroom. Co-sponsored by the League of Women Voters of the Fairfax Area and the Providence District Council. 703-532-4417 or peggy.knight1@verizon.net.

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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.

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.

GUEST EDITORIAL

often and demonstrates her dedication, and while here in our town, Barbara actively listens to the issues raised by her constituency, and then takes them on during legislative sessions in Richmond.

For example, Barbara introduced the legislation that was passed and signed this year, that promotes improved testing and diagnosis for Lyme Disease, and she was recognized for this by local advocates and the National Lyme Disease Association.

She seeks to engage people of all ages, for example, she created a Young Women's Leadership Program, exposing bright young people to today's issues of importance such as combating human trafficking and promoting adoption of homeless children. In this way, Barbara helps prepare them to address the issues of today and to become the leaders of tomorrow.

Barbara tirelessly advocates for a better business climate in the State, especially to support small businesses, the main job creators. Barbara has been effective, espe-

cially in sponsoring legislation that promotes high tech small businesses such as her bill to promote data centers in Northern Virginia, as well as companies on the forefront of developing cyber-security technology. Numerous business organizations have endorsed her candidacy, including the Chamber of Commerce, National Federation of Independent Business and Virginia Association of Realtors.

She is also an advocate of efficient government and saving taxpayer dollars. Barbara wrote the law for competitive bidding that saved nearly \$400 million for construction on the Dulles Rail and she also defends Virginia as a right-to-work State.

There are many more examples of Barbara's highly principled leadership and representation of which others are probably aware, but from my perspective, Barbara Comstock is clearly the delegate we should all vote for in the November election.

Glen Sjoblom
Great Falls

Learning About Polluted Runoff

To the Editor:

My name is Benji Prickett, I attend Kilmer Middle School. Lately we have been learning about the Chesapeake Bay watershed and the dangers of runoff. Runoff can carry sediments, rocks, pollutants and also fertilizers and pesticides. Fertilizers and pesticides especially can be very dangerous; they can kill the wildlife in the bay and can also stop recreational activities like fishing, boating and swimming, just to name a few. I hope that we can cut back on using spray pesticides on our lawns. My family has been doing this for many years and our lawns look fine. Currently our bay is very polluted, but if we where to cut back on pesticides our bay would be so much better for everyone and every thing.

Benji Prickett
Great Falls

LETTERS TO THE EDITOR

A Tireless Advocate

To the Editor:

It is nearing that time again, to choose our elected representative for delegate to the Virginia House of Delegates, and I want to tell you why I think we should continue to support our current delegate, Barbara Comstock.

She has been a highly dedicated advocate on a host of issues of importance to the residents of Northern Virginia, and to name only a few of them: increased state support for more of our high school graduates going to in-state colleges and universities such as UVA; helping the Great Falls community achieve protection of Georgetown Pike during negotiations with the Virginia Department of Transportation; and promoting legislation to help those in the military service achieve their goal of a college degree, and promoting more charter schools in Virginia.

Barbara is in Great Falls very

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NEWS

Social Justice Discussed

FROM PAGE 4

A question about corporate influence and tax breaks kicked off a lively exchange about ALEC, the conservative national consortium of state politicians and corporations vilified as a PAC aimed at increasing corporate profits at the public's expense.

In recent years, Virginia legislators have been criticized for proposing boilerplate ALEC legislation that would, among other things, dilute voting rights legislation, limit corporate liability for harm caused to consumers and give business tax credits to fund private school tuition for needy students.

"As someone who's actually attended an ALEC meeting, I agree with some of the stuff, but not everything," said Del. Jim LeMunyon (R-67), the only Republican incumbent who attended the session. "There are one or two bills that interested me, and some that are just off the wall."

Horejsi sparred politely with LeMunyon over how much corporate tax breaks cost Virginia's taxpayers.

"Seems like corporations get a lot of unfair breaks," Horejsi said.

Hung Nguyen, a small-business owner and political refugee from Vietnam who is trying to unseat LeMunyon, vowed to "close corporate tax holes," and said he would push legislation that stops corporations "who continue to make money on the backs of the poor."

Jennifer Boysko, who is challenging Del. Tom Rust, the Republican incumbent in the 86th district, said she "strongly opposes" much of the ALEC agenda, including the "takeover bill" of schools. A former aide to Fairfax County Supervisor John Foust (D-Dranesville), Boysko said she has "a strong background and commitment to social justice issues."

Del. Mark Keam (D-35) struck a bipartisan note by giving kudos to Governor Bob McDonnell for helping pass the historic transportation bill last session and the governor's efforts on prison reform.

"Today's interchange with candidates was invigorating," Horejsi said of the forum.

THE EVENT was co-sponsored by Virginia Organizing (VO); Virginia Citizens United for Rehabilitation of Errants (CURE); and the Virginia Coalition of Latino American Organizations (VACOLAO).

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GREAT FALLS CONNECTION ♦ OCTOBER 2-8, 2013 ♦ 9

Troop 673 Promotes Two New Eagle Scouts

Troop 673 of Great Falls recently promoted two new Eagle Scouts.

Ryan Scott Anger, son of Scott and Mary Anger of Great Falls, joined Troop 673 in 2006. Since joining the troop, Ryan has served as quartermaster and patrol leader twice. Ryan has attended summer camp five of the past six years and has participated in the Sea Base High Adventure trip.

For his Eagle Project, Ryan organized and ran a Hunger Banquet, as well as set up a collection for canned goods for the Embry Rucker Shelter. This combined project was meant to raise awareness about poverty in Fairfax County. Working with members from the Great Falls United Methodist Church, Ryan developed a detailed plan on how to best serve food to members attending the Hunger Banquet, as well as how to set up the canned food drive. The dinner effectively raised awareness and generated conversation about the economic disparities in the world and in Fairfax



Ryan Anger



Sawyer Jones

PHOTOS BY GREG ROSZYK, SR.

County. Participants were motivated to help support those living at the Embry Rucker Shelter. With the help of the troop and others, Ryan carried out the dinner successfully and delivered numerous boxes of canned goods and a monetary donation to the shelter.

Ryan is a recent graduate of Lan-

gley High School where he was a member of winter track, spring track, and the cross country teams. Currently a freshman at Hampden-Sydney College, he plans on majoring in economics and finance.

Sawyer Jones, son of Frank Jones and Claire Abbott of Great Falls, joined Troop 673 in 2007 after

earning the rank of Arrow of Light as a Cub Scout. Since joining the troop, Sawyer has served as quartermaster, historian and also as patrol leader for multiple terms. Summer camp has always been one of Sawyer's favorite Boy Scout activities and he attended the troop's summer camp for several years. He was awarded the Silver Bullet Sharp Shooter award during the competition at one of the scout summer camps. Sawyer especially enjoyed hiking South Mountain and Old Rag on troop outings.

Sawyer is a senior at Langley High School where he plays on the varsity lacrosse and football teams. After high school, Sawyer plans to attend college and major in either business or medicine.

For his Eagle Project, Sawyer led a group of scouts and friends in redirecting a portion of the Potomac Heritage trail along the Potomac River between Riverbend Park and Great Falls National Park and blocking off the spider trails. The new section of trail prevents erosion of the riverbank and protects rare plant growth.

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NEWS

Members of the Great Falls Volunteer Fire Department, including GF Volunteer Fire Chief Franklin Smith III and former Chief Homer Johns, talk with family members at a memorial service for local volunteer firefighter and Santa representative, Dr. Christopher Earl "Doc" Kennemer.



PHOTOS BY
JEAN JIANOS/
THE CONNECTION

Great Falls Waves Good-bye to Santa Representative

Dr. Christopher Earl "Doc" Kennemer remembered for his service to the Great Falls community.

BY JEAN T. JIANOS
THE CONNECTION

Dr. Christopher Earl "Doc" Kennemer, Great Falls resident, volunteer firefighter and local representative of Santa Claus, made sure that Santa got off to a good start for 30-plus holiday seasons during the annual Great Falls Village Centre Christmas Tree Lighting event. In return, on Saturday, Sept. 28, personnel from the Great Falls Volunteer Fire Department and the Fairfax County Fire and Rescue Department joined with Kennemer family and friends to give Kennemer a fitting send-off at a standing-room-only memorial service held at Great Falls United Methodist Church where he had taught Sunday school and been an active member for more than 35 years. Always on call, all fire department personnel were seated with easy access to exits or stationed outside the service so they could respond if needed elsewhere.

Kennemer, age 83, died Sept. 24 at Reston Hospital Center. In declining health over the last few months, on occasion, he needed the emergency medical services provided by the emergency medical technicians and paramedics from the Great Falls Fire Station. As a member of the Great Falls Volunteer Fire Department for over 35 years, one of Kennemer's initial duties was to instruct fire department personnel in cardiopulmonary resuscitation (CPR), an emergency procedure just becoming more widely known to the general public at the time. The technique of CPR was developed at Johns Hopkins University and in his professional capacity with the U.S. Public Health Service, Kennemer was responsible for inviting medical professionals from around the country to attend early special instructor's courses in CPR at The Johns Hopkins Hospital. Kennemer was also co-editor of a book published by the Public Health Service on emergency preparedness for natural and manmade disasters.

Kennemer held a Master's Degree in Public Health (with honors) from Michigan, a Doctor of Dental Surgery degree from the University of Tennessee, and obtained his undergraduate degree from Memphis State University. His wife, Onis M. "Tippy" Kennemer



Engine Company members from the Fairfax County Fire and Rescue Department and personnel from the Great Falls Volunteer Fire Department, including (center) GF Volunteer Fire Chief Franklin Smith III and Fairfax County Fire and Rescue Lt. James L. "Jay" Dennis, join Kennemer family and friends at the memorial service for local volunteer firefighter and Santa representative, Dr. Christopher Earl "Doc" Kennemer.

predeceased him. He is survived by his son, Christopher Earl Kennemer, Jr., of Great Falls; his daughter, Connie Fidler; five grandchildren: Michael Siler, Kimberly Barrett, Hunter Siler, Sarah Fidler and Eli Fidler; and one great-grandchild, Landon Barrett. He was also a member of the Methodist Men's Club and the Great Falls Lions Club. Kennemer did not accept payment for being Santa's local representative and when Santa made an appearance, Kennemer would instead suggest that the event organizer make a donation to the Great Falls Lions Club or the Great Falls Volunteer Fire Department.

He lent a helping hand to Mrs. Claus, as well. Having worked for a commercial cookie-baker as a teen, Kennemer was also the self-titled "cooker of the world's best chocolate-chip cookie" and maker of "the world's best and softest caramel." In a quote from The Washington Post, as reprinted by the Reading Eagle/Reading Times, ["Foodnotes." 27 Nov. 1996: C2. Print.], Kennemer said, "I am a retired dentist. I have to make candy that won't knock out fillings."

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FAITH

Donner Finds Inspiration

Great Falls resident releases Bible study for Gospel of Luke.

BY ALEX McVEIGH
THE CONNECTION

For almost 20 years, Great Falls resident Leesa Donner has been studying the Bible. During her career as a broadcast journalist and while raising her two sons, the Bible has always been a source of inspiration.

"For some people, prayer or church is the way God speaks to them, for me that's always been the Bible," she said. "I loved doing Bible studies, and started teaching them. But over the years, I would find myself in groups with these wonderful women, women who were intelligent, highly educated modern women, and these studies didn't seem to be speaking to them."

Searching for a study that would lead the modern woman to explore her relationship with herself, other women and their theology, Donner decided to give it a try herself.

"I was looking for a more meatier Bible study, something that just wouldn't feed you an answer in the first paragraph," she said. "If you go to a Christian bookstore, you'd be lucky to find more than one book about the Gospel of Luke. It's the longest of the gospels, it's enormous and very detailed."

DONNER'S EFFORTS led her to publish "Free At Last: A Life Changing Journey Through the Gospel of Luke" in May.

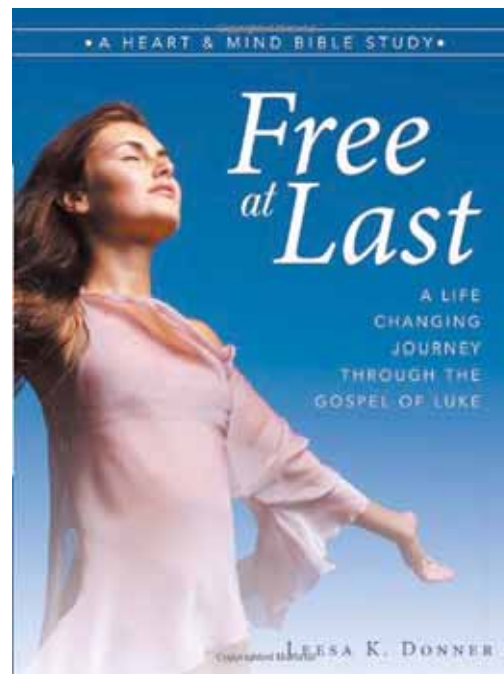
"I found that most studies were laid out in a five-day format, where something had to be done every weekday. That's a lot to ask of women who are raising a family and working, it's very easy to fall behind, making it even harder to catch up," she said. "I wanted to make it a little easier, which is why my study has three days per week. That way, someone can use it Monday, Wednesday, Friday, or Tuesday, Thursday, Saturday, or

whatever their schedule will allow. There's a lot of lee-way."

Donner also said making each segment about a half-hour was "a reasonable amount of homework," not too short to be superficial, but not so long as to make it hard to squeeze into the normal course of a day.

"It was very important to me that this study not tell people what to think, but rather ask questions that encourage them to explore their theology," she said. "It's designed to be an inductive study, and once someone figures out their answers, that's a good opportunity to meet with your Bible study group and discuss the answers."

Donner says the writing process took about four years, two to research and write, a year to edit and a year to publish. She said the editing process, going line by line through her work, was the toughest



Great Falls resident Leesa Donner has released "Free At Last," a study of the Gospel of Luke.

During the editing process, Donner did two years of "beta testing" with her church group, which she said helped her refine the approach.

"I would ask for anonymous evaluations at the end of each study, and I got a lot of positive feedback, which kept me going," she said.

THE STUDY has been positively reviewed by many in the faith community. Dr. Tremper Longman III, a professor of biblical studies at Westmont College, said Donner does a masterful job of encouraging the reader "to enter the world of the gospel and come away not only with a better knowledge of the text but with a transformed heart."

Donner is working on a series of short complementary videos to go along with the study, and will be teaching it to a group in Great Falls.

"Free At Last" can be found online at Amazon.com, Barnesandnoble.com. More information on Donner can be found at www.freeatlastbiblestudy.com.

FAITH NOTES

Faith Notes are for announcements and events in the faith community. Send to vienna@connectionnewspapers.com. Deadline is Friday.

Immanuel Presbyterian Church in McLean holds the "Immanuel in the Evening" service Sundays at 5:30 p.m. This informal service with faith-sharing moments features music led by guitar and piano, and the same sermon offered during the morning service. Great for families with Sunday morning conflicts or those who just like a later start. You will particularly enjoy the "Second Season Premiere" of "Immanuel in the Evening" at 5:30 p.m. on Sept. 22 with an ice cream social to follow. Immanuel Presbyterian Church, 1125 Savile Lane, McLean, VA 22101.

See <http://ipcmclean.org> for additional information.

Passages at Vienna Presbyterian Church, on the corner of Maple Avenue and Park Street, offers a 15-week Divorce Care series Tuesdays, 7-9 p.m., beginning Sept. 24 for those going through the pain of separation or divorce. \$20 (covers materials, scholarships available). 703-938-9050, Passages@ViennaPres.org or www.viennapres.org.

Immanuel Presbyterian Church, 1125 Savile Lane, McLean, VA 22101 is inviting the public to join author Brian McLaren as he discusses his book, "Why Did Jesus, Moses, the Buddha and Mohammed Cross the Road? Christian Identity in a Multi-Faith World" at Immanuel over the weekend of Oct. 19 and 20 (see <http://ipcmclean.org/> for additional details).

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NEWS

"Mute Swan"
by Walt
Lawrence



PHOTO
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Walt Lawrence Exhibits at Katie's Coffee

Great Falls photographer Walt Lawrence stages a new exhibit at Katie's Coffee featuring images from his "On the Potomac at Riverbend" collection. The exhibit opened on Oct. 1 and will run through the end of the month. Over the past 15 months Lawrence has been shooting waterscapes and wildlife from a boat in the Potomac off of Riverbend Park. The images reflect the beauty of the river in different seasons and the variety of birds that either make the river their permanent home or just stop in for a seasonal visit. Lawrence said, "I especially enjoy shooting birds in flight and as they take off or land. Some fly so fast, especially the smaller ducks, it's hard to capture the power and grace of their movements." But Lawrence continues to add to

his collection and plans to go out on the river shooting from the Seneca Breaks (off the end of Seneca Road) down to the western tip of Conn Island. He is also hoping for some serious snow and ice this winter to add a new backdrop for the images and to see how the wildlife adapts to the different conditions.

While the exhibit of Katie's Coffee represents only a small portion of his work, Lawrence will be participating in the upcoming Great Falls Studio Tour on Oct. 19 and 20, showing his entire collection at his studio in the Artists' Atelier located at 1144 Walker Road, Suite G in Great Falls. For additional information about Lawrence visit www.GreatFallsAtelier.com or email at waltlawrence@cox.net.

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Pet Parade on the Greens

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The Ultimate Guide to MPAartfest

Q&A on MPAartfest, to be held on Sunday, Oct. 6, at the McLean Central Park.

Q: What exactly is MPAartfest?

A: MPAartfest, presented by McLean Project for the Arts, is a great day in the park surrounded by wonderful art for sale, lively music, art activities for all ages, tasty food and a little wine.

Q: What kind of art is for sale?

A: MPA selected 49 artists (see the complete list) out of many who applied. You will find paintings, watercolors, photographs, textiles, jewelry, sculptures and ceramics all in a wide range of prices. McLean Central Park becomes a lively landscape of mini art galleries.

Q: Can I bring the kids?

A: Absolutely! MPAartfest is a community event for the whole family. There will be art activities for all ages at Innovation Station. Your family can stroll through the Children's Art Walk which features art from K-6 grades from schools in the McLean area. You can watch or try your own hand at live figure drawing at Open Studio.

Q: Is there music in the Gazebo?

A: What's an arts festival without lively music! Listen (and dance) to great music from a wide variety of performers. Headlining the music and back for an encore, will be McLean's own Scott Ramminger and the Crawstickers who have a new CD that is getting airplay on Sirius Radio. Also performing are The Exceptions, the winners in last year's MPAartfest Idol Talent Search; and this year's McLean Teen Center Teens Got Talent winner, Alexa Noelle Topetztes.

The line-up:

Ukulele Phil and the Hula Kids: 10-10:30 a.m.

The Indigo Project: 10:45-11:30 a.m.

Scott Ramminger and the Crawstickers: 11:45 a.m.-1:15 p.m.

Madeleine Chalk: 1:30-2 p.m.

The Exceptions: 2-2:50 p.m.

Alexa Noelle Topetztes: 3-3:30 p.m.

Daniel Wrigley: 3:45 to 4:30 p.m.

Q: Will there be food available?

A: There will be delicious offerings from Greenberry's, JGilbert's, Lebanese Taverna, Mama's Donut Bites, Naked Pizza and Nourish Market. You can take a little break from all the art shopping at the MPA Beret Café, back for its second year offering red and white wine.

Q: Will the McLean Project for the Arts galleries be open on MPAartfest?

A: Yes! Make sure you come see the current exhibition while you are at MPAartfest. In the gallery you can register for a free drawing of local restaurant gift cards and music CDs and, if you become a member of MPA the day of MPAartfest, you will get a special MPA tumbler. MPA is located in the McLean Community Center.

Q: Where is parking?

A: Convenient satellite parking will be available at 6862 Elm Street at the Fleetwood Road intersection and at Cardinal Bank located at the intersection of Dolley Madison Boulevard (Rte. 123) and Beverly Road. From there, free and frequent shuttle bus service will ferry passengers to and from MPAartfest. Handicap Access space will be available at Dolley Madison Library.

Q: How much does it cost to attend MPAartfest?

A: MPAartfest is free, but a \$5 donation to McLean Project for the Arts is greatly appreciated.



Ukulele Phil and the Hula Kids will perform again this year at MPAartfest.



The Quinn Family and their new art.

What and Where

What: McLean Project for the Arts presents the 7th annual MPAartfest

Where: McLean Central Park at the corner of Rt 123 and Old Dominion Drive

When: Sunday, Oct. 6, 10 a.m.-5 p.m., rain or shine
Info: www.mpaart.org/artfest.php

Q: How can all this fun be free?

A: Without the help of MPAartfest sponsors and donors, MPA could not provide this free event to the community, nor allow the artists to keep 100 percent of their sales. As a 501(c)(3) nonprofit, MPA must look to private sources to raise the majority of the funds needed for its operations, programs, exhibitions and of course, to bring MPAartfest to McLean. Many thanks go to our event partners, McLean Community Center and Fairfax County Park Authority, sponsor Capitol One and the office of Dranesville Supervisor John Foust.

Artists Selected for MPAartfest 2013

Jill Banks, Michele Banks, Nancy Bass, Barbara Bayne, Aaron Bowles, Laurie Breen, Cynthia Burke, Analya Cespedes, Lisa Cimino, Gina Cochran, Andrea Cybyk, Meg Dickerson, Joseph Craig English, Mary Exline, Laurie Fields, Bill Firestone, Elizabeth Floyd, Bruce Fransen, Betty Ganley, Courtney Gillen, Rob Glebe, Cindy Grisdela, Elizabeth Grusin-Howe, Tom Gudaitis, Jennifer Bernhard Hatfield, Carolee Jakes, Barb Januszkiewicz, M. Jane Johnson, Benjamin Keys, Greg Knott, Barbara Koffer and Sam Schmer, Jana Lamberti, Julie Lansaw, Christiane Lavin, Allen Levy, Joyce McCarten, Nancy McIntyre, Jenae Michelle, Mary Ellen Mogege, Begona Morton, Debra Nicholas, Rebecca Ravenal, Jenny Reeves, Jim Rehak, Erika Rubel, Connie Slack, Missy Stockton, Lisa Tureson and Suzanne Yurdin.



PHOTO CONTRIBUTED

Maestra Miriam Burns will lead McLean Orchestra in her second season as music director and conductor.

McLean Orchestra Begins 'A Season of Festivity'

The McLean Orchestra has announced its 42nd season, A Season of Festivity. Embarking on Maestra Miriam Burns' second season as music director and conductor, the McLean Orchestra will offer five classical concerts with an illustrious array of soloists, including pianists, jazz vocalists, bagpipers, organists, dancers and more.

As an added treat, Nicole Lacroix of Classical WETA Radio will present "Nicole Notes," a series of pre-concert talks as part of a cocktail reception for all donors at the Forte Leadership Circle level. To learn more about this special group, visit www.mclean-orchestra.org.

Purchase your season subscription now to receive 20 percent off the single ticket price. Following each concert there is a free cake and champagne reception for all concert attendees, musicians, conductors, trustees and friends of the McLean Orchestra.

The McLean Orchestra: 2013-14 Season

OKTOBERFEST

SATURDAY, OCT. 12, 8 P.M.

Mozart: Overture to the Magic Flute
Schumann: Piano Concerto in A Minor
Jeanette Aufiero, piano soloist
Brahms: Symphony No. 4

A FESTIVAL OF LIGHTS

SATURDAY, DEC. 7, 8 P.M.

AND SUNDAY, DEC. 8, 3 P.M.

Holiday favorites with a touch of jazz, featuring Jason Paul Curtis, singer, and SwingLab.
The McLean Youth Orchestra will join the McLean Orchestra in this special side-by-side performance.

CELEBRATION

SUNDAY, FEB. 9, 4 P.M.

St. Luke Catholic Church (McLean)
Mozart: Serenata Notturna in D Major
Poulenc: Organ Concerto in G Minor
Paul Skevington, organ soloist
Handel: Water Music Suite in F Major
Haydn: Symphony No. 44 in E Minor

HAIL, BRITANNIA

SATURDAY, MARCH 22, 8 P.M.

arr. Hughes: Scotland the Brave
Kevin Watkins, bagpipe soloist
Harty: An Irish Symphony - II. The Fair Day
Mendelssohn: Hebrides Overture
Davies: Orkney Wedding with Sunrise
Kevin Watkins, bagpipe soloist
Elgar: Enigma Variations

FIESTA!

SATURDAY, MAY 3, 8 P.M.

de Falla: The Three-Cornered Hat, Suite No. 2
Rodrigo: Concierto de Aranjuez
Moncayo: Huapango
Ginastera: Ollantay - II. Los Guerreros
Rimsky-Korsakov: Capriccio Espagnol
Season Tickets—save 20 percent:
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Youth (18), \$60
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ENTERTAINMENT

Send announcements to greatfalls@connectionnewspapers.com. Deadline is Friday for the following week's paper. Photos/artwork encouraged. For additional listings, visit www.connectionnewspapers.com

WEDNESDAY/OCT. 2

Dave Mason. 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Former Traffic front man Dave Mason comes to The Barns at Wolf Trap for a lively performance. www.wolftrap.org.

WEDNESDAY-FRIDAY/OCT. 2-4

Artists Atelier Exhibit: Carol Howard and Lisa Tureson. Reception Saturday, Sept. 21 reception. 6:30-8:30 p.m., at The Artists Atelier, 1144 Walker road, Suite G, Great Falls. Meet the artists at the reception and view Tureson and Howard's work highlighting contrast as seen in both artists' style.

WEDNESDAY-TUESDAY/OCT. 2-15

Shari MacFarlane's Student Art Show. 6:30-8:30 p.m. at the Saturday, Sept. 21 reception. 6:30-8:30 p.m., at Unitarian Universalist Congregation of Fairfax, 2709 Hunter Mill Road, Oakton. The art of 22 students, ages 4 to 12 will be displayed. A reception is slated for Sept. 21.

THURSDAY/OCT. 3

Buffalo Bills vs. Cleveland Browns Game & Tailgate. 6:30 p.m., at Wildfire, Tysons Galleria, 2001 International Drive, McLean. Grilled chicken sliders with pesto mayo, seafood boil with mussels, shrimp, little neck clams, and more, paired with a beer from Oskar Blues Brewery, introduced by a guest speaker from the brewery, Matt Zrebiec; brownie and ice cream dessert follows. \$45. 703-442-9110.

FRIDAYS-SATURDAYS/OCT. 4-5

"Time Stands Still." Various times, at The Alden Theatre, 1234 Ingleside Ave., McLean. Directed by Jessie Roberts, produced by Patti Green-Roth and Denise Perrino. \$16 adults, \$14 seniors or students, \$12 groups of 10 or more. www.mcleanplayers.org/ or 703-790-0123.

FRIDAYS-SUNDAYS/OCT. 4-13

The Pitmen Painters. Fridays: 8 p.m.; Saturdays: 2 p.m. and 8 p.m.; Sundays: 2 p.m. and 7 p.m. at 1st Stage Theatre, 1524 Spring Hill Road, McLean. Enjoy this stage production about the real-life story of a close-knit group of northern English miners who discover their artistic potential by Lee Hall directed by Stevie Zimmerman. \$27. www.1ststagespringhill.org or 703-854-1856.

FRIDAY/OCT. 4

Scotland's Battlefield Band. 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Scottish vibe and music to welcome fall. 703-255-1900, http://purchase.tickets.com/buy/TicketPurchase?agency=WOLF_TRAP&pid=7554023 or www.wolftrap.org.

FRIDAY-SATURDAY/OCT.4-5

Time Stands Still. 8 p.m., at McLean Community Center, 1234 Ingleside Ave., McLean. See a local performance of the play nominated for two 2010 Tony Awards and written by Pulitzer Prize winning author Donald Margulies. Presented



The 2012 Oktoberfest marketplace featured vendors selling food, crafts and services. There were even politicians handing out bumper stickers. This year's Vienna Oktoberfest will be held Saturday, Oct. 5, on the Vienna Town Green.

by special arrangement with Dramatists Play Service, NYC. \$14-\$16 with group rates available. www.mcleanplayers.org.

FRIDAY-SUNDAY/OCT. 4-6

18th annual Fall Into Color Art Show. 10 a.m.-9 p.m. 7-9 p.m. reception Friday, 10 a.m.-6 p.m. Saturday and Sunday at the Historic Vale Schoolhouse, 3124 Fox Mill Road, Oakton. A show at the Vale Schoolhouse with guest artists Meredith Hannon and Carie Cole's featured works alongside ValeArts artists' work. Families are encouraged and a children's table will foster young artists' talents with acrylic, oil, mixed media and watercolors. 703-860-1888, info@valearts.com or www.valearts.com.

SATURDAY/OCT. 5

Great Falls Studios 10th Anniversary Celebration. 10 a.m.-5 p.m., The Great Falls Library, 9830 Georgetown Pike, Great Falls. A celebration of the 10th Anniversary of Great Falls Studios at a special all-day event and exhibition; refreshments available. www.greatfallsstudios.com/.

Vienna Oktoberfest. 11 a.m.-7 p.m., on the Town Green, Church Street, Vienna. Sponsored by the Vienna Business Association and the Town of Vienna, the festival takes place along the Historic Church Street corridor and on the Town Green, and features German and American food, German and American beer, about 100 vendors, live entertainment on the kids' stage and the main stage and children's free activities. www.ViennaOktoberfest.org.

Kris Delmhorst and Jeffrey Foucault. 7:30 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. The singer/songwriter raised in Brooklyn and folk maverick Jeffrey Foucault play their mix of folk and rock songs. \$22. www.wolftrap.org.

SUNDAY/OCT. 6

Sixth annual MPAartfest. 10 a.m.-5 p.m. McLean Central Park, 1468 Dolley Madison Blvd., McLean. Created for the community by McLean Project for the Arts, MPAartfest draws thousands of art-lovers of all ages to enjoy (and purchase) original art, listen to live music, create their own masterpiece at MPA's Innovation Station and picnic on delicious selections from local restaurants. 703-790 1953 or www.mpaart.org.

Fall Flea Market. 11 a.m.-4 p.m., at Vienna Assembly of God, 100 Ayrhill Ave. N.E., Vienna. The market runs

concurrent with an Operation Christmas Child and food drive; a Children's Fun Fest is from 11 a.m.-2 p.m. bianca3474@yahoo.com.

Sound Impact. 4 p.m., at Saint Luke Catholic Church, 7001 Georgetown Pike, McLean. An afternoon of chamber music masterpieces to honor David Arben, Holocaust survivor and former Associate Concertmaster of the Philadelphia Orchestra. The program will include Mozart's Adagio and Fugue in C minor, Brahms' String Quartet No. 2 in A minor, and Polina Nazaykinskaya's "Haim" (2012) for string quartet, clarinet, piano and spoken word. \$25; students: \$10. www.thesoundimpact.org.

TUESDAY/OCT. 8

District 97. 8 p.m., at Jammin' Java, 227 Maple Ave. E., Vienna. One of the leading lights of the new generation of Prog Rock bands performs original work along with a selection of work from his legendary tenure with King Crimson, much of it not performed live in 40 years. www.jamminjava.com.

WEDNESDAY/OCT. 9

Oktoberfest Potluck. 6:30 p.m., at The Great Falls Grange Hill, 9818 Georgetown Pike, Great Falls. Food, folklore, bluegrass music from the Higher Ground String Band, socializing with the Great Falls Historical Society and dancing. \$15, adults; children under 12 enter free. RSVP. 703-759-2378.

THURSDAY/OCT. 10

Meet Bill Firestone. 7:30-9 p.m., at the Vienna Art Center, 115 Pleasant St. N.W., Vienna. The Vienna Arts Society invites the public to meet Bill Firestone, an artist at the Workhouse Arts Center in Lorton, who will demonstrate his style of painting acrylic abstracts with humor. 703-319-3971 or www.ViennaArtsSociety.org.

Tim O'Brien and Darrell Scott. 8 p.m., at The Barns at Wolf Trap, 1635 Trap Road, Vienna. Contemporary bluegrass pioneer Tim O'Brien plays folk and country singer/songwriter Darrell Scott plays songs from his new album. \$27-\$32. www.wolftrap.org.

SUNDAY/OCT. 13

New Author Book Slam. 1-3:30 p.m., at Jammin Java, 227 Maple Ave. E., Vienna. Up and coming authors of all genres showcase their works and give away free books. www.jamminjava.com or <https://www.facebook.com/events/186525444862517/#>.



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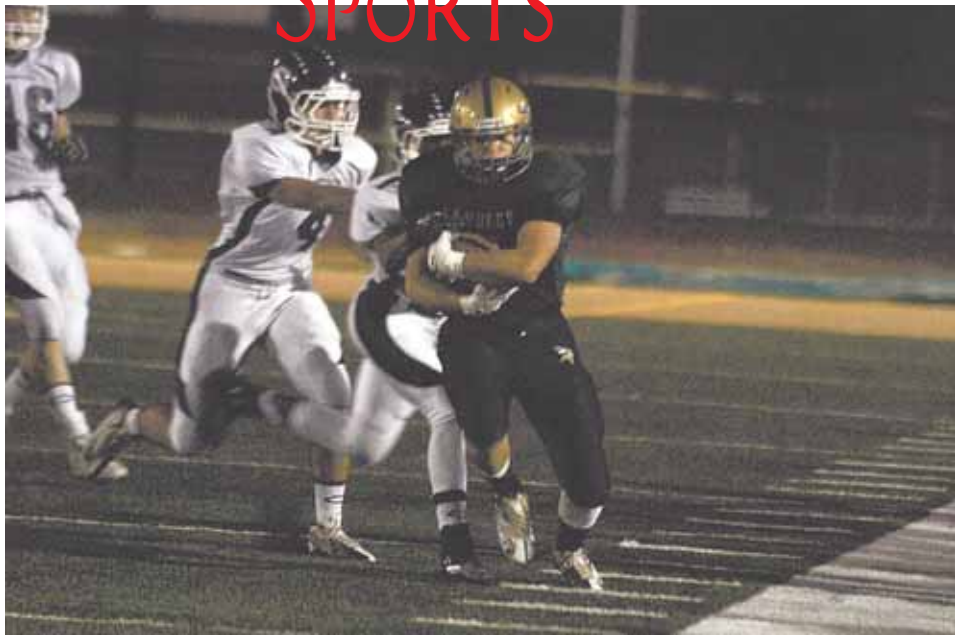


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Langley running back Kyle West surpassed 200 rushing yards and scored two touchdowns against Chantilly on Friday night, Sept. 27.



Langley quarterback Nick Casso scored four rushing touchdowns against Chantilly on Friday night.

PHOTOS BY CRAIG STERBUTZEL/THE CONNECTION

West, Casso Lead Langley Football Past Chantilly

Saxons outscore Chargers 28-0 in second half.

BY JON ROETMAN
THE CONNECTION

One week after the Langley football team lost five fumbles during a loss to T.C. Williams, Saxons running back Tyler West made sure to keep two hands on the ball during Friday's contest against Chantilly.

Even when West was running in the open field, the junior often stressed ball security with a two-handed protective grip that head coach John Howerton would later deem excessive.

"A little bit of an overstress job," Howerton said after the game.

While West might have been overly cautious in his approach, the Langley running back's fear of fumbling didn't prevent him from being overly productive.

West carried 22 times for 259 yards and two touchdowns as the Saxons overcame a seven-point halftime deficit to beat Chantilly 42-21 on Sept. 27 at Langley High School. The Saxons outscored the Chargers 28-0 in the second half to improve their record to 2-2.

"After the halftime talks, everyone got more motivated," West said, "and we just started hitting the holes harder and [the offensive line started] making bigger holes."

What was the deal with the cautious approach?

"I was just trying," West said, "to keep it steady as much as I could."

FRIDAY'S PERFORMANCE was a bounce-back effort for West, who had fumbling problems during the Saxons' 13-7 loss to T.C. Williams.

"Nobody wants to fumble or make mistakes," Howerton said. "He didn't have his best day last week. The pouring-down rain

probably didn't help things and it just kind of snowballed on us. ... He's very talented. He's still young and he's still trying to figure out the offense. ... He's got to get his confidence up each week. The talent is there."

Langley quarterback Nick Casso also had a big night on the ground, carrying 19 times for 155 yards and four touchdowns. A lot of Casso's success came from keeping the ball on the read-option.

"It's hours [of work] and hundreds of times of just reps in practice," Casso said of the Saxons' success running the read-option. "... If you do it to muscle memory, that's what practice is for right there and you've got it down."

Casso also completed five of 15 passes for 74 yards. Wide receiver Garrett Collier had three catches for 33 yards.

Langley scored on two of its first three drives and led 14-0 late in the first quarter. After losing a fumble on their first possession, the Saxon offense responded with a nine-play, 90-yard scoring drive that ended with a 19-yard touchdown run by West.

Langley started its third possession at the Chantilly 29 thanks to a 44-yard punt return by Collier. Three plays later, Casso scored from 2 yards to give the Saxons a two-touchdown advantage.

Chantilly, which entered the game averaging 48 points per contest, came to life in the second quarter, when the Chargers outscored the Saxons 21-0. Running back David Kerns scored on runs of 8, 15 and 3 yards to give the Chargers a 21-14 halftime lead.

While the teams traded blows in the first half, Langley dominated the remainder of the contest. Chantilly drove inside the Langley 10 on the opening possession of the second half, but Saxons defensive back Scott Rosener intercepted Chantilly quarterback David Sydnor to end the threat. Three plays later, West scored on a 47-yard run to tie the score at 21-all.

Chantilly's next possession ended when Langley defensive lineman Alex Kolencik took the ball away from a Charger and raced 30 yards down to the 10. Three plays later,

FOOTBALL ROUNDUPS

McLean Football Beats South Lakes

The McLean football team defeated South Lakes 13-12 on Sept. 27.

McLean (2-2) will travel to face Herndon at 7:30 p.m. on Friday, Oct. 4. South Lakes (2-2) will travel to face Madison.

Oakton Football Wins Third Straight

The Oakton football team edged West Potomac 28-27 on Sept. 27, giving the Cougars three consecutive victories.

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

Madison Falls to Stone Bridge

The Madison football team lost to Stone Bridge 42-6 on Sept. 27.

Jason Gastrock threw a 12-yard touch-

down pass to Nate Williams for the Warhawks' lone score.

Madison (0-4) will host South Lakes at 7:30 p.m. on Friday, Oct. 4.

Marshall Football Loses to TJ

The Marshall football team lost to Thomas Jefferson 38-7 on Sept. 27, dropping the Statesmen's record to 0-4.

Marshall will host Langley at 7:30 p.m. on Friday, Oct. 4.

Herndon Drops Conference Opener

The Herndon football team lost to Robinson 38-0 on Oct. 27, dropping the Hornets' record to 0-4.

Herndon lost its first three games against Mount Vernon, West Springfield and South Lakes by a combined total of seven points.

The Hornets will host McLean at 7:30 p.m. on Friday, Oct. 4.

Casso scored from 2 yards, giving the Saxons a 28-21 lead they would not relinquish.

CASSO ALSO SCORED on runs of 33 and 4 yards in the fourth quarter.

What did the Saxons' performance on the ground say about the team's offensive line?

"It says that we can run over people," Casso said. "We can control the line of scrimmage. When you've got those big guys in the middle and then support on the outside at tackle, we're good to go."

Kolencik (6-1, 235) is the Langley center. Brooks Norris (6-4, 295) and Bennett Molster (6-2, 270) are the guards, and Ben Culmer (6-5, 275) and Connor Halm (6-6, 260) are the tackles.

Rosener finished with two interceptions. Chantilly running back Kerns carried 16 times for 40 yards. Mark Aanstoos had five carries for 60 yards.

Quarterback David Sydnor completed 17 of 35 passes for 253 yards and three interceptions. Raeshawn Smith caught six passes for 78 yards, Eric Tram had six receptions for 86 yards and tight end Javin Re had five receptions for 89 yards.

Chantilly's record dropped to 3-1. The Chargers had scored at least 41 points in victories against Lee (61-22), Madison (41-17) and South County (42-34) prior to Friday's game.

"It's going to be one of the bigger wins Langley's had," Howerton said. "This team is very capable. We have some good players. We've got a couple linemen that other teams don't have, we've got a very good quarterback and a running back [and] we've got ... one of the best wideouts around."

Langley will travel to face Marshall at 7:30 p.m. on Friday, Oct. 4. Chantilly will host Centreville.

"Mor-Tality" Or Less



By KENNETH B. LOURIE

Meaning, in my head anyway, the future and what there is left of it. More specifically, I mean life expectancy. When you're given a "13-month to two-year" prognosis – at age 54 and a half, by a cancer doctor, your cancer doctor, the timeline between where you are and where you thought you'd be – and when, becomes as clear as mud. Yet not planning for the future, a future that previous to your diagnosis was thought to be guaranteed (based on family/patient history) creates a negative when all health care professionals advise being positive. Anecdotal evidence suggests that acting like you have a future helps in some unexplainable way in you/the patient having one.

Over the last month, I've had some time-sensitive and planning-for-the-future-type decisions/expenditures that on paper at least – given my terminal diagnosis, could be construed as money poorly spent. Nevertheless, since it is my life – and I'm trying to live it, I went ahead and signed up and paid to have these future benefits in place (starting at the present), and I'm not talking funeral arrangements, either. What I'm referring to are everyday/ordinary expenses where your dollars guarantee years ahead rather than years behind: one-year anti-virus coverage for my computer – until September 14, 2014; two-year coverage until September 30, 2015, for my Life & Health Insurance from the Maryland State Insurance Administration (I used to be an active agent in my previous career); and finally, six-years renewal (although one has no choice, really) until September 30, 2019, for my new Maryland Driver's License.

Certainly, in my mind and experience, these renewals are sort of necessary, perhaps more so for the present than the future, but since I can't know for sure, I felt as if hedging my bets was the prudent course of action. And though not renewing these three obligations was not really practical, given the realities of my life and its related responsibilities, the planning-for and purchase-of them did give me pause to consider my future and my expectations for it. Having terminal cancer will do that to you: stop you in your tracks and cause you to measure (almost literally) every step you take. It's not exactly fun, but it is a living, and I'm particularly happy to be the one doing the living.

And during these past few weeks, I did stop, and I hemmed and hawed too and decided to pay it (and my life) forward; to invoke and rework a concept made famous by a movie of the same name starring Haley Joel Osment. So I'm now officially paid up – for a few years. If I think too much about what's happened to me (stage IV non-small cell lung cancer) and why, I fear it will weaken my resolve. A resolve which is short on facts but really long on feelings. Feelings which I've become accustomed to having and believing.

I have to believe in something, and believing I have a future is the best way I know how to turn these feelings into facts.

Kenny Lourie is an Advertising Representative for The Potomac Almanac & The Connection Newspapers.

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POETRY CORNER

The Waves Of the World

BY JESSICA SIMONS
STUDENT/NOVA ANNANDALE CAMPUS

Light begins to flash
pointing at me with such force
causing me to black out
unable to see
unable to fight
with the feeling of the current
pulling me in every which way
fighting my way out
finding no release
My chest begins to concave
From the weight of the world
Pressing on it
Trying to use the voice I know I have
But it vanishes
Just like the appearance I have
On the world
Conforming to the current, finding out
who I am
Or more like trying to find out
As there is still no way out
Using my last breath
I fade into abyss
I become ... nothing

The writer resides in Vienna.

McLean Idol to Be Held Oct. 3-5

The award-winning McLean High School Theatre Company (MTC) and McLean Choral Department present the third annual McLean Idol with semi-final rounds over the course of two evenings, Thursday and Friday Oct. 3-4. Twenty-two McLean High School students perform current hits, karaoke style. Each of the first two nights, the audience will vote for the top five contestants who will advance to the final round. These 10 young men and women will compete in the final round on Oct. 5 at 7 p.m. Each evening's competition takes place in the McLean High School Auditorium, 1633 Davidson Road, McLean. \$5 tickets are available at the door. Senior Carla Calderon, producer of this event, is serving as the evening's master of ceremonies.

Thursday evening will feature Jasmine Gomez, Rachel Lawhead, Matt Lucero, Alanna Milstein, Jeffrey Nolan, Genesis Pedraza, Jack Posey, Jennifer Rose Castle, Emily Swett, Grace Venes and Renee Zhang. Friday evening will feature Santiago Alfonso-Meza, Stephanie Bourland, Josh Delgado, Helena Doms, Abby Huston, Zoe LeMenestrel, Nicole Sheehan, Will Stockton, Christopher Stolze, Alex Stone and Tori Garcia. McLean Theatre Company comprises students, parents and teachers at McLean High School working together to produce challenging and award winning theatrical productions. The home of McLean Theatre Company is the 700 seat Burks Auditorium and the more intimate 75 seat Black Box theater at 1633 Davidson Road, McLean.

21 Announcements 21 Announcements

SUMMONS
IN THE SUPERIOR COURT OF THE VIRGIN ISLANDS
DIVISION OF ST THOMAS AND ST JOHN

RC HOTELS(Virginin Islands), INC (Plaintiff)
vs
ALKESH TAYAL (Defendant)

CIVIL NO. 191/2010
ACTION FOR DEBTAND FORCLOSURE OF REAL
PROPERTY MORTGAGE

TO: Alkesh Tayal
1014 Salt Meadow Lane
Mclean, VA 22101

Within the time limited by law(see not below) you are hereby
required to appear before this Court and answer claim filed
against you in this action. In the case of your failure to appear
or answer, judgement by default will be taken against you as
demanded in the Complaint for ACTION FOR DEBT AND
FORECLOSURE OF REAL PROPERTY MORTGAGE.
Witness my hand and the Seal of the Court this 7th day of
April, 2010.

VENETIA HARVEY VELASQUEZ, Clerk of the Court
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Birch, de Jongh & Hindels, PLLC
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Senior Living

OCTOBER 2013



Great Falls
CONNECTION

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 pro-

gram 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.

"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.

"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."

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

SEE DIVERSE NEEDS, PAGE 4

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Senior Living

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Senior Living Calendar

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.oli.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.

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Senior Living

Choosing a Home for the Golden Years

FROM PAGE 2

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."

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 moving.

"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."



John Mutchler



Peg Bixler



Dorothy Lavoie

PHOTOS COURTESY OF THE HERMITAGE

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.

Some facilities such as The Fairfax and the Hermitage in Alexandria, are continuing care retirement communities that enable residents to transition 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 including a game and fitness rooms, there is support throughout the facility. "There is a community aspect. 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. "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."

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 Alzheimer's disease or dementia.

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 Strels, 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."

"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.

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 while still getting the help that she needs. She volunteers in the gift shop of the John F. Kennedy Center for the Performing Arts, 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." Bixler is 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.

Relocating from a different state to be close to family is a common choice. That was the case for 93-year-old Dorothy Lavoie, another resident of The Hermitage. Lavoie, a former nurse, 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, moved from New Jersey to Alexandria to be closer to his family. "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."

Diverse Needs, Desires Drive Mobility Solutions

FROM PAGE 2

third floor sitting room. The owners are also considering an option to build-out the fourth floor as a guest room suite.

The execution is meant to be architecturally seamless, with the tower clad in brick to match the 25-year-old, original masonry.

Not surprisingly, professionals regarded this as a highly specialized assignment. "There aren't a 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 in 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.

MEANWHILE, IN ARLINGTON, a mobility plan with incremental components

Details

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

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 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, rug-

gedly-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 were 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.

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."